



**CHRIST**  
(DEEMED TO BE UNIVERSITY)  
BANGALORE · INDIA

**PEER  
TREASURE**

# THRIVE

BEYOND MERE  
SURVIVAL.

VOLUME XV  
2024-25

CENTER FOR  
COUNSELLING AND  
HEALTH SERVICES | PEER  
EDUCATION SYSTEM  
2024-25

# PEER TREASURE

VOLUME XV  
2024 - 25

"EVERYTHING YOU WANT IS ON THE OTHER SIDE OF FEAR."  
— JACK CANFIELD





# DIRECTOR'S NOTE



**FR. VIJU P. DEVASSY**

"The Peer Education System is the outcome of our conviction that for a student to navigate the complexities of university life, we must recognise that academic success is deeply entwined with emotional, mental, and social well-being. University experience is not just about academic achievement but also personal growth, self-discovery, and building lifelong relationships.

The Peer Education System, targeting the students' awareness, intra and inter-personal relationships and spirit of volunteerism, provides them with the tools, resources, and support network necessary to thrive in a demanding world.

This academic year also marks the formal launch of the Advance Peer Education System for Postgraduate students. As a pilot, the Peer Education system was introduced in 2023-24 and was well accepted by students and other stakeholders. Having observed the success and viability of the programme, the Centre for Counselling and Health Services worked on elevating the curriculum by focusing on leadership skills and seeing students as resourceful individuals with unique strengths.

The postgraduate programme draws elements from a strength-based training approach based on positive psychology theories, character strengths, virtues, and skillsets for influential leaders. The coaching sessions by the counsellors encourage the Post Graduate students to explore the idea of finding purpose and meaning in life through caring for others and facing setbacks with dignity.

The Peer Treasure Magazine is a testimony to the possibilities and effectiveness of supportive and positive peer networks and a revelation of each student's journey and progress under the guidance of the counsellors who mentor and coach them.

This magazine brings us a collection of heartening testimonials, poems, experiences, and reflections from trained peer educators and peer leaders who have embarked on this transformative journey. These pages illustrate and celebrate the impact of peer support on trained students and the community to which they belong.

I am delighted to share that the Peer Education System has facilitated our students to take ownership of their well-being, support one another, and foster community. The system embodies our university's commitment to student-centered education and holistic development.

Congratulations to the Peer Treasure team on this outstanding publication! I sincerely appreciate the peer educators, leaders and counsellors for ensuring the Peer Education System's continued success and impact.

*"Attention to young people's character is not a luxury for our society but a necessity, and it requires no tradeoff with traditional academic goals."*

*-Dr Christopher Peterson*





# CCHS

## Coordinator's Note



**ASHLEY GEORGE**

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.

*"You may have to fight a battle more than once to win it."*  
— Margaret Thatcher



# Table of Contents

---

- *About Peer Education*
- *Straight from the Squad*
- *Mentor's Notes*
- *Self Care*
- *Growth and Resilience*
- *Leadership*
- *Time and Productivity*
- *Philosophy*
- *Misc*
- *Testimonials*



# PEER EDUCATION

The Peer Education System is an initiative of the Center 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 which are unique to enhance student's well being through 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 ensure students imbibe positive values and healthy behaviors 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 sessions, stalls, frequent listening sessions, mental health week, wellness cliques, classroom sessions accompanied with de-stress stations, the Peer Education System is committed to improve the overall quality of life of students on campus

The Peer Education programme also awards three credits to selected students who have completed the course which beneficial to their academics.

The students also publish the Peer Treasure magazine is an e-magazine containing a collection of stories, illustrations, and poems created by peer educators, to document their journey and experience. The magazine is released during the valedictory ceremony when students are awarded letters of appreciation.





*"Wherever life plants you, grow with grace."*





# STRAIGHT FROM THE SQUAD

It is with immense pride that we bring you the latest edition of Peer Treasure—a magazine that's more than just words; it's a testament to resilience, growth, and strength.

This edition's theme, Thrive, is a call to not just exist, but to flourish—to rise above challenges and embrace self-discovery. Peer Treasure echoes the voices of Peer Educators who embrace vulnerability and support each other through life's complexities. It embodies the Peer Education System—a beacon of solidarity, empowerment, and compassion within our university.

In a world where stress, anxiety, and uncertainty feel ever-present, we hope these pages remind you that you are not alone. This magazine carries the heart of every writer who poured their soul into their words, every artist who gave it color, and every editor and designer who shaped it with care.

As you turn each page, may it become as much a part of you as it is of us. Thrive—not just today, but every day.

~ The Editorial & Design Team

"Energy and persistence conquer all things."  
— Benjamin Franklin



# Edit & Design Team



EDIT & DESIGN TEAM





# Aditi Jain

**DESIGNER**

4 BAES

Doing it the traditional way, I took a notepad and pen, and sat down to organize my thoughts. Peer Education, without a doubt, has been the best thing that happened to me in my college life so far. In no way can words do justice to the sense of belonging that this program has given me. Opportunities I never expected to come my way, greeted me with open arms—thanks to Peer Education. I found myself surrounded by people who encouraged my growth, understood parts of me even I couldn't decipher and annoyed me a little too much. It wasn't just about learning—it was about becoming. With every experience, I found myself unfolding, embracing my own essence - becoming, piece by piece, a bit more of Aditi.

This edition of the Peer Treasure Magazine is a tribute to those experiences—the ones that shape us, challenge us, and prepare us for life. It celebrates those who rose above adversity—it is, at its core, a celebration of what it means to truly "Thrive". It is about standing tall even when everything around comes crashing down on you. It's about finding strength in vulnerabilities and acknowledging that growth often happens in the most unhopd situations.

Before this beautiful chapter of my life, the phrase that resonated with me the most was—'The problem is, I never healed, I just kept going.' But now, as a Peer Educator, I have come to realize that growth isn't just about relentlessly moving forward; it's about reflection, acceptance and healing before taking a step forward. It's about coming to terms with your bitter experiences so that the sweet ones can be truly savoured. It's about dancing in the rain when your umbrella isn't with you. And isn't it even better when others join you?

Together with my team of amazing individuals, we have attempted to present to you a magazine that embodies the bitter-sweet feelings of life. The feeling of hugging a long-distance friend. The feeling of intertwining your hands with your loved one. The feeling of insecurity and void that engulfs one. The feeling of making your parents smile. The feeling of heartache with friendships falling apart. The feeling of pride looking at self in a mirror. The feeling of weight of unspoken and unheard words. The feeling of being alive and feeling it all. The magazine beautifully captures the essence of living and thriving—not just surviving.

When you flip through the pages, we hope you find stories that resonate, words that inspire, art that pacifies and reminders that no matter how difficult things are, you're always capable of growth, healing and most importantly, thriving!

And perhaps, as you close this magazine, you'll find yourself pausing—not just to reflect on its pages, but on the story you are still writing, the person you are still becoming.





# Abhishek Paul

**DESIGNER**

4 BAES

This past academic year, my experiences as a Peer Educator goes down to create my fondest memories in Christ University till date. What came across as an unexpected opportunity turned out to leave the biggest impression on my college chapter, perhaps it was also a significant avenue for me to leave an impression on my peers and the University at the outset.

The Peer Education System is a highly thoughtful program offered by Center for Counselling and Health Services, aiming to equip students to be a support system to their peers. In a world that often emphasises on individual success and personal growth as a trade off to greater good, Peer Education System not only trained us on bettering ourselves but also to carry a spirit of empathy and social responsibility as we engage with other students on campus.

The training sessions through its inception in the Kengeri Campus set a nurturing ground for interactions amongst all peer educators which allowed for the beginning of what eventually became a community within the university that each of us belonged to, forming bonds with students from various other departments who I most likely would not have come across otherwise.

However, a much tighter knit was formed within our mentor group, which was not just a space for weekly updates or discussions but also a place to rant, to eat, to laugh and to build each other up through encouragement and support. It was beyond a systematic gathering that was at most times not time bound. Forming these close connections amongst the ocean of people in the university has been cherishable. With our gorgeous mentor, Deepa ma'am, it has been a joyful experience to spend time with and to learn from, having been available to us whenever needed.

With that I now had the privilege and opportunity to work on this edition of the annual magazine "Peer Treasure". Along with the team of lovely individuals, who are found in this section, we have been able to bring together and compile a beautiful magazine that encapsulates our peer educators' emotions, thoughts and artistic expressions revealing immense self reflection and philosophical thought process. Although the process having been quite cumbersome at times, it has been a journey rewarding great satisfaction and fruitfulness, having worked on this edition.

I hope, as you read this magazine, that it leads you to a pathway of self improvement and introspection aiding your daily routines to live up to your full potential, as it brings calm, comfort and intellectual stimulation, while providing a visual treat through its thoughtful design.



# Sanjeev

**EDITOR**

4 BBALLB



The peer treasure magazine documents the growth and creativity of students who are selected to be peer educators. It helps showcase their talents and helps put their ideas and experiences in words. The magazine, by emphasizing on the importance of mental health, calls for the improvement of the overall well being of students on campus.

This edition of the peer treasure magazine is influenced by two batches of peer educators who have experienced similar things but have expressed it in different ways. Working on this magazine showed me the the wonderful ways people perceive the world. It helped me connect better with a lot of people. Working with this amazing editorial team was so fluid and easy as it motivated me to work. I thank all the contributors for their submissions and the entire editorial team which made this edition of the magazine a reality. Lastly I would like to thank all the counsellors for their constant support and guidance.





# Vishal Junak Das

**DESIGNER**

4 Bsc DM

"What is done in love is done well." — Vincent Van Gogh

This beautiful quote by Vincent Van Gogh perfectly encapsulates the spirit of Peer Treasure and its theme of THRIVE. Love, in its many forms—compassion, empathy, and care—is the foundation of the Peer Education System. It is through love that we grow, heal, and thrive, not just as individuals but as a community.

As the designer for this edition, it has been an inspiring journey to visually translate the theme of THRIVE into a tapestry of creativity and meaning. The word "thrive" encapsulates growth, resilience, and flourishing—concepts that resonate deeply with the essence of the Peer Education System.

The design language of this edition reflects the vibrancy of thriving—bold, dynamic, and full of life. The color palette is inspired by nature's resilience, with lush greens, warm yellows, and deep blues symbolizing growth, hope, and stability. Typography choices are a blend of modern and organic styles, mirroring the balance between structure and fluidity that defines the Peer Education System. Illustrations and layouts are crafted to evoke a sense of movement, echoing the continuous journey of self-improvement and peer support.

It was a privilege to read the heartfelt entries written by the peer educators and counselors while designing this magazine. Each page is a visual narrative, weaving together stories, poems, and artwork that highlight the power of connection, empathy, and personal growth. The design aims to not only document but also inspire, reminding readers that thriving is a collective effort—rooted in community, care, and courage.

It has been an honor to collaborate with my fellow peer educators and bring their voices to life. May this edition of Peer Treasure stand as a tribute to the resilience of the human spirit and the profound beauty of thriving as a community.



# Yash Kumar

**EDITOR**

4 BAES



Dear Readers,

I welcome you all to the 15th edition of Peer Treasure! This issue is dedicated to the theme of “Thrive- Beyond Mere Survival” to celebrate resilience, self-love, acceptance, hope, growth, healing, and many more themes that are dedicated to the pursuit of a meaningful life. Through the pages of this edition, we bring you paintings, Wholesome Poems, and thoughtful write-ups. Our contributors were able to showcase what it means to thrive truly.

To thrive is to go beyond the standard setting. It means finding strength in adversity, discovering happiness in the smallest moments, and allowing ourselves to evolve, heal, and dream. Thrive is about believing in our capabilities, accepting changes and pushing ourselves beyond the limits.

For me, being a peer educator has been a fantastic journey. Where I Conducted various sessions for my peers and juniors about important life topics which was both fun and eye-opening. Before I started conducting sessions, I attended seminars by counsellors and guest lecturers, which covered a wide range of subjects, some of which were very common for me, but I hadn't realised that they were so deep and significant for our lives. Learning together, engaging in discussions and working as a team not only strengthened my knowledge but also helped me create strong relationships with my fellow peer educators. The biggest learning that I got from peer education is that we should live with purpose and never give up, no matter the challenges.

Also, while working as a member of the editorial team, I was truly moved and inspired by the contributions to the edition. Each work reflected the talent, sincerity and creativity of the writers and artists, and it was an incredible experience for me to read and curate their work. Seeing different ways to express resilience, hope, personal growth, etc, made me appreciate just how powerful storytelling and art can be. I extend my heartfelt gratitude to all the contributors, whose names are proudly displayed alongside their pieces, for making this issue truly inspirational.

I am Yash Kumar, a student of 4BAES. Being a member of the editorial team of this edition was a privilege for me; I sincerely hope that you find wisdom, motivation and strength within the pages of this magazine.

Let this issue remind you that you are not here to survive, but you are here to rise, bloom and thrive. Happy reading!





4 Bsc BtZ

Peer education is an exceptional experience where we get to learn, grow and connect with our peers while learning the ways to navigate through our lives as young adults. As students ourselves, we understand the highs and lows of university life, ranging from academic stress to keeping up with the world.

10



# Amritha Gururajan

**EDITOR**

4 BAES



As an editor for this edition's peer education magazine, I am blessed beyond measure to contribute my writings and curate all the deeply reflective thought-provoking pieces on the relevant themes into a meaningful content crafted with creativity and a keen eye to details. The latest edition of this magazine not only highlights the inspiring and ecstatic messages by our fellow peers but also motivates the readers to further implement such beautiful lessons in their life maintaining their well-being and navigating the true essence of the purpose of their lives.

Throughout this edition, I have tried to the best of my ability to compile various themes conveying the deeper and reflective lessons that such write-ups intend to. On collaborating with other fellow peers, it was truly an enriching and enjoyable experience reading various narratives and present it systematically in the best form possible. As a writer, I had the privilege to present my thoughts and ideas about things in life which are deeply rooted in our emotions but somewhere lies beneath those unread pages. My writing in the latest edition showcases my interests about navigating life's challenges with the right approach to solve it cultivating a nurturing mindset to propel further in our lives. It encourages the readers to contemplate about the world around them critically with a social and philosophical lens.

Beyond editing and writing, this role has reinforced my belief in the power of words to challenge perspectives and inspire action. Every article featured in this issue is a testament to the dedication of our contributors, and I extend my heartfelt appreciation to the entire team for their efforts in making this publication a reality.

As you flip through these pages, I hope you resonate with varied perspectives that our peers have presented to you and develop a holistic approach to thrive and survive in life with a true and wise purpose. I encourage you to engage with these ideas, discuss them, and perhaps, even contribute your own thoughts in future editions.

Happy reading!





# Neil Anthony George

**EDITOR**

4 Bsc BtC

Dear Readers,

We are presenting to you with great happiness and pride this issue of the Peer Education Magazine, a celebration in every sense of the journey, development, and work of our peer educators at Christ University's Centre for Counselling and Health Services (CCHS).

The Peer education program was an eye-opening experience that started when I was intrigued by the excitement of my seniors. Lured in at first by the added credits, I soon found the program to have much more in store: a greater understanding of human emotions, self-care, and personal development. Through mentor talks, group discussions, and activities such as the Kengeri outing and de-stress booths, I was boosted in confidence, developed strong relationships, and enhanced my outlook on life. Organizing sessions for juniors was most rewarding, where I could pay back what was once paid to me.

However, being a peer educator is not just about taking seminars, conducting classes, or setting up stalls—it is about stepping up, stepping out of our comfort zones, and choosing to make a difference, one conversation at a time. It's about leadership through service, learning through teaching, and growing by empowering others. This magazine captures the essence of that experience—the challenges we've faced, the lessons we've learned, and the moments that have shaped us.

As you flip through these pages, I hope you find stories that resonate, reflections that inspire, and reminders of why this journey is so special. And if you're reading this as someone considering becoming a peer educator, take the leap. The experience will change you in ways you never imagined. As I have always felt, peer education is not a knowledge-sharing program; it's a self-discovery program.

The journey will transform you in ways you can't even imagine.

NEIL ANTHONY GEORGE'S EDITOR'S NOTE



# Daakshaya Mahendran

**DESIGNER**

4 PECO



As I sat down to design the pages of this magazine, I couldn't help but reminisce about the incredible journey I have had. It gave me an opportunity to revisit the lessons I've learnt, the conversation I have shared and the incredible individuals I had the pleasure of working with. Each page here tells a story, carries a lesson, and offers a glimpse into the world through the eyes of my peers, allowing you to see life from a fresh perspective.

This magazine is much more than a collection of articles, it's a space to celebrate diverse perspectives that spark conversations beyond these pages. It reflects the incredible talents within peer education—writers, artists, and poets, each contributing their unique voice and meaning.

Being a part of the peer treasure team has been incredibly rewarding. This magazine would not be what it is without the hard work and passion of everyone involved. I hope that as you flip through these pages, you find inspiration, new perspectives and maybe even a reflection of your own journey.



# Shantanu Uniyal

**EDITOR**

4 BAES



Welcome to this magazine!

Every issue we produce is intended to offer you relevant, thought-inspiring, and engaging content, and so is this one. In this version, we focus on concepts shaping our world right how we are connected. We explore how artificial intelligence revolutionizes industries, how businesses adopt environmentally friendly practices, and how traditions continue to evolve in modern society. We aspire to provide observations that not just inform but are also useful to understand the changes happening around us. One of the most striking aspects of this edition is our cover feature on the future of work.

I hope that the readers of this magazine like this and get the answers for their questions and are able to get through the different themes which this magazine explores, whether it is emotional intelligence, hope, art and resilience. Students who have written down their write ups or poems have given a piece of art having tried their best to bring out their thoughts to you and hoping you would really love.

In our modern world which brings so much stress into our life, what better can be then to read a poem or write up which motivates you for the next day or to look at an art which relaxes your eyes and motivates you.

We couldn't have made this magazine without the efforts of our writers, designers, and contributors. Their work brings together a variety of stories that inform, engage, and inspire. And, naturally, enormous thanks to you—our readers. Your encouragement and feedback push us to continue to strive for better with each issue. We hope you enjoy reading this edition just as much as we enjoyed putting it together.

SHANTANU UNIYAL'S NOTE





# Siddharth Sharma

**DESIGNER**

*4 Bsc BtC*

You might have seen the words 'graphic design' thrown around here and there, but what does it actually mean?

At its very core, graphic design is the art of using visuals to facilitate communication. After all, it is the ability to communicate which makes us inherently human. Extending this principle to this year's Peer Education magazine was of the utmost importance—by focusing on the elements that matter: the stories and experience contained within these words, I can confidently say that the pages that follow highlight the best of Peer Education, presented to you in an easy to follow format which emphasizes what this program is all about.





# Ryan Henry Dias

**EDITOR**

**4 BAES**

Becoming a peer educator has been a truly transformative experience, one that has shaped me in ways I never imagined. From the exciting Kengeri trip to the insightful training sessions, every moment of this journey has been enriching. It is an experience I will always cherish.

One of the highlights for me was conducting class sessions. Standing before my peers and teaching was an opportunity I deeply valued. It gave me a sense of confidence and purpose, making every session something to look forward to. Beyond academics, the friendships and bonds formed along the way have been remarkable. This journey has not just been about self-growth but also about building meaningful connections with fellow peer educators.

Wearing the peer educator badge on my ID card is a matter of pride. I often notice how it catches people's attention—classmates who couldn't register for the program regret missing out, while juniors eagerly await their turn to join. This reflects the prestige of the program, and all credit goes to the Centre for Counselling and Health Services for organizing such a valuable initiative.

This edition of our magazine, Thrive, is symbolized by a blooming flower—representing growth, resilience, and perseverance. These qualities define every peer educator's journey, making this theme especially meaningful.

As you turn these pages, you will find reflections, poems, and articles that bring to life the experiences of peer educators on their journey. I hope their stories inspire you to embark on your own path of self-discovery and personal growth.



# MENTOR'S NOTES







## **Ms Smita Prabhu**

*COUNSELOR*

Coaching my first batch of PG Peer Leaders has been a learning experience.

Having older students to coach was a revelation; in many aspects, I found them to be more peer-like, as in they are more mature and more self-aware than I was at their age.

I also had the privilege of having all Psychology students, so getting them to leave their analytic theory knowledge was a challenge. Many of the sessions were old wine in new bottles for them, so I had to push to make them put the knowledge into practice in daily living and personal growth.

I found a new understanding of how challenging it is to be a PG student. Balancing academic rigor with personal life is not easy, but they all seem to be resilient and ready to ask for help, which makes me proud of them

Seeing how confidently they took sessions, their engagement in the coaching sessions and main theory hours, their ease with technology, and their overall enthusiasm has made this batch of 2025 PG Peer Leaders definitely one we, the coaches, will not forget.





## Ms Deepa Kumar

COUNSELOR

The UG Peer Education and PG Peer Leadership programmes are integral to my work, with their unique focus on creating supportive peer networks. I cherish the mentor meetings and coaching sessions, and they provide opportunities for meaningful sharing and discussions. To be an effective mentor, being a positive role model is crucial. My students energise me to be a better version of myself.

The journey is not always easy, and I admire their hard work, dedication, and perseverance in facing challenges.

Witnessing their growth and development throughout the programme has been an absolute pleasure. I have seen them push themselves outside their comfort zones and strive for excellence.

Dear ones, as you continue your personal & professional journey, remember that it's okay to make mistakes, ask for help, and seek guidance. That's what we're here for – to support and encourage you every step of the way.

To quote Steven Spielberg,  
*"The delicate balance of mentoring someone is not creating them in your own image, but giving them the opportunity to create themselves."*  
I hope I have done just that for my dear students.





## **Ms Sara Preethi**

*COUNSELOR*

My journey into peer education started in 2023 and quickly it became one of the most rewarding experiences of my life. I had always been passionate about helping others and when I was given the opportunity to become a mentor, I realized it was a perfect fit for me. Through this experience, I was able to develop new skills, form meaningful connections and contribute to my mentees' personal growth, while also learning a lot about myself along the way.

As a mentor, my role wasn't just to impart knowledge but to guide and support peer educators in their personal and professional development.

The foundation of a strong mentor-mentee relationship is trust and this was something I worked on from the very beginning. It was important for me to create an open environment where my mentees felt comfortable sharing their concerns, challenges, and ideas. I made sure to be approachable and non-judgmental so they could come to me with any questions or struggles.

Reflecting on my experience as a mentor, I can honestly say it was one of the most fulfilling roles I have taken on. I learned the importance of patience, empathy, trust and a deeper understanding of the power of mentorship in fostering growth within a community. Being a mentor was not just about providing answers but was about guiding others through their own journeys of self-discovery and growth. It was a role that challenged and helped me become a more empathetic and effective leader.





## **Ms Shylaja John**

**COUNSELOR**

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

There was an immense learning experience from each other. As a result, I was so happy and proud to see how they demonstrated significant improvement in managing their emotions, problem-solving abilities, and confidence, and a positive impact on the team's overall productivity. My heartfelt gratitude goes to every mentee for their commitment, love, and support in successfully helping us run this program.





**Ms Shessy C J**

*COUNSELOR*

## **Empowering young minds for a life changing experience**

I had the privilege of working with a group of 13 students from the life science batch, who were eager to develop their life skills. As their Mentor, I would witness the transformation that took place as they embark on the journey of self growth.

From my experience working with the peer educators since 2017 it was clear that this group of young minds was special. They are all curious, enthusiastic, and passionate about making a positive impact with their class groups. I was impressed by their eagerness to learn and their willingness to step out of their comfort zone. The group discussions and reflective journaling the students were encouraged to express themselves in innovative and imaginative ways. As the program progressed, the students began to share their real life situations to address the topics and make a positive impact. These experiences have always left a treasure full of memories and lessons learned from working with these incredible young minds

LEARNING  
JOURNALS





**Ms Vibha S Sharma**  
*COUNSELOR*

The Peer Education System is a thoughtfully designed and meticulously implemented programme focused on equipping students with essential life skills. The positive feedback we receive from students at the end of the programme serves as a testament to the fact that it makes a profound impact on their lives. The training sessions coupled with the mentoring sessions are a great way to deep dive, self reflect and gain valuable insights into pertinent topics like building healthy relationships, managing emotions, personal safety addictions etc. It is rewarding to see not only the students, but also us, as counsellors, growing through this programme and becoming a better version of ourselves.





**Ms Anisha Thampy**  
*COUNSELOR*

## **Mentoring = Shared Happiness**

Mentoring is a powerful tool to benefit students in several ways. Me as a counsellor who is mentoring my peer educators felt it as a synergistic process. The process of mentoring involve a lot of guidance in terms of dealing with challenges faced by mentees, ensuring support and encouragement in their goal achieving process. We as mentors always focus on nourishing their confidence, self esteem and resilience as this is a journey of self discovery and personal growth too.

In this journey of togetherness mentors also experience a lot of positive impacts in their personal and professional life. The happiness of being part of nurturing the next generation brings an extra diligence to the sense of purpose in the process of mentoring. The confidential platform provided in the mentor meetings for open communication improves the trust and bond among the mentees and mentor. As the days progress we can see mentoring involve a beautiful way of sharing happiness of success of their goals too and that makes mentoring as a rewarding experience for being a mentor of the peer education system.

“A mentor is someone who allows you to  
see the hope inside yourself.”

- OPRAH WINFREY





## **Ms Manjula**

**COUNSELOR**

Mentoring the Batch B BBA 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.

A special appreciation to Yash and Yash, Dhruv, Angel, Charisa, Shruti, Ananya, Mathangi, Nandhini, and Dhruvi for their energy and enthusiasm. Pradyum, Saharsh, Shibani, Khushi, Joanna, Vaibhav, Darren, and Stuti 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**  
*COUNSELOR*

Being a co-mentor for the peer educators from the School of Business and Management has been an enriching journey. I have observed the change our peer educators bring about in the campus from the beginning. Guiding my group of peer educators, I can see their growth in confidence, empathy, and resilience. Not only have they learned the act of listening and giving their peers the support they need, but essential life skills are carried on for life.

It has been fulfilling, to see how happy peer educators are to take on the role whenever necessary. Their readiness to help a fellow student in times of crisis is truly gratifying to me as a co-mentor. The unity among the team helped reassure my belief in the value of peer-led programs. This journey not only transformed the students but also molded me into a stronger individual and professional, making this an experience that is the best along with all the memories attached to it.



**Ms Vidya Vijaykumar**  
COUNSELOR

The Peer Education System is a thoughtfully designed and meticulously implemented programme focused on equipping students with essential life skills. The positive feedback we receive from students at the end of the programme serves as a testament to the fact that it makes a profound impact on their lives.

The training sessions coupled with the mentoring sessions are a great way to deep dive, self reflect and gain valuable insights into pertinent topics like building healthy relationships, managing emotions, personal safety addictions etc. It is rewarding to see not only the students, but also us, as counsellors, growing through this programme and becoming a better version of ourselves.







**Ms. Karthika Srivastava**  
*COUNSELOR*

## **The Rewarding Journey of Mentorship**

Being a mentor to the peer educators from the School of Commerce Honours Program has been an incredibly fulfilling experience. I truly enjoy working with my team—they are remarkable individuals who bring energy, dedication, and enthusiasm to every session. Each meeting is a unique experience, filled with insightful discussions and a strong sense of collaboration. What stands out the most is their unwavering commitment. Despite their demanding schedules, they make it a priority to attend mentor meetings and complete their assignments with diligence. Their openness to conversations, eagerness to learn, and willingness to support one another create an environment of trust and growth.

As a mentor, witnessing their progress and dedication is both inspiring and rewarding. Their ability to balance academics with their responsibilities showcases their resilience and drive. Being part of this journey has reinforced my belief in the power of mentorship, and I feel privileged to guide and learn alongside such a committed and dynamic group.

# Self Care





# CHANGE

DEVIKA CHANDRAN  
4 BA PENG

How does life change;  
In the blink of an eye,  
One minute we laugh;  
The other we cry,  
One moment you're here;  
The other we say goodbye,  
Our story keeps changing;  
Those pages keep on shifting,  
From chapters we love to;  
parts we hate,  
From memories we cherish to;  
moments we forsake,  
We live and laugh and cry and scream,  
We keep going till its time to leave,  
Don't fear those changes that come your way,  
Because in life;  
Change, is the only thing that stays

CHANGE



# We all are in this together

SPOORTHY SURESH  
4 BCOM AFA

It's okay to be lost,  
It's okay to not be okay,  
It's okay to feel like you don't belong,  
It's okay to mess up,  
I knew, I knew all this but I still felt like it was the end of the world..

But I also knew it was going to be all okay, somehow I had held on to that hope but it was slipping through my fingers..

And then Peer Education, the place, the people, the feeling this restored my faith, didn't let it slip away  
It wasn't just the things we discussed about rather it was the feeling, how it made me feel..

Each and every session left me with a tear in my eye and a huge smile on my face..

It made me cry, made me laugh so hard, it made me feel human..

It made me feel life goes on and so should we along with it loving, and living wholeheartedly..

In between the chaos of my mind, a ray of hope was  
Peer Education

And I'll never forget the feeling Peer Education has given me to carry forever with me through life..



# MINDFULNESS





# Underneath a Canvas of Blue

DIYA SHAH  
4 BSc DS

Sometimes, all the clouds in us do feel like raining, and sometimes, all the beaches in us do feel like flowing at ease. When emotions are overwhelming, it feels like carrying a storm inside, much like a dark, rainy day. You may find yourself feeling heavy and on the verge of tears, as if the sky itself is pouring its heart out. It's crucial to let this rain come, to let your emotions flow freely, and cleanse your soul, just as the rain washes away the dust and grime from the world. After every storm, the sun eventually shines again, and the world feels fresh and new. This is when the beaches inside us start to flow at ease, like the gentle waves of the ocean lapping against the shore. In these moments of tranquillity, it's important to appreciate nature and find peace within ourselves. Imagine sitting by the beach, feeling the warm sand between your toes and listening to the soothing sound of the waves. This is the calm we need to find within ourselves after the emotional storms have passed.

Nature has a lot to teach us if we pay attention. Look deep into nature, and you will understand everything better. Imagine a tree that stands tall despite the harshest of storms. Its branches might sway and its leaves might fall, but it remains strong, rooted deeply in the earth. For once, you want someone to be afraid to lose you. You're always the one terrified of losing the people that you hold close. It's like being a child who's always worried that their favourite toy will be taken away. You give all your love and care, but often feel unappreciated and overlooked. Imagine if, just once, someone held onto you tightly, afraid of losing you, just as you are afraid of losing them. It would be a comforting feeling, knowing that you are valued and cherished.



How can you expect to bloom when your eyes never rained? Just like flowers need rain to grow, we need to allow ourselves to feel and express our emotions. Holding back tears is like depriving a flower of water; it wilts and withers away. It's okay to cry, to let the rain fall from our eyes, because that's how we nurture our souls and allow ourselves to bloom.

Remember Bunny - He said "Khud pe daya karna band karo aur khud se pyaar karna seekho." Self-pity only drags us down into a pit of despair. When we stop feeling sorry for ourselves and start loving ourselves, we find strength we never knew we had. Imagine a child who falls and scrapes their knee. Instead of crying and feeling sorry for themselves, they get back up and keep playing. That's the spirit we need to embrace. Love yourself, your dreams, and even your imperfections. When we learn to love ourselves, we unlock a world of possibilities and find the courage to face any challenge.

Empathetic and selfless people often give everything in every relationship, only to find themselves falling back. They pour their hearts out, like a child sharing their favourite candy with a friend, hoping for kindness in return. However, the child feels hurt and unappreciated when the candy is taken and not shared. This is how it feels for those who give their all, only to be left feeling empty and undervalued. It's important to set boundaries and protect your heart, just as you would protect that child's candy, ensuring they are treated with the same kindness they give. Life is a journey of storms and sunshine, rain and bloom. Just as children learn to play again after falling, we can rise after every storm, ready to face the world better!



# HUES OF HER EMOTIONS

ADITI JAIN  
4 BA ES

When the dusk falls  
Her emotions dawn upon her  
The smile, the tears, the anger  
All of it, purest in its form  
Unlike the day, where,  
A mask adorns her face  
A hollow laugh echoing in the void.

People ask why sunsets?  
Marking the end of light  
And the fall of dark, so,  
Why love sunsets?

A smile spreading on her face,  
She tells,  
"A beautiful ending to my sufferings  
And a tranquil start  
To the journey of self".

Now, was it the mask  
Or her smiling  
Is for you to decide.



# Floating Heart of a Drenched Soul

ARJUN HARI  
2 MA ENG

Veins were embedded like fine roots  
Gasping for air, wind and light  
Nestled inside was dry soil  
Craving for a single drop of water.  
Shackled soil dreamed up a way  
Hoping for a ray of light.

In a moment, drop of water  
Started falling from the black star of the  
White sky which was reddening,  
Later to dark which made them,  
Unfortunately, unconsciously fell into the lap of mother  
Without gravity.

Veins started to rust and slowly slither  
Uncoiling through the chained land  
The last silken thread was slipped from tiny hands  
A hydrogen balloon, leaving a wistful home  
Lost in levity.

I don't breathe anymore, I'm naked  
My flesh is your feast  
Yet you will hear my beat of air,  
The echoing scream of wind and my slice of sunlight  
In your tranquillity.



FLOATING HEART OF A DRENCHED SOUL





Water your soul  
with love and  
kindness.... and  
watch yourself bloom  
into the best version of you...



# How Art has helped me

GAANA J  
4 BCOM A&T

Peer education has offered me numerous opportunities to participate as an artist. Participating in art activities during peer education training sessions has helped me reconnect with my passion for creation. These sessions provided a meaningful way for me to express myself and rediscover the joy of artistic expression, which I had not fully engaged in for some time. It has been a refreshing and satisfying experience to contribute in a way that I enjoy.

Art has had a transforming effect on my life, providing comfort, self-awareness, and a medium to express myself. Art has heightened my emotions in times of joy and provided a safe space in times of hardship. Working with colours, sketches, and songs has helped me process emotions that words cannot always express.

Art has taught me patience and discipline, especially when creating something detailed or perfecting a piece. It makes me very calm and often increases my focus on details. It eases my process of thinking and helps me simplify things. The process of crafting something has instilled in me a sense of purpose and accomplishment. For me, art is like an opportunity to improve and keep myself busy away from most of the drama in life.

In addition, art has helped me develop my creativity and broaden my outlook. It inspires me to look beyond conventional boundaries, to see beauty in flaws and significance in the abstract. It also helps me connect with others. Art is the best company I could find.

Most importantly, art has allowed me to connect with myself. It has provided me with moments of serenity and clarity in an otherwise tumultuous world. It has served as a reminder of my abilities, particularly when I have lost faith in myself. Art is more than a hobby to me; it is a lifeline, a source of inspiration, and a reflection of my soul.

I am very grateful for this opportunity and I thank the mentors for making this a very safe space. I also thank the mentors for helping me work through my abilities and personalize my experience here through art.

HOW ART HAS HELPED ME



# A Journey of Understanding

CAROLIN KAVYA  
4 BCOM F

I learned about boundaries, how to stand tall,  
Reflecting on myself in each story and call.  
In every lesson, I found a new way,  
To understand others, to help them each day.  
Through a session on suicide, the pain was real,  
But I knew that together, we'd help others heal.  
With every word, with every shared tear,  
I felt a deep connection, drawing near.  
New friends I've made, a bond that will last,  
We've shared our stories, learned from the past.  
I see things now through a different lens,  
A perspective that's wider, where love never ends.  
I belong here, in this space so true,  
With each lesson learned, I've grown and grew.  
In this journey, I've found my way,  
To help, to heal, and to brighten someone's day.







# Kind or Cruel

SARWAGYA BHATTARAI  
4 BA PECO

At every point in life, people decide how they want to be and how they want to live their life. Likewise, I always choose to be kind instead of being cruel. I firmly believe that showering people with kindness is way better than giving them excruciating pain. I prioritize love, empathy, sensitivity, and humanity and I always embrace them. According to my values and belief system, anyone can be cruel but only the ones who are courageous, wise, and compassionate can be kind. So, I choose bravery, wisdom, and empathy and hence I choose to be kind.

In addition to this, people intentionally or unintentionally create an image of the transformation they want to see in the world, and the world they hope to create. Me being a person who prioritizes kindness, I hope to create a society in which every person has lots of unconditional love, warmth, and positivity to share, where people respect each other's feelings, and where there is no crime, no bullying, no betrayal, and no cruelty. However, it is worth taking into consideration that, the choice I made to be kind is influenced by my soft nature, priorities, belief system, and the events I have experienced in my life. We are also aware of the fact that people are different from each other and each person has different personalities, values, beliefs, and different experiences in their life. For example, I will regard a person who is cruel to be wrong because his respective nature, values, and the way he perceives this world are entirely different from mine. This core difference is what makes each person distinctive.

By taking all the points mentioned above into consideration, people make different decisions and live different lives by choosing whether to be 'Kind or Cruel'. The decision to be either kind or cruel is influenced by factors such as the respective nature, values, belief system, and life experiences of a person. Similarly, I choose to live my life by being kind because of my nature, beliefs, priorities, and life experiences. I strongly believe that if you can be anything in this world, please be kind. When kindness exist, humanity also exists.





# The Start of a Journey

ISHITA LAL  
4 BSc BtZ

Understanding yourself, your needs, and your wants is not easy. It takes a lot of patience to reach the point where you feel satisfied with yourself. Sometimes, your mind feels flooded with negative thoughts self-deprecating comments, and ultimately feels like a storm of not-so-nice emotions. To quiet this flurry of emotions is a herculean task (or this is what it seems to be initially). We need to realise that the change doesn't come about within just a day. Although the progress is slow, it is incredibly worth it.

One of the concepts that peer education taught me that I found helpful was identifying and labelling your emotions. There have been so many instances where my feelings are vague, and I don't understand exactly what they are. Perhaps it seems like a small feat to put a tag on what you feel in the moment, but once you do, you can understand what you need. I could accept and validate my feelings and realise that there was a reason for my emotions and a way to come out of them as well.

Another thing that I would like to bring out is how we are never alone in our feelings. Bottling up our emotions and isolating ourselves is something we should avoid doing at all as there will always be someone out there who is willing to lend an ear to listen, a shoulder to cry on, and a hand to hold. There are others who face similar situations and can give valid advice on how to handle different circumstances, all we need to do is have the courage to reach out to them.

Being a part of the Peer Education sessions, interacting with the others, and of course, the visit to the Kengeri campus has truly been a blast so far! Personally I've always been more of a listener than a talker and it's honestly been so great to hear about everyone's experiences, everyone has so many different instances to recount and even though we're all from different places, the bonds that we forge connect us in the most wonderful way.



# Perfect Flaws

DEVIKA CHANDRAN  
4 BA PENG

I look into a mirror and there I see  
All my flaws staring back at me  
Telling me somehow; I am not meant to be.  
Not worthy of the name given to me.

Because the only perfection I see in me  
Are those perfect flaws staring back at me  
Whispering lies that color the truth I see  
Not allowing me to walk the path  
Destined for me.

But these flaws don't define me  
They can't dictate the life I lead.  
These flaws are part of me  
Not something I can get rid of easily.  
So I will not hide my flaws,  
I will wear them proudly  
And I will ascend my throne;

With all these perfect flaws I carry  
And then when I look into that mirror  
I will see; A beautiful smile staring back at me  
Because for the first time in a long time'  
have I finally loved me for me.







*Shreya*



# Phoenix in the mirror

ADITI JAIN S  
4 BA ES

Looking in the mirror, million stories untold  
Unfamiliar eyes meet and the past unfolds  
Who was once shy and frail  
With lowered eyes and a veil  
Meets the eyes with a confident flame  
With esteem and grace, she's a changed game

The broken heart mends and walls bend  
Lonely tears find the shoulder of friend  
From toxic ties to love that's true  
She finds her peace with family and herself anew

The constant storms within still  
She masters her emotions with skill  
A drowning mind finds the shore  
And an open sky to spread her wings and soar

PHOENIX IN THE MIRROR



A photograph of a dense forest of evergreen trees, likely spruce or fir, shrouded in a thick mist or fog. The trees are layered, with some in sharp focus in the foreground and others fading into the background. The overall atmosphere is serene and quiet. The text 'Growth & Resilience' is overlaid in a large, bold, black sans-serif font, centered horizontally and slightly above the middle vertically.

# **Growth & Resilience**



# Goodbye Comfort Zone, Hello Chaos: A Gulfie's Guide to Being Independent

ATHULYA C ARUN  
4 BCOM AFA

As an NRI student hailing from Qatar, landing in Bangalore for higher education was nothing short of a cultural shock – and I'm not just talking about the weather. Trading the comfort of authentic shawarma for canteen dosas was a transformation I wasn't entirely prepared for, and the journey has been a mix of hilarity, nostalgia, and life lessons.

## **The Hardships...**

### **The First Hurdle: Leaving the Bubble**

Life in Qatar was predictable in the best way possible – family, friends, familiar flavors, and an air-conditioned existence. Arriving in India was like stepping into a new dimension where Uber doesn't always come on time, and you're expected to haggle with auto drivers like a seasoned negotiator. The hardest part, though, was leaving the protective bubble of home. Suddenly, I was responsible for everything, from daily chores to budgeting, and realizing that independence is less about freedom and more about learning through trial and error.

### **Foodie Struggles**

Back home, every meal was an event and sometimes we don't realize the value of it. In Bangalore, I found myself struggling to find flavors that matched the Gulf's rich, aromatic cuisine. Yes, Indian food is legendary, but nothing hits like your mom's cooking, right? My survival kit? A group of fellow NRIs who understood the art of communal cooking. I do realise that asking "Where can I get the best shawarma in India?" is practically a dumb question since you won't get any here. You got no option but to come to the Gulf!! I am still in the lookout of restaurants that serve the best food but won't empty my pocket. Do you know of any??

### **Language Barriers**

"Kannada gothilla" became my survival mantra. Whether it was haggling with an auto driver or deciphering the rapid-fire Kannada of my classmates, it was a struggle. And don't even get me started on pronouncing street names.





### **Missing Home... and Home Wi-Fi**

Living alone meant missing not just home-cooked meals but also the insane Wi-Fi speeds of Qatar. Buffering? What even is that? Yet here I was, staring at a lagging YouTube video like a caveman discovering fire.

...And How I Overcame Them

#### **The Survival Toolkit**

Step one: Befriend the aunty in the mess who secretly adds an extra dollop of ghee to your chapati. Step two: Always carry packets of Maggi because they're the ultimate comfort food for homesick nights. Step three: Call home often; Mom's advice doubles as therapy.

#### **Building a New Family**

My classmates—who were once strangers—quickly became my Bangalore family. We bonded over failed assignments, midnight chai runs, and the shared misery of 9.45 AM. lectures. Turns out, laughter transcends all cultural barriers.

#### **Learning the Ropes**

Yes, learning a new language might seem like a hectic task but believe me once you start the first step, there is no going back.

It's a blessing in disguise. Pro tip: Smile a lot. It's universally disarming.

The Gulf Kid's Guide to Thriving in Bangalore

1. Find Your Tribe: Whether it's fellow Gulf students or the "foodies" gang, having a circle makes all the difference.
2. Embrace the Chaos: Bangalore's unpredictability is part of its charm. From sudden rainstorms to impromptu dance-offs in the hostel, roll with it.
3. Celebrate Small Wins: Mastering the art of crossing a Bangalore road without losing your soul? That's worth a party.

#### **The Final Word**

If you're an NRI student considering India for higher studies, know this: the journey won't be easy, but it will be worth it. You'll miss the familiar comforts of home, but you'll also discover parts of yourself you never knew existed. Plus, you'll have stories to tell—like how you negotiated with a vendor for five minutes to save ten rupees.

In the end, I've realized that being away from home doesn't mean losing your identity. It means finding new ways to celebrate it, even in the heart of Bangalore. So here's to every Gulfie out there—may your shawarma always be crispy, your chai always warm, and your adventures unforgettable!





# Lost And Found Within

JAANVI AGRAWAL  
4 BA CE

Whenever life forces us to stall,  
That's the moment we start to fall.  
When the soul withdraws, afraid and lost,  
And the mind is frozen, wrapped in frost.

Wandering blind in a hidden maze,  
We find ourselves trapped in a phase  
Where sorrow whispers, cold and deep,  
Luring us into a restless sleep.

With every second passing by,  
Our inner peace begins to die.  
Merged with darkness, fears ignite,  
And angels tremble at the sight.

But soon, a door will open wide,  
A battle waged within your mind.  
Yet through the scars, you will endure,  
And slowly, you will find your cure.

Hold on tight to a ray of hope,  
Let happiness grasp the rope.  
Step beyond the dome of night,  
And free your spirit in the light.

*A flower does not think of competing with the flower  
next to it. It just blooms*



# The Battle

*Helna Sebastian*  
*3 BSc BtF*



I have lost the battle  
and come back with broken dreams  
and a wounded heart.

And no matter what  
I cannot turn everything back.

Who knew my pride would betray me  
and my sorrows and sadness would engulf me?

Who knew I have scars too deep to heal  
and my worst enemy would be me?

But the story is not forever lost  
and will not turn to mist or frost

My sorrows now shield me,  
and my courage has found her way back to me

I will not weep and cry  
now that my scars have given me strength and  
made me stronger than ever.

Nothing can now break me  
I may have lost the battle, but not the war.

Look at me from near and far  
as I make my final stand.

THE BATTLE





# Add taste to life

SANJEEV H  
4 BA LLB A

When life hands you lemons, sure, you could make lemonade. But let's be real: plain lemonade is just sour lemon juice. You need sugar to turn that into something drinkable!

The same goes for life; when it gets tough, we often overload ourselves with stress and a batch of bitter lemonade. We feel bogged down, lose our sense of direction, and forget why we started. That's the moment when you need to toss in some sweetness! Take a break, and do something that brings you joy, even if it's just napping like a cat in a sunbeam. Step outside, soak in the fresh air, stare at the clouds, and marvel at the world's awesomeness. Reconnect with yourself, remind yourself of who you are and what you stand for.

So, when life gives you lemons, don't just settle for any lemonade; whip up a sweet, refreshing lemonade and savour it. And don't forget to smile while you're at it; life's a lot better with a little sweetness.



# BREAKING THE SPELL

ADITI JAIN  
4 BA ES

All the darkness fades away  
And so does her hope  
When she opens her eyes  
Ending a one-of-a-kind journey

A forever longing in her heart  
To shut the world out  
And to return to her home  
In the void of darkness

A kind villain  
Or a cruel princess  
You could call her that  
From a distance afar

Looking back, she sees her future  
Disappearing with the mist  
The light shining above her  
She embraces her fear.



BREAKING THE SPELL



# BREAKING FREE

## Pursuing Passion Beyond Societal Expectations

DAFNI S H  
2 MA ENG

Passion is the spark that ignites ambition, inspires creativity, and gives life meaning. But following one's passion frequently means going against what society expects. Whether it takes the shape of conventional professional pathways, financial security, or social acceptance, society imposes strict parameters on people, defining what constitutes a "successful" existence. The difficulty is in avoiding conformity demands while remaining loyal to one's passion. One must embrace the path of self-fulfillment, build resilience, and cultivate self-awareness in order to do what they are passionate about without giving in to social pressures.

Finding what genuinely thrills and fulfills you is the first step towards realizing your passions. Passion is not always evident; it must be discovered via reflection and experience. People frequently confuse outside acceptance for passion and pursue occupations or ways of living that satisfy society more than they do themselves. One needs to do a great deal of introspection and ask themselves what makes them happy, fulfilled, and meaningful in order to distinguish between social influence and true enthusiasm. This process of discovery can be aided by keeping a journal, trying out various activities, and noting instances of sincere passion.

Fear of being judged is one of the main barriers to pursuing one's passion. Because society frequently sets standards for what is "acceptable" and "respectable", people often repress their goals out of fear of being judged or failing. Separating one's value from social acceptance is crucial to escaping this way of thinking. It can be freeing to realize that social conventions are arbitrary and prone to change. Before their efforts were acknowledged, many outstanding innovators, artists, and visionaries encountered resistance. One can stay true to their goals by accepting the discomfort of criticism and judgment as a normal part of the process.



Finding a supportive community may be incredibly powerful, even while social expectations can be constrictive. Being around by people who have similar goals to your own gives you motivation and encouragement. During trying times, communities, friends, and mentors who prioritize passion over conformity can be a source of support. Having a network of people who support one's decisions can boost confidence and resolve, even in the face of opposition from peers or family.

Finding your passion rarely comes easily; it takes a great deal of perseverance. Unconventional pathways appear dangerous because societal norms frequently connect financial success with fulfillment. Resilience allows one to continue moving forward in the face of uncertainty, failure, and setbacks. Having a growth mindset, which views setbacks as teaching moments rather than as losses, guarantees tenacity in the face of difficulty. Whether in the arts, sciences, entrepreneurship, or activism, perseverance is a hallmark of all passion-driven success stories.

Success is frequently associated with position, money, and recognition in society. But one should define success according to their own standards. Doing what one loves, despite whether it fits with traditional definitions of success, is the path to true fulfillment. One can maintain enthusiasm without giving in to social demands by reorienting their focus from validation from others to internal fulfillment. Social approbation is significantly less important than one's emotional health, personal fulfillment, and the influence one makes.

Following one's passion is rarely an even path. It is riddled with unknowns, detours, and difficulties. However, the process becomes fulfilling when one embraces the journey instead of concentrating just on the end goal. Regardless of success or loss, every event fosters personal development. Despite social opposition, passion-driven endeavors provide profound personal meaning, making the effort worthwhile.





# Be More Each Day

ABHISHEK PAUL P  
4 BA ES

It's that time in life when...  
I'm sailing each day through the ups and downs,  
while everyone is constructively building their lives.  
It's when you don't recognise your friends.

It's when parents are working out of their power  
to keep my sailing going.  
It's when I feel like I'm their burden.

It's when my youth is admired and  
everything looks pleasing to the eye.  
It's when the past has taught you lessons  
and you still learn each day.

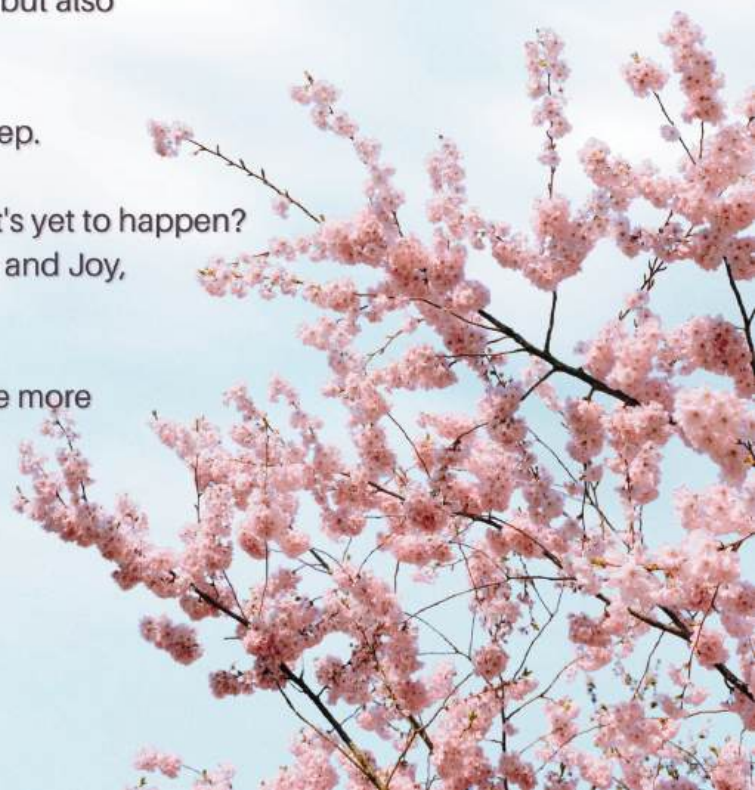
It's when the ones you loved the most at one time  
are not around anymore.  
It's when you're undyingly willing to do and be better  
doesn't lead you anywhere but you still do it anyways.

It's when you think "one day it's all going to be fine."  
but what is it going to be like today??  
It's when you want to let go and break down completely  
but also hold strong.

It's when I wonder when this time will pass but also  
knowing it they're in my life for a reason.  
It's when you have thoughts like these  
when you are supposed to have fallen asleep.

What is life when you know everything that's yet to happen?  
Your shortcomings, your moments of Pride and Joy,  
your moments of complete depression.  
What if you know it all?  
It's that time you realise that you've become more  
when you go through it.

Be More Each Day!





# Bound By Love Broken By Fate.

Soumyadip Mondal  
2 MAIS

In the haze of adulthood, I wander lost,  
Dreams weigh heavy, yet bridges are crossed.  
The future looms, a shadow unclear,  
Whispers of doubt echo near.

How will I stand, provide, sustain,  
For a family counting on me through pain?  
If no job answers my earnest plea  
How will I build what they expect from me?

Since childhood's gates, I have seen loss bloom.  
Father, grandparents, all gone so soon.  
Their void sucked deep, it stings and feels raw,  
An ache yet, the bane of a life's law.

Money and fame, cruel mirrors engage  
Life's true worth is a harsh check.  
Yet I blame no one its not their sin,  
Just sharing the battle I fight within.

Alone I stand, these thoughts are my own,  
A silent struggle, a path unknown.  
But hope flickers faint in this night,  
Even in darkness, there is a spark of light.

Love calls softly, her voice so kind,  
Yet the fear of failure clouds my mind.  
How can I promise her life secure,  
When my own footing feels unsure.

The nights are long, silent and deep,  
Thoughts of loosing you rob my sleep.  
What if society pull us apart,  
Leaving a void within my heart.

Life demands what I cannot give,  
A steady path, a way to live.  
But without you what's the gain,  
A hollow life, steeped in pain.

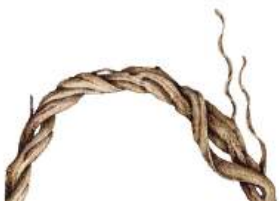
I fear the weight of promises made,  
The dreams we wove, now might fade.  
How do I ask you to Stay with me,  
When the future's so uncertain, so free.

The thought of separation cut me deep,  
An ache that wakes me from sleep.  
I can't let go ever,  
Bonds I will break for never.

So I'll strive, I'll rise, I'll fight this fear,  
To keep you close, to hold you near.  
For in your eyes, I see my truth,  
A love eternal, my heart, my youth.

She has gone, for me her love grown pale,  
A world torn apart, saddened by caste's avails.  
I'm a jobless lover and not a penny in hand,  
And so I'm left with this interpretation of  
society to understand .

BOUND BY LOVE  
BROKEN BY FATE







SHUBHAM BANERJEE  
4 BSc BtF



# The Role of Emotional Intelligence in Effective Peer Education and Mentorship

BY Alvin S. Sebastian  
4 BAHP

## The Role of Emotional Intelligence in Peer Education

Emotional intelligence can enormously change peer educators, but it is often overlooked in different educational contexts. Further, this process can significantly improve how they promote learning, create the workplace atmosphere, and enhance desirable behavioural change in their colleagues. That being said, improving emotional intelligence is no walk in the park. It calls for painstaking efforts, self-examination, and dedication to manage one's biases and triggers. Through heightened self-awareness and understanding of the self, peer educators can better grasp their emotions, strengths and weaknesses, rendering them more accurate and approachable. This new self-awareness allows them to notice any bias or internal triggers affecting their interaction with others and try to eliminate them.

### 1. Self-Awareness

Self-awareness, the cornerstone of emotional intelligence, is a powerful tool for peer educators. The ability to understand that the self is separate from others; however, to be self-aware, a person must recognise and label their feelings, thoughts, and behaviours. If a person is self-aware, they can assess their physical, mental, and emotional states and understand various aspects of their internal personality, allowing them to interact with the external world.

### 2. Self-Regulation

Self-regulation, the ability to manage emotions and respond appropriately in different situations, is crucial to emotional intelligence. It's a skill that provides reassurance and confidence, especially in challenging or stressful situations. Peer educators who have mastered self-regulation can navigate disagreements, sensitive conversations, and unexpected situations with resilience and grace, demonstrating their capability and composure. Their ability to regulate their emotions not only contributes to the stability and support of their peers but also instils a sense of control and confidence in the peer educator. This practical application of self-regulation in managing challenging situations demonstrates the role of emotional intelligence in peer education.



### 3. Empathy

For peer educators, empathy is an essential part of emotional intelligence. It entails sharing and comprehending others' emotions, which is necessary for establishing rapport and trust. By empathising and addressing their peers' feelings, peer educators may provide them with more assistance. This emotional capacity to connect with others promotes a deeper understanding and creates a supportive atmosphere.

### 4. Motivation

Another component of emotional intelligence that benefits peer educators is intrinsic motivation. Instead of being motivated by outside benefits, motivated people are driven by a desire for personal fulfilment and to assist others. Peers are frequently motivated to participate more actively in conversations and activities by this infectious enthusiasm. Peer educators who are driven are more likely to stick with their jobs through difficulties and stay dedicated to helping and mentoring their peers.

### Benefits of Emotional Intelligence in Peer Education

1. **Improved Communication:** A peer educator with high emotional intelligence has better communication skills. Talks are more fruitful, and the discussed topics are better understood with clear communication and attentive listening.
2. **Enhanced Conflict Resolution:** Emotional intelligence gives peer educators the emotional intelligence they need to confront and overcome problems or disputes inside the group. As a result, the learning atmosphere is more helpful and coherent.
3. **Increased Trust and Engagement:** Peers are more inclined to trust and interact with the peer educator when they see they are understood and supported. This trust improves the teaching process overall and makes it easier to have open discussions about sensitive topics.
4. **Positive Role Modelling:** Peer educators with high Emotional Intelligence levels act as positive role models by exhibiting sound emotional regulation and social skills. By serving as an example, peers can be encouraged to increase their emotional intelligence.





## CASE STUDY:

### “The Impact of Emotional Intelligence on Peer Education”

As a peer educator in the campus mental health program, Anna is a senior at a university. She oversees group discussions, leads stress management courses, and offers one-on-one help to students struggling with mental health issues. Even though Anna worked very hard and was very dedicated, she found it difficult to relate to her peers and address their problems. After realising she needed to improve, the university enrolled Anna in an Emotional Intelligence training program.

Before the training, Anna's emotional intelligence (was evaluated using a standardised instrument that measured her self-awareness, self-regulation, motivation, empathy, and social skills. The findings showed that although Anna understood the subject well and had a strong intrinsic motivation, her self-control, compassion, and social skills needed improvement.

- 1) What five critical Emotional Intelligence components are identified in the case study?
- 2) How did Anna's initial EI assessment highlight her strengths and weaknesses?
- 3) What communication strategies were introduced to help Anna manage group dynamics and resolve conflicts?

Emotional intelligence is a critical competency for peer educators since it greatly enhances their ability to relate to, support, and mentor their peers. How well a peer educator engages with others and performs is greatly influenced by the essential components of emotional intelligence, which include self-awareness, self-control, empathy, social skills, and motivation. While self-awareness enables peer educators to remain true to themselves and control their emotional reactions, self-regulation ensures that they calmly handle stress and arguments. They can relate to and understand the experiences of their peers through empathy, which fosters rapport and trust. Better group dynamics and communication result from enhanced social skills; internal motivation drives their enthusiasm and dedication.

## References

- Newton, B. (2013). Walking a fine line: Is it possible to remain an empathic physician and have a hardened heart? *Frontiers in Human Neuroscience*, 0, n/a.
- Linvill, J., Linvill, J., & Onosu, G. (2023). Stories of Leadership: Leading with Empathy through the COVID-19 Pandemic. *Sustainability*, 15(9), 7708.
- Sivaraman, M., Ponmari, S. J., & Venkatamathi, P. J. (2015). EMPATHY AND SYMPATHY AMONG MEDICAL STUDENTS: CHANGING TRENDS. <https://doi.org/10.22270/jddt.v5i1.1045>
- Self-Awareness in Leadership: Why It Will Make You Successful - Aldo Civico | Top Leadership Expert and Executive Coach. <http://aldos.blog/self-awareness-in-leadership/>



# A Call of Confidence

KHUSHI GUPTA  
4 BBA E

I didn't ever need validation,  
My courage and strength were enough  
So why do I know live in trepidation  
Shouldn't I be better, be tough

It feels desolate, so empty,  
To think about the voices in my head  
I had friends, plenty  
But did anyone know, what I read.

Sometimes, I shake  
What if they judge me  
My positivity on a break  
Growing self doubt on a tree

They say, I should try  
To ignore the darkness around  
Is it true, wrong to cry  
The lion inside, ready to pounce

I let in, the ray of sunshine  
Let this become, just another tale.  
I wasn't lost, morning so fine  
My confidence isn't going to fail.

*"It is from small streams that big rivers rise. "*  
~ Matshona Dhliwayo





# Live life as it is

SREERAM V  
4 BCOM F

Live life as it is, and never be too hard or unconfident about yourself.

We just live our lives by gazing around, scanning, and experiencing everything around us, sometimes we just end up picking up values which are not meant to be distinctive, good or bad, but we pick them up, sometimes we correlate with them and end up feeling bad or negative. We constantly compare ourselves with the establishments or achievements of our peers, family members, or anyone of our age in this tiny atom in the cosmos. We compare ourselves and end up going wrong about things; we feel we haven't done much or are not attempting to do it. It's okay not to be able to fit in with them, but giving up or just constantly letting yourself down is never the solution. An infinite doorway of avenues is waiting for us, but as the saying goes, "Opportunities are everywhere but don't come up to you until you're ready". We need to work constantly towards our goals, which can be short- or even long-term, but we must put every ounce into it so that it becomes worthwhile. We generally tend to bend towards things that others do; it's a tendency for us to try and do what others do; it can't be wrong; we need to realise that we are not here to live for others or their values; we are not the same, and we have a life to live for ourselves and have our perspectives; though our perspectives are largely driven by our experiences, we must also know to unlearn and grow up to be great human beings. If one can't change for the upliftment of oneself, what is the use of their entire existence? One must be able to change; change is the only constant thing. We must always think about living by our virtues and never going the hard way, thinking we could never do it or cope with it. Unless we try, we can't expect opportunities or successes to knock on the door and say "Hey". We must be confident, believe in ourselves, and never be afraid to make bold decisions. As the saying goes, "I'm not afraid of failure; I'll be happy that I tried, or I would regret that I never tried". So, life isn't so hard that you put all the burden on yourself; just embrace life as it is and maybe share it with the people you believe in because the right group of people shape your thoughts, ideologies, values, perspectives, and whatnot. Your peer group, too, matters, so choose a good peer or companion who is there for you, cares for you, values your time, and loves you for who you are. There are 7 billion people on this planet and you are not alone. If you do fail in the process where you gave your best, it's ok. Failure, as is said, is the stepping stone to success, but the experience gained, and the hard work you put into the work will surely pay off when it's not done as a one-time task. We need not resent our failures because we can't control future possibilities, but we could try to correct the problems, which might be the solution. So just be happy and never let yourself down because if you lose your confidence, you just lose yourself and your real identity. You feel like a minuscule thing, insignificant, but little does a caterpillar know that it has the potential to become a beautiful and enchanting butterfly. Thus, it's completely okay to be sad, but to blame yourself for every single fault is just stupidity and doing injustice to yourself. Just believe in yourself and work towards yourself; hard work will always pay off. To finish off, there is a very influential quote by the Dalai Lama: "If you think you're too small to make a difference, try sleeping with a mosquito" It took me some time to understand, but I am sure it will take you too...



1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

7. \_\_\_\_\_

8. \_\_\_\_\_

9. \_\_\_\_\_

10. \_\_\_\_\_

11. \_\_\_\_\_

12. \_\_\_\_\_

13. \_\_\_\_\_

14. \_\_\_\_\_

15. \_\_\_\_\_

16. \_\_\_\_\_

17. \_\_\_\_\_

18. \_\_\_\_\_

19. \_\_\_\_\_

20. \_\_\_\_\_

21. \_\_\_\_\_

22. \_\_\_\_\_

23. \_\_\_\_\_

24. \_\_\_\_\_

25. \_\_\_\_\_

26. \_\_\_\_\_

27. \_\_\_\_\_

28. \_\_\_\_\_

29. \_\_\_\_\_

30. \_\_\_\_\_

31. \_\_\_\_\_

32. \_\_\_\_\_

33. \_\_\_\_\_

34. \_\_\_\_\_

35. \_\_\_\_\_

36. \_\_\_\_\_

37. \_\_\_\_\_

38. \_\_\_\_\_

39. \_\_\_\_\_

40. \_\_\_\_\_

41. \_\_\_\_\_

42. \_\_\_\_\_

43. \_\_\_\_\_

44. \_\_\_\_\_

45. \_\_\_\_\_

46. \_\_\_\_\_

47. \_\_\_\_\_

48. \_\_\_\_\_

49. \_\_\_\_\_

50. \_\_\_\_\_

51. \_\_\_\_\_

52. \_\_\_\_\_

53. \_\_\_\_\_

54. \_\_\_\_\_

55. \_\_\_\_\_

56. \_\_\_\_\_

57. \_\_\_\_\_

58. \_\_\_\_\_

59. \_\_\_\_\_

60. \_\_\_\_\_

61. \_\_\_\_\_

62. \_\_\_\_\_

63. \_\_\_\_\_

64. \_\_\_\_\_

65. \_\_\_\_\_

66. \_\_\_\_\_

67. \_\_\_\_\_

68. \_\_\_\_\_

69. \_\_\_\_\_

70. \_\_\_\_\_

71. \_\_\_\_\_

72. \_\_\_\_\_

73. \_\_\_\_\_

74. \_\_\_\_\_

75. \_\_\_\_\_

76. \_\_\_\_\_

77. \_\_\_\_\_

78. \_\_\_\_\_

79. \_\_\_\_\_

80. \_\_\_\_\_

81. \_\_\_\_\_

82. \_\_\_\_\_

83. \_\_\_\_\_

84. \_\_\_\_\_

85. \_\_\_\_\_

86. \_\_\_\_\_

87. \_\_\_\_\_

88. \_\_\_\_\_

89. \_\_\_\_\_

90. \_\_\_\_\_

91. \_\_\_\_\_

92. \_\_\_\_\_

93. \_\_\_\_\_

94. \_\_\_\_\_

95. \_\_\_\_\_

96. \_\_\_\_\_

97. \_\_\_\_\_

98. \_\_\_\_\_

99. \_\_\_\_\_

100. \_\_\_\_\_

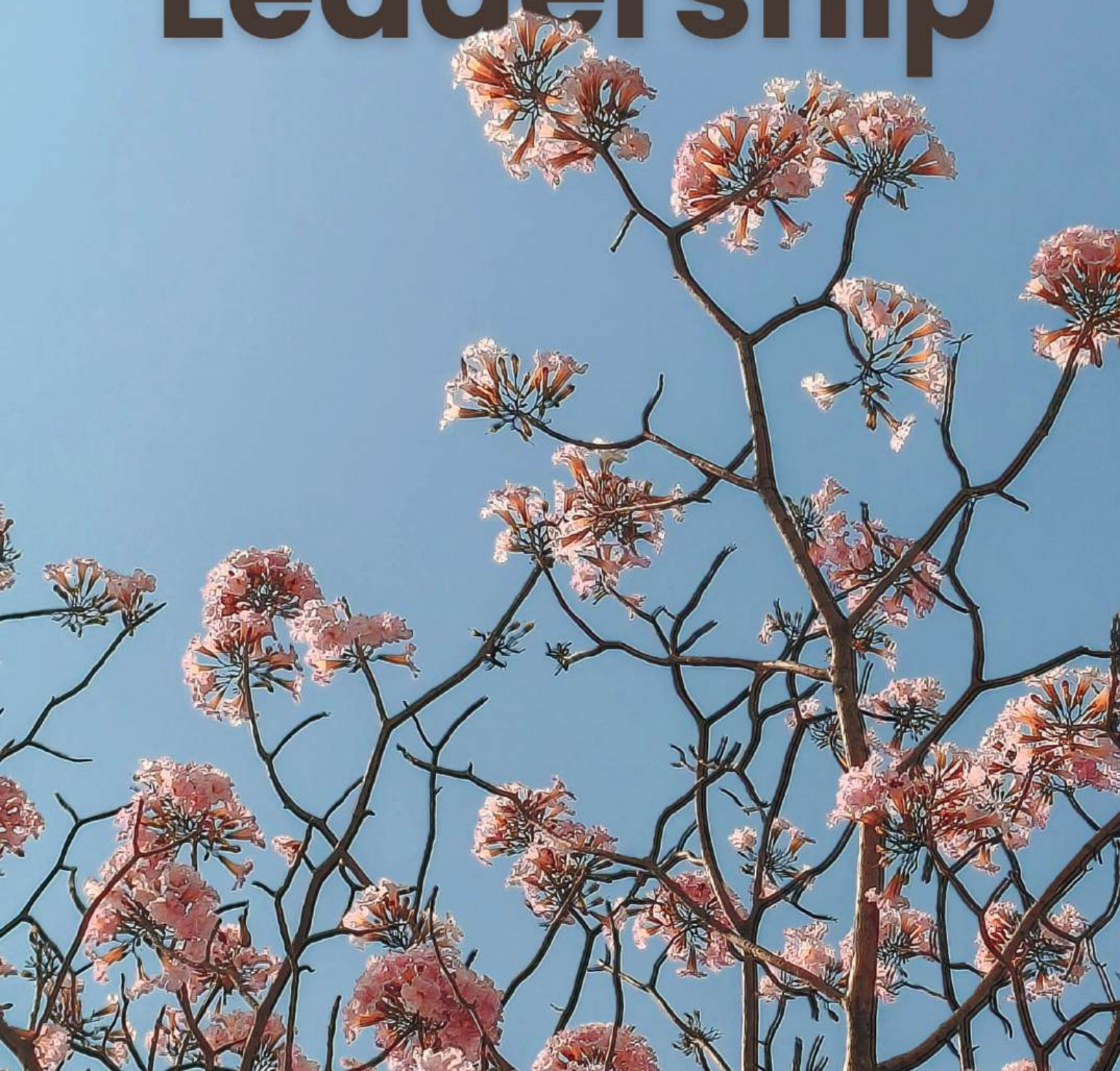
A close-up, profile view of a snow leopard's head, showing its distinctive rosette pattern and intense gaze. The leopard is looking towards the right, with its mouth slightly open, revealing its teeth. The background is dark and out of focus.

He was being  
torn apart by the  
sounds of someone inside,  
confused between Lucifer and Raphael  
didn't know  
when to quit or  
how to confide,

He tries,  
and cries and cries  
felt like he fails  
to move through,  
Something seems  
to have been lost.  
And there's nothing  
he could do.



# Leadership





# Please Keep Talking

A Classroom where Teacher and Parents are waiting to hear you TALK

DENNIS LOUIS  
2 MPCPO

"Your sound starts to irritate me; why are you so loud? Your whispers are no longer secrets." These are some comments I usually hear from my faculty, friends, and family. But I never wish that I was mute or want to be mute. Trying to talk is harder than trying to be mute. If you are reading this article, I just want you to speak to yourself or others for a second about any word that comes out of your mind or any word you need to speak with someone. Embrace the words. Embrace the sound because we are gifted with this ability. This article is dedicated to the community and parents (especially mothers) sacrificing their lives to see their kids talk or hear the words 'Amma, Ma, Mum, Mummy.'

I still remember the interview day at the National Institute of Speech and Hearing (NISH). Head co-ordinator Daisy, mam, told me that this is a female-dominated field because you primarily have to deal with kids from 0-6 years old. There are male faculty members and students already working in the field. Still, I had no idea what I was going into. During the first day of my class, I went to one classroom as an observer with my other classmates. The classroom was very different, not the usual one that I had ever seen in my life. The moment I walked into the class, I could hear the loud noises of silence. When the door closed, I was in a noise-canceling environment where I felt like I was plugged in with high-quality ANC (Ambient Noise Cancellation) earphones. This is because the walls of the classroom were sound-proofed. There was one medium-length table and five chairs, including a faculty chair, which was the height of the children's chair. Other regular chairs are for the mother and parents to observe their children. I saw different types of ear devices on each child; some are attached to the head (Temporal side), and others are directly inserted into the ears. There are different types of hearing aids used by children. The most common ones are battery-based hearing aids and cochlear implants. Hearing aids can cost 10k to 5 lakhs, whereas a single cochlear implant can cost up to 30 lakhs. Some children use both implants and aids based on their percentage of hearing. Residual hearing (remaining hearing within the persons with deaf and hard of hearing) is essential to developing speech and language.





The teacher starts to speak with the children in a loud and clear voice. I was able to understand that this journey would be something that I would be able to remember in my entire life where, one day, I would be sitting in that teacher's place and teaching children to talk and speak. Later, each time I went to the class as an observer, I could find the real meaning of neuroplasticity. I could see how special educators (teachers) and parents could mold the child's brain into talking their mother tongue. One of the main instructions the teacher gives to parents is, "Please let your kid talk; make him talk on every occasion, every minute, even while brushing and bathing." The parents painfully follow these instructions and put in 100 percent effort to get at least 35 percent of the results. The main objective of Early Childhood Special Education is to provide integrated schooling for children who are deaf and hard of hearing. Sending them to a regular school is the primary achievement for both parents faculties. About 4-5 students with proper training and qualifications are eligible for regular schooling. Others are transferred to special schools. Still, most alumni are training engineers and IT professionals; at the latest, one alumnus got admitted to MBBS. Parents' hard work and support are some of the reasons for students' achievements. Special educators and other health professionals just guide them in the right direction.

Even a 10000-word essay could not do any justification for the hard work and efforts put in by mothers and parents for their children just to see talk. Sign language will always used as a secondary option, and everyday speech training is used. The early detection of the disability results in better treatment and effects of neuroplasticity. As I conclude the article, I always ask my friends one question: 'Which is the most difficult disability?' I was able to answer my question through my journey with this community for a limited period of time. Even during this limited period of time, I was able to find out that a person would not be able to function when their needs are not met or satisfied. Communication is the Key, Key to Function.



A background image of several pink tulips in bloom against a clear blue sky. The tulips are in various stages of opening, with some fully bloomed and others still in bud. The lighting is bright, suggesting a sunny day.

# Leading from the Midst

ROHIT N  
2 MPCL B

Imagine a leader. What comes to your mind? Someone dominating and assertive, standing in front of a pack? The group does what they say; they command, and the group obeys. BUT ALAS! NO. That description fits a dictator, not a leader. Anyone without specific skills can implement the aforementioned scenario. But being a leader entails more than that. By classic description, leading in front would mean people following the "leader". By putting a spin on this narrative and viewing it differently, one can see how a leader can be one whom the pack chooses to follow willingly, not just one who leads from the front shouting orders.

The PG Peer Ed program by the CCHS entails this philosophy perfectly. There are no leaders of the conventional sense here, just peers from amongst the group who inculcate qualities desirable enough that their peers choose to follow them. This instillation of values and morals makes us leaders, not limited to the few in the program. Anyone who imbibes these qualities is a leader, transcending demographics and other traits.

What is vital for this process is an open mind and a zealous heart, ready to take in new experiences and undergo a transcendental experience. The most crucial part of acceptance comes from within, and I mean this in all positivity. Limiting acceptance of self to our flaws and negatives proves redundant or detrimental in shaping one's character. Using a key takeaway from the session facilitated by Dr Aneesh Kumar on character development, I'll try to explain why.

In a society and culture where children are tutored to improve and hone themselves to their perfect selves, there comes a point when critical reflection equates to picking on flaws. In the larger scope of things, this becomes the first step in a long downward spiral where one's mind is trained to spot negativity, flaws, and defects in oneself and within. More often than not, instigating a sense of self-doubt and inadequacy is the end product of this spiral, the rock bottom.

Most of us, including myself, lie somewhere in between, eyes locking with the dark spots on the bright canvas of life. The sense of inferiority creeps in when raising our voice or even a hand in a social setting, something I observed while engaging in the peer education classes that I had the privilege of facilitating. Albeit all attendants were extremely capable and accomplished, a sense of reluctance lingered in putting each one's self out there. This prompts the question, how will one ever evolve into someone our peers will take notice of and follow if we are blended in and reclusive? Thus, the leader in oneself encounters a slow, tragic demise.

This is a tragic yet prevalent sight among aspiring leaders in the student communities. Shifts are required in terms of both perception and experience. This, too, shall only come from within. Within a strong sense of determination and resolve.

The urge to equip oneself with enough resources to help a friend in need and reach out to a sinking hand is enough to start our leadership voyage. Join us here; the journey won't let you down, I promise!



# Connecting Through Experiences: A Session with My Juniors

ANGEL REBECCA A  
4 BCOM AFA

I had the pleasure of leading a session on self-management for our juniors, and it turned out to be a wonderfully engaging experience that truly connected us. Sharing my personal journey and the challenges I faced during my first year resonated deeply with them. I could see in their expressions, active nodding, and genuine smiles, that my experiences struck a chord and made them feel understood.

This session brought back memories of the times when our seniors guided us, helping us navigate similar challenges. It felt fulfilling to support my juniors in the same way I once received support. After the session, many expressed interest in joining the Peer Education Programme and inquired about how they could participate, revealing their eagerness to connect and grow within our community.

The mentor-mentee relationship is invaluable, it's amazing to see how sharing experiences can create bonds and encourage personal growth. Overall, this interaction was a beautiful reminder of the importance of connection. I left feeling grateful that I could contribute to their journey, just as others had done for me, building the community that supports us all.





# A Mentor's Role

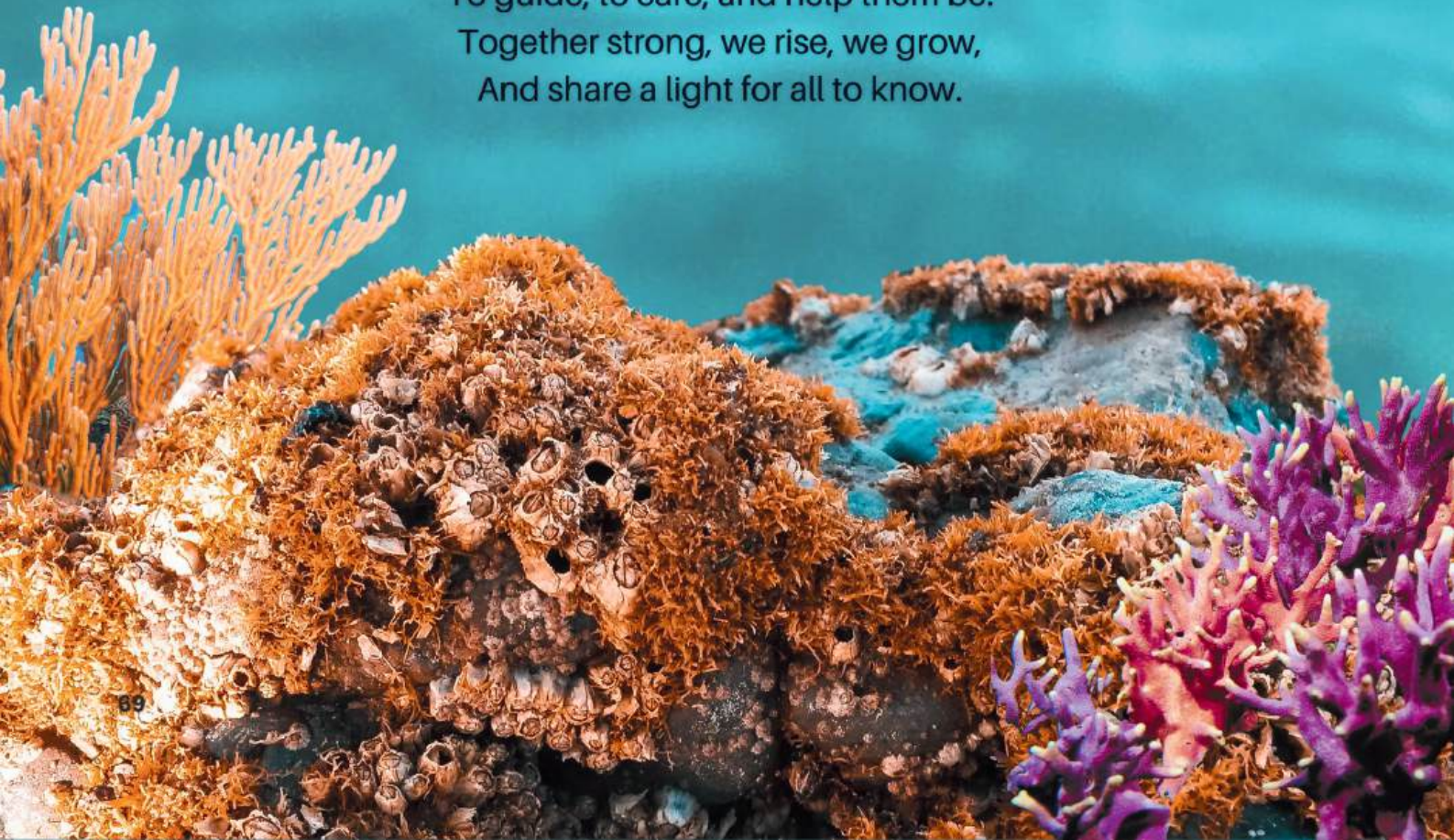
PRAGATHIKA S R  
4 BCOM F

In quiet halls where worries stay,  
A mentor helps to light the way.  
We listen close, we stand with care,  
To show our peers that we are there.

We learn to set our boundaries right,  
To keep ourselves within the light.  
With patience, kindness, and a smile,  
We help them walk that extra mile.

But when the load is hard to bear,  
We guide them to more help out there.  
A counselor's wisdom, calm and true,  
Can heal the hurt they're going through.

A mentor's role is clear to see:  
To guide, to care, and help them be.  
Together strong, we rise, we grow,  
And share a light for all to know.





# The Power of Vault

UDITI CHAKRABORTY  
2 MPCL B

I often wondered ~ who was a leader?

With world politics teaching us democracy and electoral poles, my idea of leadership often blossomed between the cusp of the words- Power and Responsibility. And hence, for me, leadership was fairly defined by the ideology that "With great power come great responsibility."

However, attending Dr Bhuvana Manohari 's session put things into a spectrum of perspective. Storytelling and aiding the narration made me realise how power and responsibilities were evaluative, and leadership was sheerly born out of that context and popularised.

Throughout the session, ma'am beautifully narrated the journey of the leader ~ A good leader in intention and bad in execution to being a resurrected leader giving back to the society. The session all the more re-emphasised the expanded understanding of it across multiple contexts and arenas. Ma'am skillfully presented that overcoming the fear of being the perfect leader is when we become a leader in its essence.

With the responsibility also came the duty of storytelling, to do the right thing, especially when it's difficult, to hold integrity, especially when it's masked and to be accountable, even when not cross-verified.

And that changed everything about the normative understanding of what it meant to be a leader. It made us realise that narration belonged to the narrator and that the story of leadership is a tale of collaboration.

And with the collaboration came vulnerability, the shame of the open wound and the closed-off fear of the wound being visible. And like Maya Angelou beautifully said, "And still I rise", she held our wings of aspiration and set us free to fall and rise and fall again, but never stop flying.

THE POWER OF VAULT



# My Journey as a Peer Educator

NEIL ANTHONY GEORGE  
4 BSc BtC



I still remember the day our seniors came to our class, full of life and energy. My friends and I discussed how they could maintain that same enthusiasm even after two years of college when we were already exhausted. I don't recall what they presented that day, but one thing that forever left an impression on me was how they presented the topic and interacted with us, making us feel more open and reflective. They managed to do all that in just an hour! I wondered what magic they had learned to turn our dull, silent class into one of the loudest in the block. That's when I first heard about the Peer Education Program and, more importantly, the two extra credits it offered.

It was the first program I applied to in my second year at Christ. Compared to the previous year, the program's structure had changed, becoming a semester-wise program offering three credits. The interview boosted my confidence in my abilities and helped me overcome my longstanding fear of selection processes in general. I truly felt blessed when I was selected for the program, and I couldn't wait to start.

Initially, I was mainly interested in the connections and the extra credits; however, I soon learned they were just the cherry on top. The program delved deep into human emotions' most intimate and vulnerable aspects. It broadened my perspective on the very foundations of human sentiment. Things I had initially not given much thought to turned out to be the most important things in my life. Through the mentor sessions, I realised that self-care was a major aspect I needed to work on. I noticed an improvement in my mood and productivity as I started applying the tips and techniques my mentors suggested.

The sessions on self-awareness, addiction, and relationships were some of my key takeaways from this program. The Kengeri trip allowed me to mingle with peers from other departments. I was honestly surprised at how approachable and friendly they were. The fun activities and drama we experienced that day will forever be in my memories of Christ. The de-stress stall we installed on campus was my first time managing a stall. It was a fun experience to navigate through our difficulties and come out victorious. It was also heartwarming to see the responses we received for this initiative. I enjoyed conducting sessions for our juniors the most. What initially seemed daunting soon became the highlight of this program. I was able to connect and interact with my juniors in the same way my seniors had done a year ago, which fulfilled the very purpose I had applied for.

The funny thing is, I didn't even notice the change the Peer Education Program had brought about in me until that day. I highly recommend this program to all my juniors, as it prepares you for the challenges ahead and shapes you into a holistic human being.



# Learn, Laugh and Lead – With Some Snacks

ARJUN R  
4 BCOM A

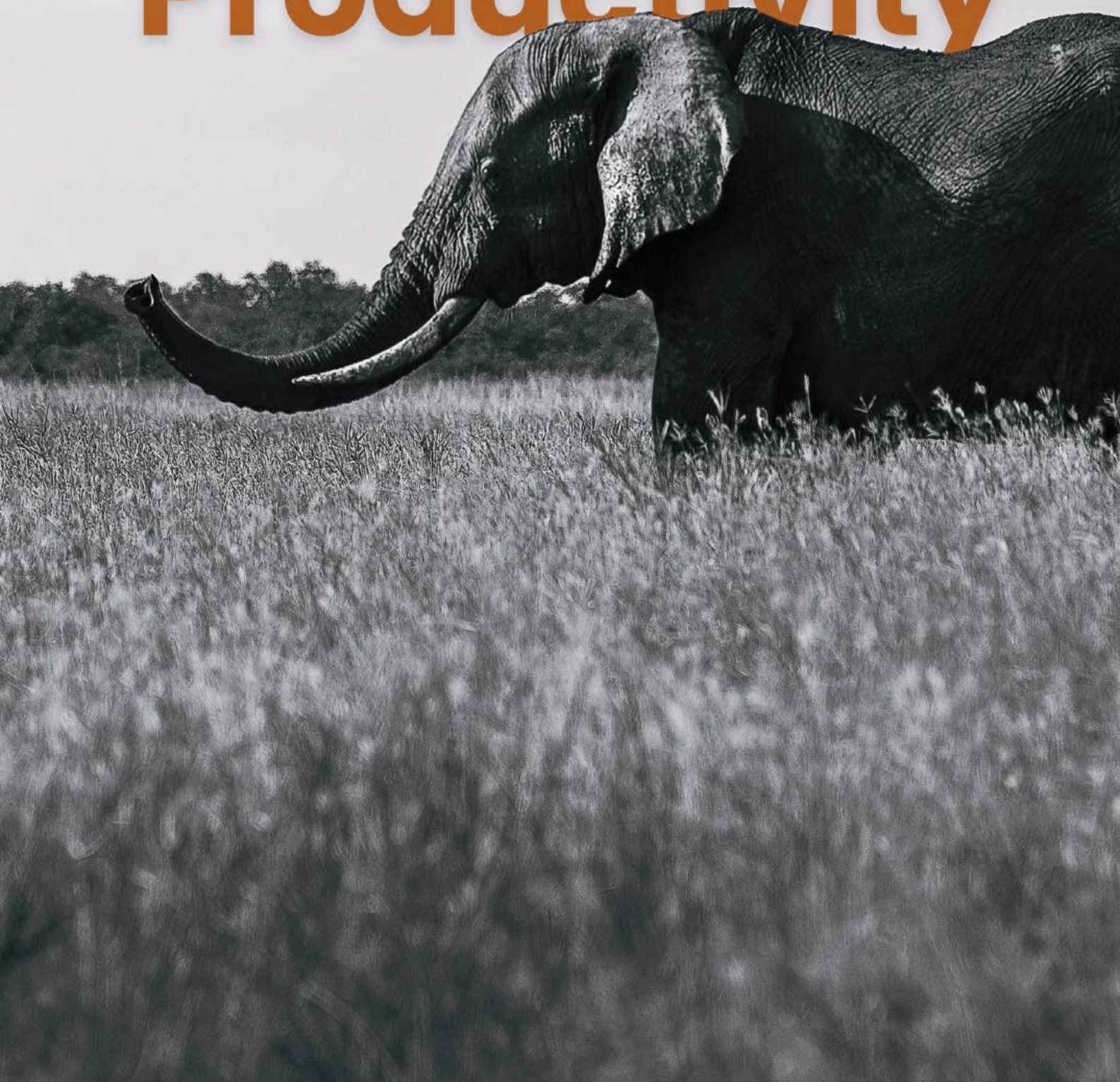
The peer education system is a program that trains individuals within a community to become educators and personal mentors. These peer educators share valuable information, skills, and experiences with their peers in an approachable manner. A key strength of the peer education program lies in its ability to create a ripple effect. Peer educators spread knowledge and inspire their peers to adopt positive behaviours, influencing others within their circles. This is a cyclical process.

Peer education programs have been instrumental in addressing critical issues such as mental health, substance abuse, and academic challenges. Furthermore, these programs build community, leadership, and self-learning. Peer educators gain valuable communication, leadership, and problem-solving skills while fostering a sense of responsibility and confidence. Additionally, the interactive nature of these programs encourages us to take ownership of our learning journey, fostering critical thinking and self-motivation. This empowerment often leads individuals to seek solutions and deepen their understanding of the topics independently.

And let's not forget the snacks! Many peer education sessions creatively include refreshments to engage participants and create a welcoming, relaxed atmosphere. I thank all our counsellors who took the most effective and understandable sessions for us. In conclusion, the peer education system is more than just learning initiatives—it is a platform for empowerment, connection, and growth. These initiatives break down boundaries, motivate change, and spread happiness throughout communities by utilising shared experiences.



# Time & Productivity





# Time Management Tips for Students

SHIVALI SATIJA  
2 MAECO

Okay so we all are very much aware of the fact how challenging Christ University's schedule can be for us students, from having classes from 9:45 sometimes 8:45 to completing our assignments and running after deadlines to managing various events that take place in Christ to living alone in a busy city like Bangalore, we all have our challenges with time management, I am basically writing this article to give my two cents on how to manage your manage your time better without feeling as if time is running away.

So let me begin with what were the challenges I faced when I first shifted to Bangalore and joined Christ. So shifting to a new city was a completely new experience for me, so because my classes would start very early in the morning I would usually struggle with waking up early on time which would make me usually skip meals just to reach my lectures on time, and it is not just me but I spoke with my peers and realized that this is one issue that almost every student faces, this one habit of skipping meals and not waking up on time can take such a toll on our health, both mentally and physically. So the question arises how do we fix this issue? Personally I started waking up 2 hours early before I headed out for my lectures, that way I would have enough time to have breakfast and I would be fresh enough before starting my lectures, obviously I am not advising the readers to wake up 2 hours early like me but I am just advising you all to wake up early enough so that you don't skip your breakfast and feel fresh before heading out, I know I might sound like any other parent but trust me, I have implied this in my life and I have seen the results, this one habit of waking up on time and not skipping your meals will not only help you in the short run but also in the long run.

Another advice I would like to give on managing your time well is trying to end your work before the scheduled deadline, that way you will be able to give your best work in the task that has been assigned to you as well the anxiety of completing the work right before your deadline will not be there. I would not go on with the article since I want to keep it as authentic as possible and not mention things that are preached on blogs or articles without people actually implying them in their lives. I have personally incorporated these habits in my life and I think it's quite doable. To prioritize your work you can also use the Eisenhower matrix which is something I learnt in my sessions of Peer Leadership, basically under this you have to divide your work into four categories urgent-important, important-not urgent, urgent-not important, and neither, this way you can prioritize your work can complete it accordingly.

You can also use planners or digital tools. Keep track of deadlines, meetings, and assignments with planners or apps like Google Calendar.

In conclusion, managing time effectively as a Christ University student can be challenging, but with the right habits, it is definitely achievable. Small changes, like waking up early enough to have a proper breakfast, completing work before deadlines, and using tools like the Eisenhower matrix or digital planners, can make a significant difference in balancing academics, extracurriculars, and personal well-being. Time management is not about overloading yourself with tasks but about working smarter and prioritizing what truly matters. By incorporating these habits, you'll not only reduce stress but also create a more organized and fulfilling university experience.



# Procrastination

## Reasons, Consequences, Roots

MD.HAMDAN KHAN

4 BSc DS

Procrastination has grown to be a serious problem that impacts many kids' academic achievement and general well-being. This is comparable to the slow deterioration of an unfinished piece of bread, which finally goes stale, develops mould, and becomes too bad to consume. Similarly, procrastination can cause a student's production and potential to decline. People are motivated by human psychology to seek meaning in their lives and set objectives to fulfil them. However, rather than just feeling overburdened by the duties at hand, the large number of jobs frequently results in inactivity, which can be even more harmful.

When students first start college, they are excited and ready to learn. They have long attention spans, work long hours, and participate actively in class. With time, this zeal with time, and very few people stay as involved as they were initially. The main cause of this decrease is procrastination, essentially Deliberately delaying or postponing work while being aware of the potential consequences. But the problem is more complicated than it first appears. Students frequently procrastinate in the following ways:

Putting work on hold in order to interact with peers, yet not being able to completely enjoy the activities because of nagging thoughts of incomplete work.

- Putting off studying for exams or doing work until the very last minute, frequently realizing that extra time was required.
- Postponing health-related behaviours like sleep to get immediate gratification, which interferes with daytime activities.
- Giving less important or minor tasks more importance than big or crucial ones.
- Organizing spaces or doing other small tasks to divert attention from crucial work.

These procrastinative tendencies are caused by several factors:

- Poor organisational or time management abilities.
- Distractions or interruptions in the study space, such as TV shows, social media, or noise.
- Overwork or exhaustion.
- Evaluation anxiety is the worry that one will disappoint people or face unfavourable judgment.
- A feeling of futility, the conviction that the same outcomes will always arise no matter how hard one tries.

Procrastination is more common among college students than among high school students for a variety of reasons, including less competitiveness or peer pressure, greater time freedom, and possibly issues with mental health. Research indicates that between 80 and 95 per cent of college students are frequent procrastinators. Procrastination declines with age, with 14-29 being the most vulnerable age range and also being the peak age for productive activities.



Pupils who procrastinate frequently do not recognise it and instead link it to other forces like friends, social media, or cell phones that divert them when they are "just beginning to study." In actuality, each person bears responsibility. Steven Covey's quote, "Between stimulus and response lies a space. In that space lies our freedom and power to choose a response. In our response lies our growth and our happiness," encapsulates this idea. It's not the phone's or the show's fault if you decide to watch a Rick and Morty episode rather than revise your classwork.

Resolutions:

Students must be proactive in taking the following actions to overcome procrastination:

1. **Acknowledge the Issue:** Recognizing and admitting that procrastination is a problem is the first step towards overcoming it. Understanding oneself and one's behaviours and routines requires self-awareness.
2. **Remove Distractions:** It's critical to recognize and avoid procrastination-causing distractions, such as TV shows, social media, and ineffective social interactions. This aids in establishing an environment that is favourable.
3. **Establish Clear Priorities:** Students need to examine their actual circumstances and priorities to get a reality check. This entails realising the significance of duties and the consequences of putting them off, which serves as an incentive to improve oneself.
4. **Establish Designated Workspaces:** Setting aside areas for various tasks will greatly increase productivity.
5. **Follow Your Routine:** Maintaining productivity and lowering the tendency to put things off can be achieved by creating and following a daily schedule that balances work, rest, and leisure.

In conclusion:

Even if it's easier said than done, procrastination can be overcome, but it takes a lot of discipline and self-control. Students must control their urges and keep their distance from distractions when necessary. One important source of distraction is mobile phones, which should be utilised carefully. Understanding the root reasons for procrastination and putting workable solutions to address them is key to conquering it.

Procrastination is a prevalent yet significant problem that affects kids' academic achievement and personal development. Students can effectively overcome procrastination by recognising the issue, removing distractions, establishing clear priorities, designating workplaces, and adhering to a regimen. These measures, albeit difficult, open the door to improved mental health, more productivity, and general well-being.





# RACE AGAINST TIME

SAIJAL JAIN  
4 BCOM F&I B

"Time doesn't wait for anyone"—we've all heard this quote numerous times. As children, we weren't too bothered by it, but now, we feel its weight. With deadlines piling up, we realize its significance even more. From completing one CIA to rushing toward the next task, this cycle sums up our lives. The only way to stay ahead in this rat race is by managing time efficiently—prioritizing what to do and what to let go. Personally, maintaining a to-do list has helped me cope with my hectic schedule and balance my time. Every day, I jot down my tasks either before going to bed at night or by waking up a little early. This simple habit helps me plan my day better and keeps me from feeling overwhelmed. During Daksh, I had too much on my plate—I had to manage my SSC work along with peer education responsibilities, academics, and co-curricular activities. The only thing that kept me going was time management. Knowing how to set boundaries and saying 'no' when necessary made all the difference. As students, we have our entire lives ahead of us, and time management is the key to making the most of it. My father used to get frustrated when we were late—for a party, a flight, or any gathering. Now, as I grow older, I understand its importance and why he always emphasized it so much.





# PHILOSOPHY



# Illusion of Life

KHUSHI GUPTA  
4 BBA E

Such an infinite see saw  
Got you thinking you're without a flaw  
But as soon as you reach high  
They drop you hard, a lie

I never get used to soaring, how can I  
They've got all offense ready  
And just when it reaches perfect, they ask why  
No one can ever remain steady

A system of life, they call it  
Put you down just because its time  
Question yourself, am I fit  
Have I ever done any crime

An illusion, that people stay on top  
No problems, no invisible forces pulling you down  
So when will we harvest this crop  
When will I get my crown.

*"Embrace the beauty of odyssey than the destination"*



# THE UNSAID

AMRITHA GURURANJAN  
4 BA ES

And When Will That Time Come, When Those Unsaid Words Present In The Labyrinth Of Language Still Tries To Whisper Deep In My Ears, Resonating A Feel Of A Profound Connection And True Belongingness. When Benevolent Actions Succinctly Gets Expressed, Seen, Heard And Most Importantly Reaches The Core Of My Heart. When Understanding The Unsaid Doesn't Become The Norm Rather Clear Words And Actions Captures The True Essence Of Wisdom. Is This How It Feels To Be Patient, Waiting For A Dormant Seed Grow And Bloom Eventually In A Rising Hope Of A Rainfall And Shimmering Sunshine? Perhaps Being On The Verge Of Witnessing Serendipity, Desperately Seeking. All Your Answers At The Spur Of A Moment? Universe Conspiring For Us Aligning Our Stars In The Middle Of A Pitch Dark Sky... The Gentleman Has Arrived, No, Not Yet. He Still Lies Somewhere In Between Of My Desolated Heart And Rational Mind, Wherein A Road Of Logical Decision Entails... Now It's All For The Pace Of A Ticking Clock To Decide. If It Is Meant To Be For A Reason, Or Meant To Be For A Lesson...





# ITS GREY AND GREY

ARJUN HARI  
2 MA ENG

The candle in my room went out!  
Oh dear,  
Did you see the soul,  
Wandering in the dark?

Beautiful from afar  
So wretched from beside

She mourned and wailed by night  
Vanished by dawn  
Fled at warmth

Cold was the soul  
Eerie is it's air  
Cold blood drips down  
From scars once fresh

Her screams unheard and  
her songs never sung

Shackled and chained  
She crippled and crawled  
In the darkness of my room  
Never did she leave  
For darkness is her home

Her faint lullabies and feeble mourns  
Comforted my nights, so cold and lone  
As days went by,  
In painful healings and shattering hopes

She came beside  
And cupped my face  
In terror was I stolen and I shut my eyes

The warmth in her  
like a flickering flame  
Ebbing my fear,  
I saw her eyes

So close to me  
So known to me  
Of someone dear,  
Dead long ago!

I saw me,  
That I buried alive  
Now with decaying scars  
And maggots dripping

I sought you  
When I hid from you

Still alive and vivid in thoughts  
I saw you sink into me

I know that  
You are Me.





# Midnight Musings of Escape

VISHAL DAS  
3 BSc DM

I lay awake at night, and think  
of action, adventure and love.  
How i'd love to be the one that guides  
the lost, like stars in the skies above.

Hut i get this feeling,  
as if a cosmic fisherman  
were reeling me back to reality.  
Back to my shabby bedroom  
where, for all i know, i'm doomed  
and confined for eternity.

In my mind, i've finally left the hive.  
So i'll ride, from dawn till dusk,  
24/7, 365.  
Until the day i die.

MIDNIGHT MUSINGS OF ESCAPE



# THE PROMENADE TO GRATITUDE

ARJUN HARI  
2 MA ENG

I was a droplet of murky sky  
Dropped down oblivious  
The future and past was a white paper  
Scribbled up with shapeless structures

Inside me it was void of fumes  
Blurred visions, wobbly aims with  
Thrusting obstacles and hardships  
The soil waited for me to clasp  
I fell terribly into it by  
Feeling the soul of motherland.

Revitalizing the heart  
Blood of soil started to bake my brain  
Marching way forward like an arrow.  
Condensed drop transformed into ablaze

Scribbled lines metamorphosed to outline  
Veins started to bleed for tricolour  
Uniformly waiting to serve the motherland  
Disciplined soul moulded for tomorrow.



# A TIMELESS WAIT

AMRITHA GURURAJAN

4 BA ES

The clock ticks at its own pace,  
Tracing the path to destiny,  
Whispering secrets to the shimmering stars,  
To let the dormant bud turn to a flower,  
While I chase the echoes of a fleeting sun,  
Manifesting utopia amidst the moonlight,  
Promising dawn but delivering none,  
Yet even the buried seed dug deep into the soil,  
Knows it must wait before breaking the bound,  
For the spring will arrive as it should,  
Unfolding moments as it is meant to be,  
So I sit, not lost or in denial,  
Just cradled in time till it decides...

A TIMELESS WAIT





# Entropy: Disordering of Things

EKJOT KAUR  
4 BSc PM

Recently, I stumbled upon this concept of "entropy". Entropy is like a natural disordering of everything, in simple words, chaos. Even though it opens us to a whole new world of physics, I feel that "entropy" is also quite familiar to our lives. After all, entropy lies at the heart of everything. You might seem totally alright and calm and composed on the outside, yet there might be a war going on inside you, emotions bubbling, feelings and the seemingly infinite pool of thoughts uncontrollably flowing.

There is so much happening inside of us, yet nothing is visible on the outside. The mind is such an interesting place where you feel infinite. But the mind is what I describe as a perfect example of chaos. A chaos that makes you live, a chaos that defines your whole consciousness, a chaos that gives meaning to your entire existence. We are born out of chaos, live in chaos, and die in chaos. It's just like you can't ever put things in order. "particularity" is such a vague concept. People say there is a "particular" way and order to do things, yet the reality is that even these supposed "orders" were born out of chaos. No one can predict anything accurately because uncertainty is a part of nature. We are given this life out of nowhere and left to make sense of the world around us, yet what we see is far from reality most of the time.

But we do have power over one thing. We have the power to make our "order" out of this chaos, and no two people will ever have the same order. How we live our lives is "our" order, and no one can ever control that. Life is like a journey with unexpected twists and turns. The way we choose to drive through this chaos is what makes all the difference. But even after all that, in the end, it's the chaos that always wins.

*"Flourish like a tree with deep roots, grounded but reaching for the sky"*



# A Step, A Breath

SHRUTI ANIL SHERE  
2 MPCL A

A Step, A Breath, A Moment True to Beat the Blues  
No need for big leaps, just take it slow,  
A little step for your dear self will help you grow.

Doesn't have to be a Pinterest-y essay,  
just a single thought on the page,  
To set your heart free from the long day's cage.

An hour at the gym is great,  
But lil walks in those 5-minute breaks will feel just as great.  
A mindful breath of air, a stretch, a lil sigh,  
Will lift your spirit, ease up to let you fly.

Screens may glow and steal your view,  
But close your eyes for a minute or two.  
If a minute feels small like it won't make a change,  
Just think of a plank, doesn't it feel long and strange?

So take a pause, let that tension cease,  
Find in yourself a place of peace.  
Take a moment in all that rush; don't lose your way  
You matter more than words can say  
Your beautiful body cares, so show it too,  
With love, care, and rest, it will care for you

A STEP, A BREATH





A balcony aglow with ember light,  
Whispers warmth to the silent night.  
Vines embrace the evening air,  
A hidden haven, tucked with care.



# The Road Taken

AMRITHA GURURANJAN  
4 BA ES

Is this the right decision?  
To not do what others are doing,  
To stand out in a crowd and follow your heart,  
Winning over inner conflicts unconsciously,  
And become whatever you wish for...

Is this the right decision,  
Walking on a road, not chosen by others,  
Which follows a different and unique pathway,  
Still in oblivion of its destination and the ultimate goal,  
Cuz the journey and memorable experiences are etched in the mind perpetually.

Is this the right decision?  
Overthinking about it every now and then,  
Nights becoming darker, clocks ticking faster,  
competition soaring higher and higher,  
There's a need to quest for scintillate lights,  
Despite in aloofness and a lack of an array of exposure to opportunities...

Is this the right decision,  
  
Being almost on the verge of paving our paths,  
Opening the doors to our dream career,  
Wondering about it all, manifesting it to be dreamy and magnificent,  
Painting career on the canvas of life as quintessence of success...

Is this the right decision?  
To follow the footprints of others,  
Being blind though having eyes,  
Flashing with dreams with utmost brightness,  
But eventually uncovering this fear over time ...

I wish I won't regret this decision later,  
Whatever happens, happens for good, as they say,  
Even if the coin of fortune doesn't turn to my favour,  
My belief is so strong that destiny would have its own game to play...

THE ROAD TAKEN



Misc





# नारी: बेड़ियों से उड़ान तक

MANNAT DHARMANI  
4 BA PP

"Kaun kehta hai kafan ka rang sirf safed hota hai, Maine kiyon ko laal jode mein dafn hote dekha hai " Kal hi Maine ye dil ko chooti hui panktiyan padhi.

Padhkar dukh bhi hua aur sacchai bhi nazar aayi. Meri kalam mere hathon se yu likhne lagi...

Bediyon ki ek anokhi kism nazar aayi hai, Kanch ki bani sajti har kalayi hai, Maine dekha tha use dekhte huye guddi- guddi ka khel, Par aaj vo usi ka ek kirdaar bane baithi hai.

Sikhaya jata hoga logon ko padhna padhana, Maine dekha hai use seekhte huye rotiyan bnana, Log mante hoge paise kamane ko kala, Maine dekha hai use ghotte huye apni icchaon ka gala.

Use hak to hai kuch kehne ka, Pr vo, jo unhein pasand ho, Use hak to hai kuch karne ka, Par vo jisse unhe aanand ho.

Virasat mein milte hoge logon ko bangle gaadi, Uski dharohar to hai apni maa ki di hui sari.

Aur ye sari nhi, uski sakhi saheli hai, Is sari ne uske sath har aansu, har takleef jheli hai.

Aap sochte hoge mai kon hu?

Mai Vaqt hu Kisi ke liye rukta bhi nahi, Pr meri aankhon se kuch chupta bhi nahi.

Maine ek vaqt mein vaqt ko badalte dekha hai, Uske har dukh, har dard ka mere paas lekha hai.

Vo nazuk hai, par kamzor nhi,

Vo sagar hai, par kathor nhi.

Vo devi hai, vo khyati hai, Vo sabke dukh har jati hai.

Vo chaahe to bediyon se baan bana sakti hai,

Uske tyagon ka har pramaan bata skti hai,

Vo hak ko pane ki himmat bhi rakhti hai,

Aur hak se pura jahaan bana skti hai.

Use durbal samajhne ki bhool mat karna,

Vo rakhti hai hathon mein jeewan ka jharna,

Vo roti to aansuon se Amrit barasta hai,

Use aata hai har peeda ka nivaran karna.

"Vo NAARI hai, ek ek 100 par bhari hai"



# Key Takeaways from THE ADDICTION SESSION ABOUT VAPING

PRISHA DAS  
4 BCOM F&I A

The emphasis on student-led conversations is one component of the Peer Education sessions that I most notably appreciate. They resemble meaningful, participatory discussions rather than tiresome lectures, which frequently cause students to lose interest. When I originally learned about the vaping session, I expected it to be a dull lecture with the majority of students uninterested in the topic. However, I was pleasantly awed and inspired by the speakers, who delivered the material with great enthusiasm.

Each group had contributed their part to spread awareness about vaping and substance addiction in an attempt to bring about an impact in the community. Through factual information and a platform to dispel the stigma associated with talking about substance misuse and its possibly harmful effects, the session was successful in changing people's opinions. The exchange of ideas and point of views among the students led to such a meaningfully diverse interaction which left an indelible impression on the students in the event. The discussion about the various vape flavors available in the market was both informative and intriguing. For those who had never seen one, one of our Peer Educators contributed to the fun by giving a satirical explanation of what a vape looks like: a miniature walkie-talkie without the antenna, but with flavoring and smoke added. These comical instances gave the program a humorous touch, which made it both enjoyable and instructive.





One of our senior Peer Educators, who is currently pursuing master's degree, shared about one's personal journey of overcoming a smoking addiction. The educator eloquently described how, a simple curiosity gradually evolved into a toxic habit that became so entrenched in the narrator's life that provoked the need to smoke just to perform at their best during the internship.

With remarkable courage, our senior also shared the brighter side of their journey—the determination to break free from the habit—and offered valuable advice on how to overcome such challenges. We were warned to avoid falling into the trap of habits that ultimately cause more harm than good, inspiring us with his story of resilience and self-awareness.

We also learned how our hormones and our thoughts regulate themselves in such a way, especially at this growing stage that we end up being wired by certain behavioural patterns and the first step to bring about a change is acceptance rather than denial and how seeking help is a crucial step in such a journey.

In summary, the vaping and drug addiction awareness training was enlightening and motivating, going beyond the conventional lecture style.

Through lively debates, moving first-hand stories, and the sharing of different points of view, it created an environment for education and understanding. In addition to discussing the significance of self-awareness and seeking help, participants acquired important insights regarding the dangers of vaping. The attendees were effectively motivated to contribute to a mindful and encouraging atmosphere for tackling these issues by approaching to focus on behavioral patterns and social influences.





# LOVES OF MY LIFE

VALLEM PAVANI SWETHA  
4 BA HP

This write-up is dedicated to my LOVES OF MY LIFE.

My support system: Amma, Nanna.

This is written in my mother tongue, Telugu.

#అమ్మ నాన్న

అవనిలో అరుదైన బంధాలు, అద్భుతమైన బంధాలు,  
అవినాభావ సంబంధాలు, అన్యోన్యమైన సంబంధాలు  
నాకు తెలిసినవి రెండే రెండు ఒకటి అమ్మ మరొకటి నాన్న...  
ఒకరు జన్మనిచ్చి కడుపునిండా పాలిచ్చి నన్ను జగతికి పరిచయం చేశారు,  
మరొకరు శ్రమనిచ్చి నా ప్రగతిని పెంచి, ఆ జగతిని నాకు పరిచయం చేశారు.  
జీవితంలో ఆకలిని తీర్చింది ఒకరు, జీవితాంతం ఆకలిని దరి చేరనివ్వకుండా  
చేసింది మరొకరు...

నా పెరుగుదలకు కారణం ఒకరు, నా ఎదుగుదలకు కారణం మరొకరు  
కన్నీరుతో బాధను తెలిపింది ఒకరు, కష్టంతో బాధను దూరం చేసింది మరొకరు  
కలలో కూడా రాన్నివ్వను మీకు కన్నీరు.

- ఇట్లు మీ చిట్టి తల్లి  
పావని శ్వేత వల్లెం





# बड़े हो गए हैं हम अब...

DIYA GROVER  
4 BSc EMS

मम्मी पापा के बिना खाना खाना सीख लिया है हमने,  
अब बड़े हो गए हैं हम।  
मम्मी को गले लगाकर सोने की आदत छोड़नी पड़ रही है,  
क्योंकि अब बड़े हो गए हैं हम।  
पापा के सुबह प्यार से उठाने की जगह,  
अलार्म की आदत डाल ली है,  
क्योंकि अब बड़े हो गए हैं हम।  
भाई का मज़ाक उड़ाने से ज़्यादा,  
तारीफ करने का मन करता है,  
क्योंकि बड़े हो गए हैं हम अब।  
घर से बाहर निकलने से ज़्यादा,  
घर पर रहना चाहते हैं,  
क्योंकि बड़े हो गए हैं हम अब।  
अब खाना स्वाद के लिए नहीं,  
बस खाने के लिए खाते हैं,  
क्योंकि बड़े हो गए हैं हम अब।  
अब हम आराम के लिए नहीं,  
बस अगले दिन उठने के लिए सोते हैं,  
क्योंकि बड़े हो गए हैं हम अब।  
अब दोस्तों के साथ घूमने,  
बस असलियत से भागने के लिए जाते हैं,  
क्योंकि बड़े हो गए हैं हम अब।  
अब पैसे अमीर होने के लिए नहीं,  
माँ बाप के लिए कमाना चाहते हैं,  
क्योंकि बड़े हो गए हैं हम अब।  
आज भी जब एक बार मम्मी डांट के बोल दे,  
"मुझे अब कॉल मत करना,"  
तो दिल बैठ जाता है,  
पर अब तो बड़े हो गए हैं ना हम।  
बच्चे से बड़े बनने की चाह रखना,  
अब सबसे बुरी बात लगती है,  
क्योंकि असलियत में बड़े हो गए हैं हम अब।  
जब घर की याद आने से आँखें नम होती हैं,  
तो खुद को सहला के सो जाते हैं,  
क्योंकि अब बड़े हो गए हैं हम।  
जब तबीयत खराब होती है,  
तो खुद का इलाज कर लेते हैं,  
क्योंकि बड़े हो गए हैं हम अब।  
याद तो बहुत आती है घर की,  
पर उनको बता नहीं पाते,  
क्योंकि बड़े हो गए हैं हम अब।  
पर हमें तो इतना बड़ा होना ही नहीं था,  
कि घर जाना छुट्टी और बाहर रहना जिंदगी लगने लगे,  
क्यों ही बड़े हो गए हम।



# THE UNFINISHED HOPE OF COROLLA

ARJUN HARI  
2 MA ENG

Petals falling, the bed of mother is thick now  
sky is bulleting tears, face of heart is melting down.  
Thunder struck day by day, tearing green into hell of darkness.  
Thrown of thunder is blasting out, eternal petals are fighting for love.

The line of thunder splits up the petals.  
Cataclysmic atmospheric events silenced their fulminating sounds  
Socio manufactured boots are staring to suppress them.  
Inner veins started to murmur themselves.

The phoenix of enlightenment glimpsed by lightening,  
making them realize how revolutionary they are,  
The warmth made the clotted blood to flow through their condensed veins  
Transforming that cold heart into burning flumes,  
Repulsing and creating fumes for flight.

In that darkness, peaceful light of moon arrived  
Eyes of petals were mutually shining to each other.  
Lip of petals was craving for each other.  
Thus the body and soul created a bridge through their veins.

Time overtook the darkness, atmospheric events didn't  
bridge of veins was broken, petals shattered to pieces.  
The last life of love was stamped into the abdomen of mother earth.  
Hoping for a revitalization in a land of "love and peace".





# Wapis jana chahti hu main

SARANYA PERUMALLA  
4 BSc DS

Waapis jana chahti hu mai  
Un baahon main samakar  
Rona chahti hu mai  
Un haaton se bani har cheez  
Khana chahti hu mai  
Un labzo se nikli har daat  
Ikminaan se sunna chahti hu mai  
Un pyaar bhari aankhon ko  
Dekhna chahti hu mai  
Un husn bhari gaalo ko  
Kheechna chahti hu mai  
Un mulaayam si zulfo mai  
Haath pherna chahti hu mai  
Ma, bas aapke paas  
Waapis aana chahti hu mai.....





# Partition of Bengal

SOUMYADIP MONDAL  
2 MAIS

Where Bengal's beauty once began,  
In regions where rivers converge and split,  
The shadow of the division is so lengthy,  
Every song expresses its agony.

A nation split by power,  
Of politics and the harsh light of dawn,  
Where once the Ganges sang its grace,  
Now, silent tears trace every face.

The lost and shattered Hindu family  
Bylines drawn by lives confronted,  
Felt the weight of anguish deep,  
Where once their dreams could softly sleep.

A mother's begging, daughters scream,  
Under the sky, houses were like a dream,  
now a scar on their hallowed places,  
In maps that a far-off bar creates.

They escaped to towns and villages,  
In contrast to safety assurance, however  
Found only conflict, devastation, and misfortune  
Dragged out into the shadow of exile.

The woman, stoic but heartbroken,  
Now split open in every hope and joy,  
With their voices silenced and their power so weak,  
Their dignity is a spectral mask.

A melancholic song about every woman's suffering,  
Of wars waged, of rights violated,  
However, a fire blazed in their eyes,  
An example of strength the world could take note of.

Where sorrows lie in the soil of Bengal,  
Their cries of pain reverberate,  
And by their suffering, let's find a solution,  
To mend the broken, to bring about peace.





# Friendships Shift Friendships Drift

ARYA  
2 MPH RG

Friendships Shift  
Friendships Drift

There was a time when we were constant,  
side by side  
There was a time when our laughter echoed,  
stories flowed  
There was a time when we shared lunches,  
secrets we confided

But time is a tide, and it begins to pull  
Paths diverge, contacts fade

Friendships Shift  
Friendships Drift

Not with malice but with the rush Of new  
adventures and different parades

Here comes the time when we chase our  
dreams, our bright future  
Here comes the time when our college calls,  
our career ignites  
Here comes the time when our focus shifts,  
the world expands

And old connections dim in distant lights  
We build new lives, with loves and kin

Friendships Shift  
Friendships Drifts

The memories linger, Bittersweet  
The laughter we shared, where do we  
begin?

There will come a time, to bridge the gap,  
the growing space  
There will come a time, to nurture bonds,  
though time may fly  
There will come a time, for friendships  
cherished, deep and true!

They are treasures that should never die  
Lets reach out, reconnect and begin again.



FRIENDSHIPS SHIFT  
FRIENDSHIPS DRIFT



# BEYOND THE SURFACE

YASH KUMAR  
4 BA ES

Beauty is the first glance,  
a spark in the eye  
a fleeting moment of wonder.  
It draws us in,  
like light on still water,  
its surface shining,  
its allure undeniable.  
But it is character that lingers,  
quiet and steady,  
a current beneath the shimmer.  
It speaks not in brilliance  
but in depth  
a kindness offered  
a truth held firm.  
Beauty fades like twilight,  
its glow slipping into the horizon.  
But character remains,  
etched into time,  
its presence felt  
in every word,  
every act,  
every unspoken grace.  
The heart is not captured  
by what dazzles the eye,  
but by what it can trust to stay  
a light that does not fade,  
a strength that does not falter.





# NURTURING GROWTH

## The Art of Peer Leadership

MANDHARA M  
2 MAECO

The journey of being a peer leader is not just about guiding others; it is also about discovering yourself in the process. It is about growth, learning, and, most importantly, love, love for your purpose, love for your peers, and, above all, love for yourself.

This philosophy resonates deeply with the essence of this artwork, crafted purely from recycled paper, with colours derived from leaves, flowers, and mud. Just as nature offers us elements to create beauty, our journey as peer leaders allows us to cultivate wisdom, empathy, and resilience from life's experiences. The eye in the artwork symbolizes awareness and perception, qualities essential in guiding and uplifting others, while the leaves represent growth, renewal, and the organic evolution of learning and connection.

The process of creating this artwork mirrors the essence of being a peer leader. Every stroke of colour, every texture formed, and every natural element used speaks of patience, dedication, and creativity. The raw, recycled paper symbolizes the foundation we build upon, a reminder that even from discarded elements, beauty and strength can emerge. The use of natural dyes signifies how our surroundings, our peers, experiences, and struggles, shape and colour our journey.

In this world where stress and exhaustion have become trends, it is easy to get lost in the noise. We often find ourselves saying, "I'm done," or "I can't take it anymore," but do we ever pause to reflect on why we started in the first place? The truth is, we once chose this path because we believed in it. We saw value in helping others, in making a difference, and in becoming the person who listens, understands, and uplifts. So, why let the weight of momentary challenges overshadow the love we once had for this journey?

Being a peer leader is both a responsibility and a gift. It enables us to establish a strong connection with people, listen to their hardships, and serve as a reminder to both them and ourselves that nobody is travelling this path alone. Knowing that your words, your presence, and your empathy may be the light for someone in their darkest moments brings an unfathomable sense of delight.

However, we must first love ourselves before we can love others. Self-care is essential; it is not selfish. We can re-align with our mission by taking a step back, taking a deep breath, and enjoying our alone time. We must take care of ourselves in order to continue our trip, just as the artwork was made with time and care. Never forget that if you are exhausted, you cannot give people your best effort.

Sometimes, being philosophical helps solve half of life's problems. When challenges arise, instead of seeing them as burdens, view them as lessons. Let every struggle refine your strength, every setback mold your resilience, and every doubt pushes you closer to clarity. The journey of a peer leader is not a straight path; it is filled with twists, turns, and moments of uncertainty. But through it all, there is beauty in knowing that we are constantly evolving, learning, and growing.

So, take your time. Love yourself first. Remember why you chose this path, and let that love guide you through every challenge. Just like the leaves and flowers used to paint this artwork, let your experiences shape your journey with organic beauty. Because at the end of the day, this journey is not just about helping others, it is about becoming the best version of yourself too.



# SEEDS OF SELF DISCOVERY

## Reflections on Peer Ed Training

NITIKA  
2 MSED

College is not just about academics; it is also a journey of self-discovery, growth, and purpose. I am fortunate that I had the opportunity to be a part of and attend the PG Peer Ed Training Sessions, which profoundly impacted my understanding of myself and my path ahead. Among the many insightful sessions, two stood out as transformative experiences for me personally, the very first session with Professor Sabu John on Self-Awareness and the last core session with Dr. Aneesh Kumar on The Purpose-Driven Life. Together, they formed a complete circle of self-reflection, goal setting, and understanding the deeper meaning of personal strengths.

The first session focused on Self-Awareness, Strengths Discovery, and Goal Setting. We engaged in an emotional intelligence assessment and explored the importance of recognizing both our strengths and weaknesses. I realized that growth is not a straight path; it includes everything—hardships, setbacks, patience, determination, success, satisfaction, joy, and acceptance. One of the key takeaways from this session was the idea of letting go of aspects that no longer serve me in my journey of self-growth. This newfound awareness helped me see how my strengths align with my academic and career aspirations. We also discussed SMART goal setting, which emphasized setting Specific, Measurable, Achievable, Relevant, and Time-bound goals—an essential tool for personal and professional success.

The second session, The Purpose-Driven Life, built upon this foundation by introducing the concept of character strengths as wellsprings of a fulfilled life. Through an assessment, I discovered my top five character strengths—honesty, love, spirituality, love for learning, and gratitude. This session encouraged us to reflect on how these strengths manifest in our personal lives and influence our choices. We explored how our strengths can both help and hinder us, depending on how we use them. One of the most engaging activities involved creating a "recipe for happiness" using the PERMA model, which highlights Positive emotions, Engagement, Relationships, Meaning, and Accomplishments as key elements of well-being.

Reflecting on these two sessions, I realized how interconnected they were. The journey of self-awareness naturally leads to a purpose-driven life. Knowing my strengths allows me to set meaningful goals, and understanding my purpose provides the motivation to achieve them. This experience has reinforced the idea that true success comes not just from external achievements but from inner clarity, self-acceptance, and a continuous commitment to personal growth.

As I move forward, I carry with me the lessons from these sessions, embracing my strengths, setting clear goals, and staying true to my values. After all, growth is not just about reaching a destination; it is about appreciating the journey along the way.





# The Night

YASH KUMAR  
4 BA ES

The world slips into silence,  
as the sun folds its light away,  
leaving shadows to grow long,  
stretching across fields,  
streets,  
and thoughts.  
The air cools,  
and with it, the restless mind.

Night comes softly,  
like an old friend,  
carrying the weight of unspoken things.  
Stars flicker,  
a scattered galaxy of stillness,  
their light too distant to reach  
but close enough to dream.

In the stillness,  
time lingers  
not a thing to chase,  
but to be held.  
Night offers no answers,  
only space to exist,  
unhurried,  
unseen.  
And in its vastness,  
there is comfort  
a reminder that the world continues,  
even when it is hidden.





## *Finding My Place: How Peer Education Shaped My College Life*

Vishal Das  
4BSc DM

Moving from a small town to a big city is never easy. For me, getting admission into Christ University and moving here was one of the biggest transitions of my life. When I first arrived, I was a bundle of nerves. The boy who once confidently held the mic during school assemblies, gave speeches, and participated in litfests was gone. Instead, I found myself struggling even to start a simple conversation with my peers. I was insecure about my English accent, my body language, and everything that made me 'me'. I was convinced I wasn't "cool enough," and I feared being judged.

And, to be honest, I was judged. Some people said it to my face, while others didn't need words—their expressions said it all. My self-confidence was shattered into pieces. I couldn't explain how I felt, not even to my closest friends or my parents. I felt lonely, homesick, and entirely out of place. I had no friends, and the thought of participating in extracurriculars felt like a distant dream.

But everything changed one fine day during my first semester.


It was a free period, and two seniors walked into our classroom. They introduced themselves as "Peer Educators." At first, I thought it was going to be yet another boring session. But I was wrong. They spoke about topics that felt incredibly relatable—self-doubt, insecurities, and the struggles of adjusting to a new environment. I realized I wasn't alone in feeling this way. They made me see that it was completely normal to feel out of place and that everyone has their own battles.

That session was a turning point for me. It lit a spark within me — a determination to overcome my fears and insecurities. I decided to work on myself, step by step.

I started small, pushing myself to initiate conversations, even if it was just a "Hi" or a "How are you?" I practiced speaking in front of a mirror to feel more confident about my accent. I reminded myself of the boy I used to be—the one who loved public speaking and connecting with people. Slowly but surely, I began to rebuild my confidence.

By the time the next Peer Education session rolled around, I was a different person. Coincidentally, it was scheduled on the day of my birthday. By then, I had made a small group of friends who had just surprised me with a birthday bash. I felt like I was finally back to my old self—overcoming my insecurities and enjoying this new phase of life.





Looking back, I realize how much those two Peer Educators impacted me. They didn't just give me advice; they gave me hope. They showed me that it's okay to struggle and that growth comes from facing your fears. Their sessions were more than just talks—they were a lifeline for someone like me who was drowning in self-doubt.

That's when I decided I wanted to become a Peer Educator. Not just because their work fascinated me, but because I wanted to give back. I wanted to be that person for someone else—the one who lights a spark, who helps others see that they're not alone.

As soon as the registrations for the 2024 Peer Education sessions rolled out, I immediately filled out the form. I was lucky enough to be called for an interview, and when I got selected, I was over the moon. It felt so good!

Since then, Peer Education has introduced me to new people and new experiences that I will carry with me for the rest of my life. It didn't just teach me about mental health and self-management; it also taught me invaluable lessons in leadership and commitment. These lessons have shaped me into a better person and prepared me for the numerous leadership roles I've taken on in my college life and career.

Today, as I write this, I can proudly say that Peer Education lit the flame that helped me rediscover myself. This is who I am, and this is who I like to be—a confident, compassionate, and committed individual who strives to make a difference.

Because sometimes, all it takes is one conversation to change a life. For me, that conversation came from two strangers who cared enough to share their wisdom. And now, I hope to do the same. Peer Education didn't just change my life—it gave me a purpose. And for that, I will always be grateful.



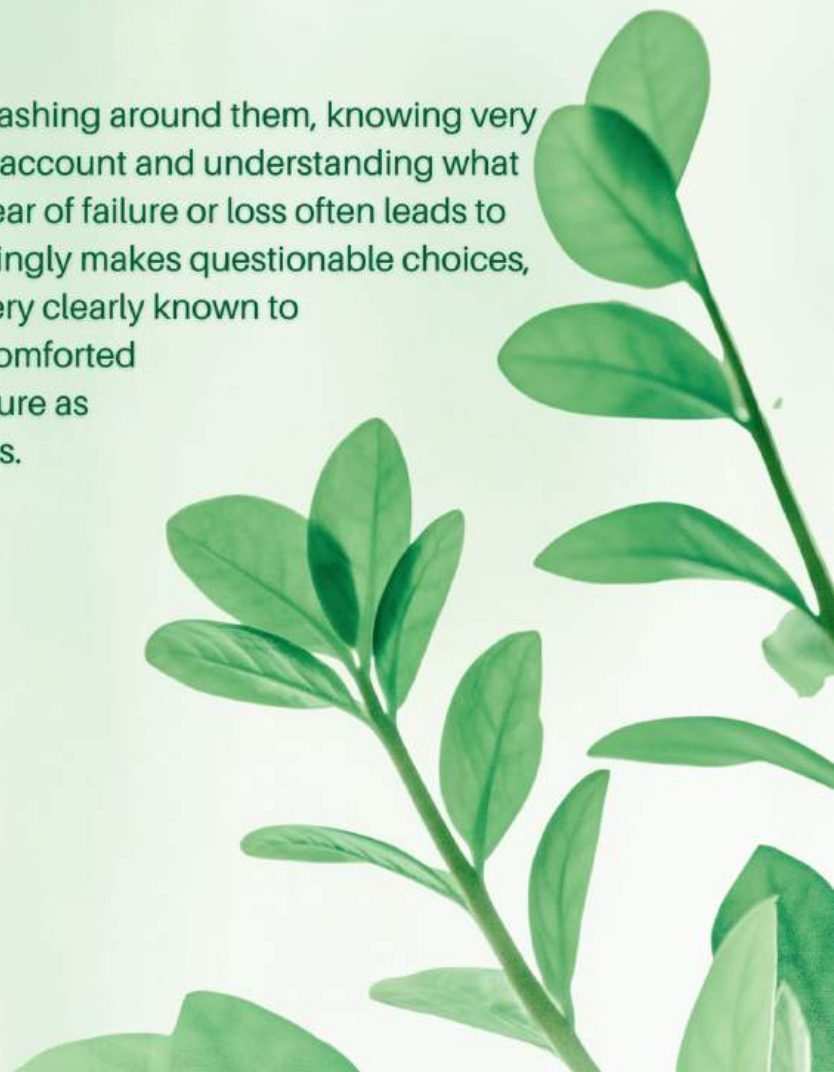


# The Paradox of Self-Awareness and Self-Sabotage

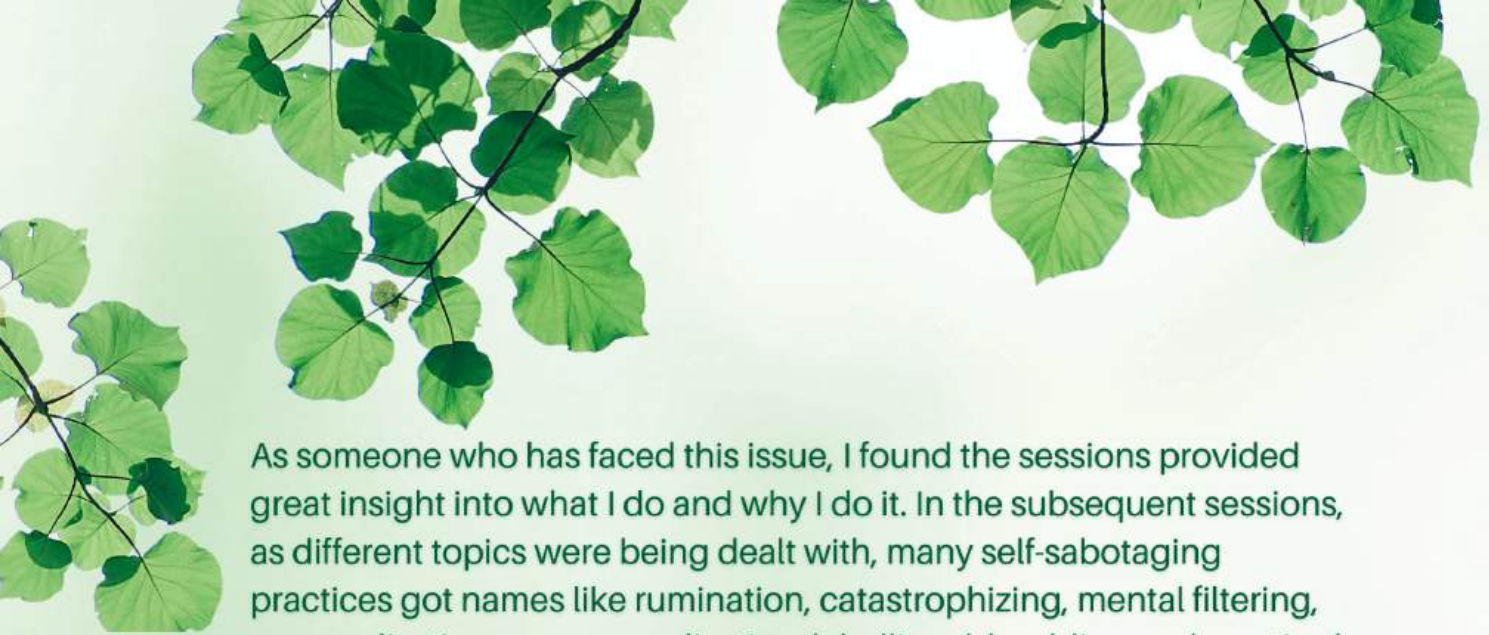
ABHILASH JHA  
4 BSc BtZ

Self-awareness is the state of knowing oneself and identifying one's peculiarities that make them who they are, but there are certain attributes that, when coupled with self-awareness, may prove to be counterproductive instead of the promising results that one believes to see in life when they are self-aware. One such factor is self-sabotage. Self-sabotaging behaviour is described as a series of actions and patterns that interfere with a person's day-to-day activities and long-term goals, procrastination being one of the very prominent self-sabotaging habits. When both of these come into play, it paralyzes the ability of a person to make informed decisions which would aid them in leading a balanced life. A person who is conscious of their choices and individuality, when going through self-sabotaging spirals, often ends up in the toxic cycle of guilt and shame. This seemingly never-ending cycle feels impossible to escape.

One might sit and watch things crashing around them, knowing very well where it went wrong on their account and understanding what could've been done differently. Fear of failure or loss often leads to self-sabotage as the person knowingly makes questionable choices, the consequences of which are very clearly known to them; in a twisted way, they feel comforted knowing there is no chance of failure as it is guaranteed under their actions.







As someone who has faced this issue, I found the sessions provided great insight into what I do and why I do it. In the subsequent sessions, as different topics were being dealt with, many self-sabotaging practices got names like rumination, catastrophizing, mental filtering, personalization, overgeneralization, labelling, 'shoulding and musting', and many more. Two of the many interesting measures that were discussed helped me a lot: putting a timer to stop negative self-chatter and voice modulation to reduce the impact of my inner voice, which would push me towards my insecurities. One of the most important ways to put a stop to self-sabotaging for me was to acknowledge that failure is a part of life and that it should never stop me from trying my best regardless of what the outcome may be and that changes are carried out through small baby steps which would eventually take me towards my goals and the kind of life I want to live.

From my personal experience, keeping a check on my stressors and triggers that may cause me to go through the cycle of despair and disappointment helped me to lessen the possibility of consciously making destructive choices. The sessions made me understand how the deconstruction of the former belief system centred around the fear of failure and inculcating self-confidence along with the development of a higher sense of self-esteem when combined with self-awareness, can truly transform my life. The back and forth between making healthier choices and falling back into the old self-sabotaging spirals is a constant internal battle I have to fight, but with the right motivation and resilience, self-awareness can help me become a person with a balanced state of emotional, social and personal well-being.

The interaction and discussion with peers and my mentors during sessions and mentor meetings also provided me with new perspectives and showed me how I can include their healthy coping strategies and defence mechanisms in my own life to bring about the change I want.



# Thrive for Yourself

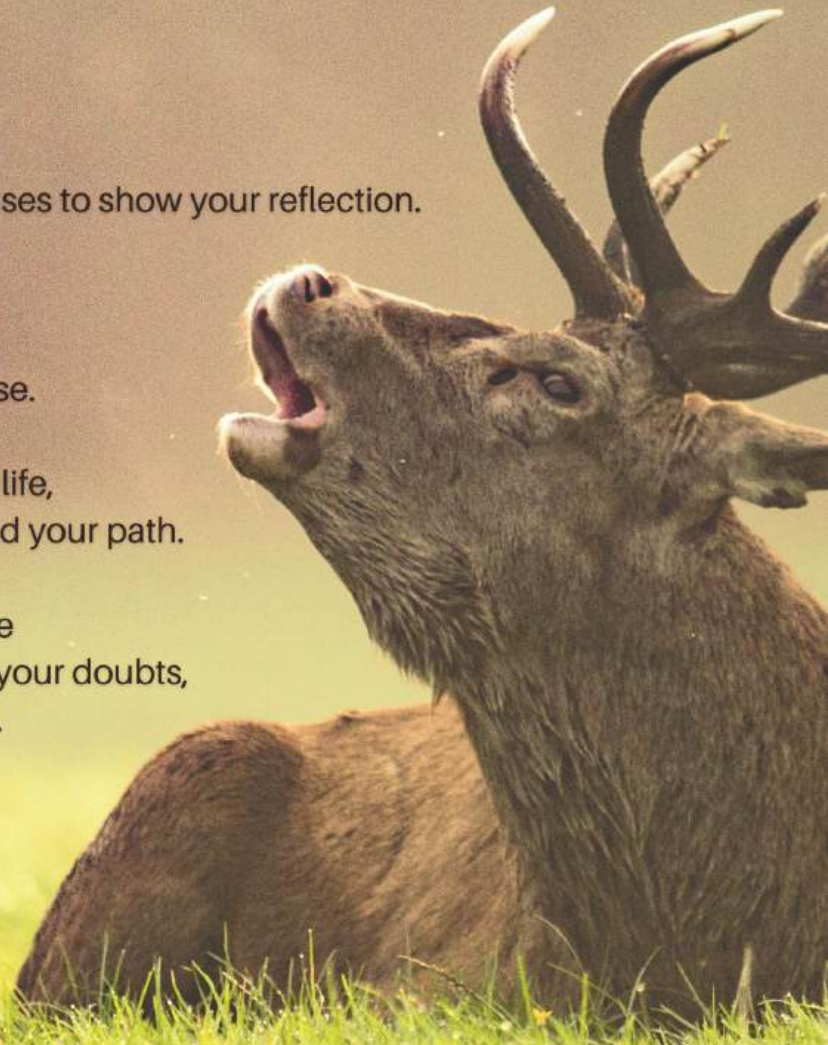
YASH KUMAR  
4 BA ES

Thrive for yourself,  
The world will Remember, not in whispers,  
But in echoes of your work carved deep,  
In the essence of time.

Should you back out,  
It is not the world that forget you,  
But the mirror that you look at refuses to show your reflection.

Even the stars burn  
To prove their presence,  
Even the moon helps the tide to rise.  
To exist here is to,  
Endeavour against the stillness of life,  
To forge your purpose in fire to find your path.

Thrive for yourself not for applause  
But to stand amongst the ruins of your doubts,  
Knowing you chose to rise above .







**SAEE NARENDRA MOHADIKAR**  
**2MPHW**



# TESTIMONIES





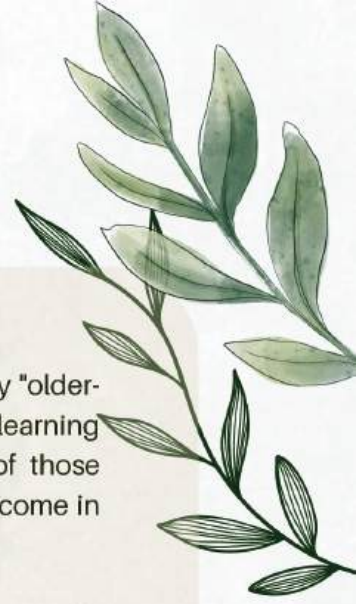
Peer Education to me is like what Chandler is to Joey - supportive, enlightening and always pushing you to be a better version of yourself (sometimes when you don't even realise it). When I joined Peer Education, I did not expect to fit in so naturally that I would never want to leave it. It all began when my friend told me on a sunny afternoon, "Hey, Peer Education Program has sent Google Forms and let's all apply. It's also offering 3 credits". Honestly, I was interested right after I heard 3 credits but when I researched a bit more to know about Peer Education, I was determined to be a part of it because I internally felt that I needed it for my own good. And now, when we're about to receive those 3 credits, I can say with certainty that Peer Education offers a lot more than 3 credits. You can't always measure the gains but you can definitely feel the essence of it. I learnt so much from the sessions and it was all while having so much fun. I met some of the most amazing people and I've seen all of us grow together. It helped me connect to people that helped me gain a different perspective on life. We often had some really deep conversations over samosas and tea during the small breaks between sessions. The mentor meetings were the best. I always looked forward to them because it felt like a family meeting. Deepa Ma'am always ensured to create an environment where each one of us felt safe and could present our vulnerable selves. The mentor meetings were so wholesome that we often lost track of time and got lost in the company of each other. Peer Ed provided me numerous opportunities to be a part of various activities that I never thought I was capable of doing. From working on this amazing magazine, to organizing Teacher's Day and Amalgam, I feel blessed to have been an active member. If I could, I'd wish to join Peer Ed once again and live it all again. While I write my testimonial, I feel disheartened reading the sentences in past tense. Feels like I'm leaving it forever but you know what they say "Once a Peer Educator, always a Peer Educator".

**Aditi Jain**  
4 BAES

Peer Education has been a course that has truly enriched my experience and moreover has taught me to enrich any experience in life. The sessions on boundaries, relationships amongst a lot of other things helped me very much as the examples with which these simple yet extremely important topics were explained were relatable. What's the benefit of knowledge if you don't share and spread it? This course helped in that aspect as well as I was able to connect with my peers and help them and form genuine connections. The mentor meetings are something that I look forward to every week where I can get together with my group and discuss Life in general. This close knit group had become a safe space where I can express myself completely without any hesitation. Overall, this course is definitely a must do for anybody who is wanting to understand themselves better and also help others along the way!

**Avinash Aravamuthan**  
4 BA PECO





When I take a moment to reflect about how far i have reached compared to my "older-self" is impeccable. The aspect of time has played a magical role in terms of learning lessons from life's comprehensive experiences. Peer education was one of those bridges which filled the gap of truly realising who am I and what I wish to become in the future.

The peer education program provided me with the opportunity to pragmatically understand the aspect of emotional intelligence, self concept and true art of journaling. While there were block sessions about suicide prevention, first aid from other faculty members outside of our university the weekly mentor sessions was such a comforting space to discuss more about our experiences relating to the topics taught such as relationship management, resilience and strategic ways of solving and tackling issues in our personal and professional life. It was indeed a good platform to socialize with other friends belonging to different departments, know more about their perspectives towards life and navigating a way through, trace the path of succeeding in our personal and professional endeavours and discuss about social issues that deeply impacts us as individuals in the society. To explicitly collaborate and engage in productive conversations to drive a change.

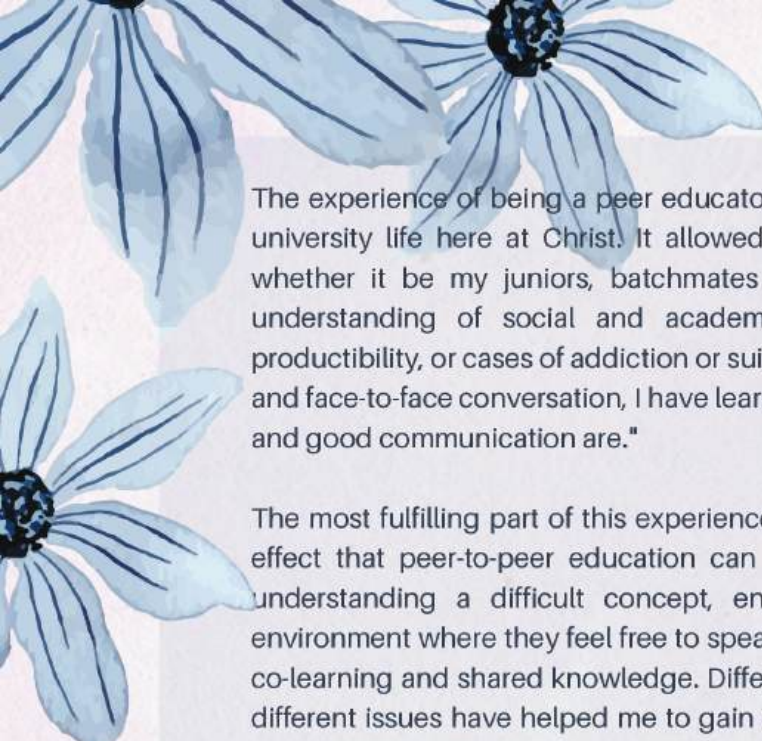
**Amritha Gururajan**  
**4BAES**

Peer Education has been an eye-opening journey, shaping my perspective on relationships, boundaries, and personal growth. The sessions were engaging, with relatable examples that made complex topics easy to grasp. Beyond just learning, the course emphasized the importance of sharing knowledge, allowing me to connect with my peers in meaningful ways. The mentor meetings became a space I eagerly anticipated—where open conversations about life fostered trust and deep connections. This close-knit environment provided a sense of comfort and belonging, making it easier to express myself without hesitation. The course not only helped me understand myself better but also equipped me with the tools to support others on their journey. It reinforced the power of empathy, communication, and active listening. Overall, Peer Education is more than just a course—it's an experience that enriches both personal and collective growth, making it a must for anyone seeking self-awareness and meaningful relationships.

**Diya Shah**  
**4BScDS**








The experience of being a peer educator has been the most fulfilling moment of my university life here at Christ. It allowed me to serve and mentor my fellow peers whether it be my juniors, batchmates or even seniors, and also hone my own understanding of social and academic issues starting from self-management, productivity, or cases of addiction or suicide.. Through group discussion, workshops, and face-to-face conversation, I have learned how important empathy, active listening, and good communication are."

The most fulfilling part of this experience has probably been witnessing the positive effect that peer-to-peer education can have on students. Whether assisting with understanding a difficult concept, encouraging a student, or creating a safe environment where they feel free to speak, the experience has reaffirmed the value of co-learning and shared knowledge. Different classes and seminars in the program on different issues have helped me to gain wide as well as different perspectives based on scientific facts. This program has also developed my leadership, facilitation, and problem-solving abilities, skills I am confident will continue to benefit me throughout and beyond graduate school. Also can not forget the opportunity it gave me to go for rifle training which was very unique in itself and un as well as it provided me with a completely new opportunity that I don't think I would have gotten somewhere else that easily.

Besides the learning of information, peer education provides a culture of belongingness and community that makes the learning process more attractive and interesting. I am grateful that I am able to participate in this program, and I urge others to highly recommend it. It is a free empowerment and growth process where both the learner and teacher gain bountifully.


**Shantanu Uniyal**  
**4BAES**



Being a part of Daksh 2025 for CCHS and peer education was an unforgettable experience. Over two packed days, I got to work closely with counselors and peer educators, meeting aspiring students who dream of joining Christ University and parents eager to see their children thrive here. The event was a whirlwind of activity, filled with meaningful interactions and countless questions from curious minds. It was deeply fulfilling to guide these families, share insights about the university, and address their concerns. Seeing their enthusiasm reminded me of my own journey to Christ and how pivotal such opportunities can be. While the preparation and effort required were undeniably challenging, the experience had a profound impact on me. It helped me grow as a communicator, boosted my confidence in engaging with diverse groups, and deepened my appreciation for teamwork. Daksh 2025 wasn't just an event it was an opportunity for personal growth and a chance to contribute meaningfully to the Christ community.

**Abigail Anna Biji**  
**4 BCOM F&I A**






When I first approached peer education, I did so with a fair amount of apprehension. As a psychology student, I even looked down on the idea, assuming that there was little I could learn from it. My motivation, if I'm being honest, was primarily the credits and nothing more. However, as time went on, peer education—both as a system and as a community—pushed me to take multiple steps outside my comfort zone. It challenged me to reflect on myself in ways I never had before.

I was known—perhaps even disliked—for giving long, theoretical answers in sessions meant to be fun. I was often too rational, too disinterested, and unwilling to engage beyond an intellectual level. One day, I felt a tap on my shoulder, and Smitha ma'am asked me, "Why are you deflecting?" At the time, I immediately defended myself, unwilling to accept what felt like an unfair accusation. But later, as I thought about it, I realized she was right—I was deflecting. I had been avoiding questions raised in formal sessions, dodging introspection, and refusing to confront my own flaws. That moment became a turning point. I decided then that if I was going to be a part of this space, I would embrace it fully and take from it whatever I could.

Since then, I have learned to be more accepting—not just of those around me, but of myself as well. I have learned to lower my cynical lens, at least occasionally, and view people with more compassion. Peer education has pushed me beyond my comfort zone in ways I never expected. It has made me volunteer at stalls, stand in front of an entire class, and deliver a session—things I once thought I'd never be capable of. What initially felt like forced socialization, something I resisted at every turn, eventually led me to form meaningful connections and friendships.


Today, I am deeply grateful for this experience. In a space where warmth and comfort are often hard to come by, peer education has been an exception—a community that has challenged me, supported me, and, at times, even fed me. And for all of that, including the snacks, I am truly indebted

**Dhruva Prem**  
**4 BA PENG**




This peer education program has helped me come out of my shell and socialise with other people on a much larger scale. During the sessions and other activities, we get to interact with students from various other departments which opens the gates for communication. It has also taught me how to help my peers and juniors with their personal as well as academic lives. It is an unexplainable feeling when even one of them reaches out to us for our help. Our mentor, Dr. Jaya Jha, has played a great role in this journey with her dedicated and friendly nature. She makes us feel that we are in such a safe space that we can share anything with each other which allows us to open up. These sessions have given me information on various vulnerable topics which has increased my area of knowledge. I am quite grateful for this course that I get to participate in such valuable activities as well as get the opportunity to learn various new things which hold great importance in a person's life.

**Anshika Gupta**  
**4 BCOM D**








When I joined the Peer Education program, I wasn't entirely sure what to expect. But looking back now, I realize just how much it has shaped me—not just as a student, but as a person.

The sessions were incredibly structured and impactful, covering everything from building self-esteem to addressing deeper societal issues. They didn't just make me think; they made me feel, reflect, and grow. I became more aware of the world around me, more sensitive to the struggles others face, and more open to listening and understanding.

One of the most meaningful parts of this journey was the group itself—a team of supportive, kind, and passionate peer educators who made me feel like I belonged. Manjula Ma'am and Ludhiya Ma'am were always considerate and helpful in the most thoughtful ways.

This program has had a huge impact on how I view myself and others. It's made me more approachable, more empathetic, and more willing to step up when someone needs help. I only hope I can do justice to what I've learned and carry these lessons forward to create a positive difference.


**Khushi Gupta**  
4 BBA E



Peer education changed my life. No, seriously. Before this, I was just a regular college student—thriving on caffeine, surviving on deadlines, and questioning all my life choices at 3 AM. But then, I joined peer education, and BOOM—suddenly, I was aware of things. For example, why does my friend randomly disappear for 'self-care' (read: nap), and why do group projects feel like social experiments have gone wrong? College is a rollercoaster—exciting but also slightly terrifying, and with way too many unexpected drops (mostly in grades and sleep hours). Mental health? Yeah, that used to be that thing I said I'd prioritise but never did. But peer education changed that. It made me realise that taking care of myself is not just a suggestion but a necessity (also, crying in the library corner does not count as self-care). The sessions were interactive and thought-provoking, meaning I paid attention instead of thinking about what was for lunch. I learned how to listen to people, be empathetic, and understand that just because someone sends "hahaha" in a text doesn't mean they're laughing (life-changing realisation, wow! I know). As this journey ends, I can confidently say I've made amazing friends, gained valuable insights, and, most importantly—learned that deep breathing exercises are a better stress reliever than screaming into my pillow. 10/10 experience, would recommend. Just be ready to have your mind blown!

**Maheep Kaur**  
4 BA PENG





My journey of peer education started in my 2nd semester. I did not know what the program was about but I remember my seniors taking a session in my class, which really hit me. Ever since then, I wanted to know more about this program.

Fast forward to my 4th semester. Through interviews, CIA's, events, and other things, peer education has become another part of my life. Starting from the formal sessions to our weekly mentor-mentee meetings, it has been nothing but fun. My group consists of 9 other peer educators along with Jaya Jha ma'am as our mentor. I had no idea what was going to happen as I entered this program but looking at the journey I've had up until this point, meeting different people from various courses, making new friends, learning about new topics, and most importantly, discovering myself, it really has been something to look back on and be like "wow."

When I talk about my group in peer ed, I know I got really lucky cause it's a really fun and lively group with a fun and lively mentor. Through all our sessions, I've found that I could really be myself around Jaya ma'am and as well as the rest of my group and there was never a barrier between faculty and student. I loved how much freedom we had to truly express ourselves and enjoy the time we spent together!

All 10 of us (Ikagar, Aditya, Angel, Carolin, Pragatika, Sreeram, Arjun, Rhythm, Anshika, and myself) and ma'am have formed a really nice and supportive bond which I'm pretty sure we will cherish for a long time and have lots of fun going ahead.

**Ruta Ranjan Khuntia**  
4 BCOM C

At CHRIST University, peer education is a key strategy for fostering academic excellence and personal growth. The concept involves students—peer educators—helping their fellow students with academic and personal challenges, creating a collaborative learning environment.

My journey in peer education has been both wonderful and exciting. I have learned much from my counselors, and I always look forward to their sessions. Unlike typical, boring classes, these sessions were engaging and filled with activities that made learning fun. One memorable experience was when I played a feminine role in a role-play exercise. I was assigned to portray a mother, and I was surprised by how well I could act in that role. I didn't know I had such a talent, and my performance truly shocked me. It pushed me to step out of my comfort zone and explore new things about myself.

Peer education offers countless opportunities to learn and grow. It brings out a new level of confidence and encourages personal exploration. Through these experiences, I've learned not just academic skills but also how to trust in my abilities and embrace challenges. Peer education has undoubtedly contributed to my development as a student and individual.

**Vishak Kumar**  
4 BCOM F&I B





Being a part of the Peer Education programme at Christ University has been one of the most enriching experiences of my academic journey. It allowed me to develop essential life skills, contribute to student well-being, and build meaningful connections with my peers.

The journey began with the orientation session at Kengeri, which was an absolute highlight. The energy, team-building activities, and bonding with fellow peer educators made it a memorable experience. It wasn't just about learning—it was about having fun, stepping out of our comfort zones, and embracing the role of a peer educator in the most engaging way possible.

I was involved in various initiatives throughout the program, each adding a unique dimension to my learning. Volunteering for Daksh allowed me to be part of a platform that fosters student empowerment. De-stress Station was another fulfilling experience, where we created a space

for students to unwind and take a break from their hectic schedules. It featured art therapy, sand therapy, and a zen space designed to help students relax and reconnect with themselves. Supporting the Centre for Counselling and Health Services (CCHS) in its activities helped me contribute to mental health awareness on campus.

A fun and unexpected perk of every session was the free snacks! No matter how long the sessions were, the snacks improved things, giving us all something to look forward to while we learned and shared our experiences.


Coordinating the social media aspect of Peer Education was another exciting responsibility. Creating content that spread awareness and encouraged students to engage with wellness initiatives was rewarding. Interacting with peers in classroom sessions also played a significant role in my growth, allowing me to facilitate discussions on mental well-being and self-awareness.

The sessions conducted by various facilitators, including experts from NIMHANS, were incredibly insightful. Learning about addiction and suicide prevention from professionals broadened my understanding and gave me the tools to support others in times of distress.

Looking back, this journey has been nothing short of transformative. It blended learning with fun, challenges with rewards, and personal growth with community impact. I am grateful for the experiences, friendships, and lessons that being a peer educator has given me—along with the great snacks!

**James Kuruvilla**  
4 BCOM C





Reflecting on my journey with the peer education program, I'm amazed at how much I've evolved. When I first joined the program, I saw it as just another extracurricular activity, a way to build leadership skills and enhance my resume. However, I soon discovered that it was much more than that; it was an experience that altered me, emotionally and mentally.

The training sessions introduced me to topics that were both challenging and crucial. They taught me that clear communication and trust start with understanding and respecting ourselves. I learned how to set healthy boundaries, appreciate the importance of mental well-being, and recognize the red and green flags in behaviour. The sessions on managing emotions and practicing self-care deeply resonated with me. I realized that true self-care is not about isolating oneself but about finding a balance between supporting others and taking care of my own needs. This knowledge helped me mull over my actions and discover where I could improve in my personal life.

Our mentors created a welcoming space where vulnerability was encouraged, and challenges were met with empathy rather than judgment. They showed me that asking for help is not a weakness—it is a sign of strength. Their openness inspired me to share my own experiences with my peers, helping to build a supportive and inclusive community.

One of the most rewarding aspects of being a peer educator has been the ability to share what I have learned with my peers. It was not always easy to turn theory into everyday advice, but every conversation became a chance for both me and my peers to learn, grow, and support each other.

Before joining the program, I often felt overwhelmed by academic and personal pressures. The tools I gained—like mindfulness and self-reflection—have helped me manage my emotions more effectively and become more attuned to my own needs. This gradual transformation has not only improved my mental wellbeing but has also enriched my academic and social life.

I am deeply grateful for the opportunities this program has provided. Every training session, every conversation, and every mentoring moment has contributed to my growth and has taught me the value of community support. As I continue this journey, I carry these lessons with me, confident that they will inspire both my personal path and the lives of those around me.

This experience has been about embracing change, fostering empathy, and building connections. It has taught me that personal empowerment comes from within and is strengthened by the support we give—and receive—from one another.

Arshita Bhutra  
4 EMS





சக கல்வி எனது வாழ்க்கையின் மிகவும் உருமாறும் அனுபவங்களில் ஒன்றாகும். ஆரம்பத்தில், மற்றவர்களுக்கு உதவுவதற்கான ஒரு வாய்ப்பாக நான் இதைப் பார்த்தேன், ஆனால் அது ஆழ்ந்த தனிப்பட்ட வளர்ச்சிக்கும் வழிவகுத்தது.

ஒரு முக்கிய பாடம் சுய விழிப்புணர்வு, அங்கு எனது சகாந்த தகவல்களை ஒப்புக்கொள்ளுவதன் முக்கியத்துவத்தை நான் உணர்ந்தேன். எனக்குப் புரிந்துகொள்வது சுயநலம் அல்ல, ஆனால் மற்றவர்களை திறம்பட ஆதரிப்பதற்கு அவசியம். "இல்லை" என்பதைக் கூறுதல் தொடர்புகளில் மரியாதையையும் சமநிலையையும் வளர்க்கிறது என்பதை நான் கண்டுபிடித்தேன்.

இந்த பாடங்களை பயன்படுத்துவது முதலில் சவாலானதாக இருந்தது, ஆனால் எனது வரம்புகளைத் தெரிவித்துக்கொள்வதில் நான் நம்பிக்கையைப் பெற்றேன். ஆச்சரியம் என்னவென்றால், மக்கள் எனது திறமைகளை மதித்தனர். மேலும், ஒரு வழிகாட்டியாக இருப்பது எனது பச்சாதாபத்தை ஆழப்படுத்தியது, தகுதிக்கும் சக்தியையும் பாதுகாப்பான இடங்களை உருவாக்குவதையும் எனக்குக் கற்றுக்கொடுத்தது. உதவி தருவது ஒரு பலம், பலவீனம் அல்ல என்பதையும் இது எனக்கு உணர்த்தியது.

இந்த பயணத்தின் மூலம், எனது தகவல் தொடர்பு திறன்களைத் தழுவிyuள்ளேன், வலுவான உறவுகளை உருவாக்கியுள்ளேன், மேலும் அதிக உணர்ச்சி ரீதியான பின்னடைவை வளர்த்துக்கொண்டுள்ளேன். தனிப்பட்ட வளர்ச்சி என்பது ஒரு தொடர்ச்சியான செயல்முறையென நான் கற்றுக்கொண்டேன், சக கல்வி எனக்கு நம்பிக்கையுடன் வாழ்க்கையை வழிநடத்துவதற்கான கருவிகளை வழங்கியுள்ளது.

இறுதியில், இந்த அனுபவம் என்னை மிகவும் பரிவுணர்வுள்ள, சுய விழிப்புணர்வுள்ள, மற்றும் சமநிலையான நபராக வடிவமைத்துள்ளது. மற்றவர்களை ஆதரிப்பது எனக்குப் பெருமை அளிக்கிறது, அதற்காக நான் உண்மையிலேயே நன்றியுள்ளவனாக இருக்கிறேன்.

Pragathika S R  
4 BCOM F





As a trainee in the Peer Leadership Program, I am on a journey of self-discovery and growth. One of the most impactful sessions I attended was on "The Purpose-Driven Life: Character Strengths as Wellsprings of a Fulfilled Life" by Dr. Aneesh Kumar. This session resonated deeply with me as I navigated the initial stages of my leadership training.

In psychology, character strengths are the positive traits reflected in our thoughts, feelings, and behaviours. They shape our identity and guide us through challenges. During the session, I realized that strengths like perseverance, kindness, and self-regulation play a crucial role not just in leadership but in everyday life.

For instance, as a student, I often struggle with balancing academics, extracurricular activities, and personal commitments. There are times when I feel overwhelmed, questioning my capabilities. However, understanding my character strengths has helped me reframe these challenges. Instead of perceiving stress as a setback, I now view it as an opportunity to develop resilience.

A personal example of this was during an important group project where I felt unsure of my ability to contribute effectively. Instead of stepping back, I applied what I learned in the session, leveraging teamwork and open communication to navigate difficulties. Though I haven't actively helped anyone yet in my role as a Peer Leadership trainee, these small internal shifts are the building blocks of becoming a future leader who can guide and support others effectively.

This journey is just beginning, but I am eager to continue exploring my character strengths and applying them in real-world scenarios. The Peer Leadership Program is not just about leading others, it is also about understanding ourselves first, so that one day, we can empower those around us. I highly recommend this experience to anyone looking to grow as a leader and as an individual.


**Savani Mane**  
**2 MAECO**

Peer Education has been an incredible journey of learning, leadership, and growth. It provided me with the opportunity to guide and support my peers while enhancing my own communication and mentoring skills. Through engaging sessions and meaningful interactions, I developed confidence, empathy, and a deeper understanding of student dynamics. Peer Ed has truly been a rewarding experience, fostering a supportive community and shaping me into a more responsible and compassionate leader.

**Dipshikha Das**  
**4 BScCs**







When I first joined the Peer Education course at CCHS, I had no idea how deeply it would shape me, not just as a student, but as a person. It wasn't just about learning concepts from a textbook or attending structured sessions. It was about stepping into someone else's shoes, understanding emotions beyond words, and learning to hold space for both others and myself.

I began to see people differently, not just through their actions but through the emotions that led to them. The course also helped me build healthier boundaries, something I never truly understood before. I learned that saying "no" doesn't mean pushing people away; it means making room for healthier, more meaningful relationships. It taught me that self-respect and kindness can coexist.

But beyond the lessons, what made this journey truly special was Jaya Ma'am. She wasn't just a mentor; she was a constant presence, a reassuring voice when things felt overwhelming. She had this way of making us feel heard, of making sure we knew she was just a call away. And that kind of support, that kind of belief in us, was something I'll always carry with me.

As the course is about to bring down its curtains, its impact lingers in how I interact with people, how I show up for others, and most importantly, how I show up for myself.

**Rhythm Sharma**  
4 BCOM D

Being a peer educator was a deeply fulfilling experience, allowing me to connect with others and foster inclusivity. I cherished the mentor meetings and classroom presentations, where I could share ideas and learn from others. The role taught me the value of empathy, collaboration, and supporting personal growth, leaving me with a profound sense of purpose and joy in helping others succeed.

**Jainil Telisara**  
4 BScCM









Photos from Stalls  
and Sessions







# BATCH B PEERS







MORE  
*fun*







# PG Batch







**UNDERGRADUATE PEER EDUCATORS**  
2024-2025





# POSTGRADUATE PEA EDUCATORS

2024-2025







"Resilience is all about being able to overcome the unexpected.  
Sustainability is about survival.  
The goal of resilience is to thrive."

**- Jamais Cascio**

**CENTER FOR COUNSELLING  
AND HEALTH SERVICES**