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— संतुलन —



THE MENTAL HEALTH BULLETIN

Emotional Quotient (EQ) and Youth

**Breaking Free:
From Burnout
to Balance**

**The Metanoia
Within**

**Khud se Pyaar,
Jeevan ka Saar**

**Parenting
and EQ in Youth**

**Rhetorics and Realities
of Emotional Quotient**

VII Edition
April 2025

"Khud Se Pyaar, Jeevan Ka Saar"



Dil mein gunjta hai ek halka sa budbudana,
Khud ka khayal rakhna koi gunah toh nahi,
Yahi prem hai, jaise behta hua paani

Jaise nadi thamti hai, apni raha se phele,
Jaise beej ugte hain, apne jodo ko failane se
phele,
Waise hi mann ko chaiye kuch shaant rehna,
Taaki jeevan ka har rang ho sahi aaur balvan

Duniya kehti hai sabke liye jeena hai,
Par kya khaali dil se kuch lena dena hai?
Jo aatma khud ko sambhal sakti hai,
Wahi dusron ke jivan ko sawar sakti hai

Chuppi mein suno dil ki baat,
Sangharshon mein khud ko sashkta banao baar
baar
Jo aansu hamari aankhon se girte hain, jo dard
ham chupaate hain,
Woh hame aaur takatwar bana jaate hain

Galat nahi hai ek pal ke liye ruk jana, saans
lena, khud ko samaj pana,
Har sthirta hame ek sandesh deti hai,
Jo hamari himmat ko aaur badhava deti hai

Jo banna chahte ho, shuruaat khud se karo,
Apne bhitar ke bal ko Ahsaas karo,
apne diye ko jalne do,
uske prakash se andhere ko dur karo,

Yeh behti Dhara, mazboot aaur Vishal,
sabke liye ek umeed har haal,
Dusron ki madad karo, khud ko sanjeevet banao,
Kyuki thaka hua dil kabhi khud kuch nhi kar pata

Toh khud ke liye samay nikalo, khud ko samjho
Iss jeevan ke safar mein rango ko apni tarah se bhar
do

Aatm dekhbhal hi hai sachha pyaar
Jeevan ko sawarne ka sabse acha aadhar

Aditi Arya

BBA (2024-2028)

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The Impact of EQ on the Growth of the Youth

It is well known fact that the quality of the youth of a country is directly proportional to its growth. A country achieves economic and societal success when its youth is well educated. As a result, education amongst the younger population is widely encouraged. However, recent times have proven to cause a lot of emotional distress to the youth, which has eventually compromised their individual growth and in turn their country's growth. Today's students not only have to have a high Intelligent Quotient (IQ) but, also a high Emotional Quotient (EQ), to be able to deal with the ever-evolving world. Emotional Quotient, in simple words, refers to how an individual reacts to things and situations.



in particular seems to impact a person's capability a lot. Short tempered people find it difficult to have their outbursts and reactions in control. As a result, they often find themselves in situations where things start going down the hill for them. These people may not achieve the kind of success they deserve despite being capable enough of achieving it as far as their skill set and knowledge is concerned, as their emotions are rarely under control. If there is one thing,

I have realised being a youth in this time period is that, success be it academic or career related can be achieved only by those who have a balance of IQ and EQ. Having a high IQ but a low EQ or a low IQ but a high EQ, both have their own down sides. Higher IQ has always played a part in fields such as AI, Innovation, Scientific research etc. and will always continue to do so. Similarly, a higher EQ is expected in fields such as psychology etc.

Recent world events like the covid-19 pandemic have exposed the students to such situations that they had never, previously, experienced. In these situations, students with a higher EQ could adapt to changes quickly. Further, increasing competition in the entrance exams such NEET, JEE, UPSC etc. also require the youth to not only be Intelligent in terms of academics but, also in terms of stress management. There have been numerous cases wherein students who could not clear these examinations have attempted to commit suicide, as they were unable to deal with failure. Although very bright, these students were not emotionally intelligent enough to deal with failure and rejection. The mental well-being of an individual is directly related to an individual's Emotional Quotient (EQ).

Now that mental health has started achieving the recognition it deserves, it becomes imperative that we dig in further to expand our focus on improving an individual's EQ. This is because it has been observed that people perform well when they have their emotions in control. Despite being extraordinarily intelligent, people tend to lack the ability to control their emotions, especially extreme emotions, anger

However, as far as the individual growth and development of the youth is concerned, EQ is something we need to work on as a society. As humans, our emotional reactions can make or break things for us, despite we being aware that it is perfectly natural for us to feel and emote. However, the world is not forgiving enough. Human emotions if not dealt with smartly can hamper their overall bodily well-being. For e.g we may feel hungry several times a day and may even crave junk food frequently. But we must avoid fulfilling this desire for junk food frequently as repeated consumption of it is unhealthy. Similarly, humans feel various emotions throughout the day, but we must avoid acting upon every emotion or else we may never become intelligent emotionally.

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EXPLORING VULNERABILITY AS A STRENGTH

In a society where invulnerability, stoicism, and perfection are highly valued, vulnerability is often misconstrued as a sign of weakness. Those who appear unflappable, resilient and in charge are lauded by society, and it is challenging to identify the immensely powerful resiliency that is born out of vulnerability. But the further we go in the human condition, the more we learn that vulnerability is a sign of bravery, genuineness, and becoming, rather than weakness. Applying the lens of vulnerability as a power, we stand to realize our undeveloped potential, to create lasting connection and affirm our humanness.

At its core, vulnerability is the capacity to risk injury or censure about the emotional, cognitive, or physical level. It involves the willpower to be honest with oneself (i.e., to be authentic) in a cultural environment (society) that believes

in conformity.

Although the term "vulnerable" is traditionally used in a sense of fragility/susceptibility to the assault, it's crucial to revise it into a wider and empowering category.

To be vulnerable, to be frank, rather than passive, is the essence of vulnerability. That is to say, it is about accepting and projecting our own strengths, our beliefs and our goals, and at the same time being transparent about our own inadequacies, pain and fear. This integrity leads us to a more conscious state of being and enables us to confront challenges head-on with determination and focus. Only then do we come to terms with the fact that our failures and adversity are an integral part of the human experience and thus the shared experience turns into a virtue, that is the case of the power of vulnerability.

Vulnerability, in the sense of Nobel prizewinner Brené Brown, is a point at which creativity, innovation and artistry give rise. She stresses that courage starts with vulnerability. It is true that as an artist, e.g., one has to welcome criticism when sharing work with public. Similarly, they must be willing to venture and accept that they do not know all the answers.



Adopting vulnerability can be especially transforming for young people who are struggling with issues of identity and belonging. Adolescents are frequently exposed to the pressure to satisfy social standards or to keep their carefully built persona maintained online. However, they discover they are not alone in going public with their openness and vulnerability with their mentors, their peers, or their family. Infected vulnerability provides a common denominator, and this in turn produces a sense of unity. Being vulnerable is equally important in teamwork and leadership. There is a tendency for groups to be both more loyal and respectful of leaders who own up to blunders and make the effort to be seen as human. When workers or

collaborators feel free to express themselves without worrying about criticism, they are more willing to take chances, exchange ideas, and collaborate.

Vulnerability is a strength that is worth owning, not something to be ashamed of. Acting in spite of the fact that we lack certainty, acting in spite of the fact that we live in authentic self, and acting in spite of the fact that we keep getting hurt are

courageous. Reframing vulnerability as a force of positive change, we can establish better relationships, flourish through creativity, and really make a difference in our world and our own.

It is what defines us as we navigate a world that is becoming ever larger, more technologically interconnected, and more complex. We find our common humanity and strive for it, our capacity fulfilled, when we are threatened. Hence, it is worthwhile to dare to reveal as a daring assertion of strength and reality, not as a weakness.

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SELF-CARE MATTER: Filling Your Cup to Overflow for Others

Self-care is very much misunderstood in today's fast-moving world as an indulgent luxury or something selfish and unnecessary. However, self-care is a necessity for one's overall well-being, be it mental or physical. It plays a very critical role in every phase of life—childhood, adulthood, and old age—helping to manage emotions, maintain a positive outlook, and cope with life's stresses. Neglecting self-care leads to burnout, a state when one is drained mentally and emotionally, and unable to support oneself or others. Without this basis, little



challenges might seem enormous; we can stop relating to life in many ways. Now imagine being taught how to regulate emotions and prioritize self-care since childhood. With this foundation, we can make healthier decisions, love more authentically, and give without depleting ourselves. Self-care means paying attention to one's well-being through adequate nutrition, satisfactory sleep, and regular exercise. The concept goes beyond personal responsibility; it is a part of the complete plan for global healthcare issues that are expected to increase with time. Through the cultivation of self-care behaviors, people can reduce their risks of developing chronic diseases and thus can lead healthier lives, contributing to a healthier society as well.

Self-care is the foundation of emotional resilience—the ability to bounce back from disappointments and navigate life's twists and turns in a constructive manner. When we make self-care our priority, we reduce stress, master tough feelings, and build the strength that enables us to thrive under adversity. Self-care has a ripple effect, too; by practicing it, we encourage others—family, friends, colleagues—to follow suit, thus creating healthier communities and workplaces. A self-care practitioner typically exhibits greater patience, compassion, and supportiveness, thereby fostering stronger relationships and contributing to a more resilient society. For instance, parents who engage in self-

care exemplify healthy habits for their children, instructing them on the significance of balance and emotional well-being.

It is crucial to note that self-care does not necessitate grand gestures or extensive time commitments. Simple things such as just taking a few minutes a day to check in with yourself, mindfulness, exercise, and healthy boundaries do make a huge difference. Whether it is a quiet cup of tea, a time to journal your thoughts, or deep breathing that helps calm and center the person, the cumulative effect of these little acts of mindfulness will improve one's mental health.

Realizing that self-care is a necessity and not just a luxury allows us to grow into the best versions of ourselves, to our advantage as well as those around us. Through this understanding, we let go of our potential for higher creativity, concentration, and productivity in all aspects of life.

Knowing that one cannot give meaningfully from an empty cup makes us value our well-being more. Doing so enables us to face the world's challenges while providing support to the people we care about.

Self-care is not selfish; it's a vital path to emotional strength and resilience, beneficial for both individuals and the greater community. In a world where demands on time and energy are constant, embracing self-care is a radical and empowering act. It reminds us that by taking care of ourselves, we are actually investing in a brighter, healthier future for everybody around

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MENTAL HEALTHCARE ACT - BRIEF OVERVIEW



There is no health without mental health. — World Health Organization (WHO)

This powerful statement by the WHO underscores the fundamental role that mental health plays in our overall well-being. In recognition of this, India enacted the Mental Healthcare Act, 2017, a landmark legislation aimed at providing comprehensive mental health care and protecting the rights of people affected by mental illnesses. This piece of work explores the essential aspects of this act, considering its provisions, impact, suggestions and the way forward. The notions on mental health in India are a topic that most have only a very general idea about. The issue is not only the lack of knowledge but also the failure to acknowledge and address this.

In turn, this leads to significant effects on the lives of affected individuals. Mental health issues are commonly very stigmatized in India. Traditionally, if a person suffered from a mental disorder, it was believed that supernatural or magical forces were behind their abnormal behavior. In many cultures, a shaman or medicine man was believed to have contact with supernatural forces, a way in which spirits are said to communicate with humans.

HISTORY

After gaining independence from Britain in 1947, India had the impetus to introduce the most contemporary legislation regarding mental health, but this had to wait for over 35 years and was put in place with the Mental Health Act of 1987. This Act focused mainly on treatment; psychologists and specialists could take care of patients without their consent, which led to gross violation of rights. By the time this Act came into effect, put into practice, most of the provisions contained in this act rendered unnecessary with massive progress in mental health care delivery systems.

ABOUT THE ACT

Mental health care act was introduced in the parliament on 7th April 2017 and came into effect after taking the president's assent. The Central government however brought it into effect on 29th May 2018.

There are 16 chapters containing 126 clauses. There were two basic objectives for implementation of this act. Firstly due to the need of providing mental healthcare and services offered by the central government to the people who had become mentally ill and secondly, to protect, promote and realize the rights of the above-mentioned individuals during the provision of mental health services. This Act protects the rights and dignity of mentally ill persons as provided for in the UN Convention on Rights of Persons with Disabilities. It seeks to ensure there is access to Mental health services at the community level, access improved and stigma reduced. It enables one to specify advance directives on what is expected in treatment and also who should make decisions on their behalf in case they are unable. It provides standards for treatment facilities in mental healthcare; thus, patients receive humane and dignified treatment. It also demands that the insurance firms include mental illnesses on an equal footing with physical illnesses to reduce further burden on the individual and families financially.

SUGGESTIONS

Increased funding and infrastructure development, particularly in the rural regions, will increase access to these areas and aid in achieving quality care. More training of mental health professionals through comprehensive programs is needed. Public awareness and stigma reduction through national campaigns and positive media reviews will significantly alter attitudes, thus bringing about positive change.

CONCLUSION

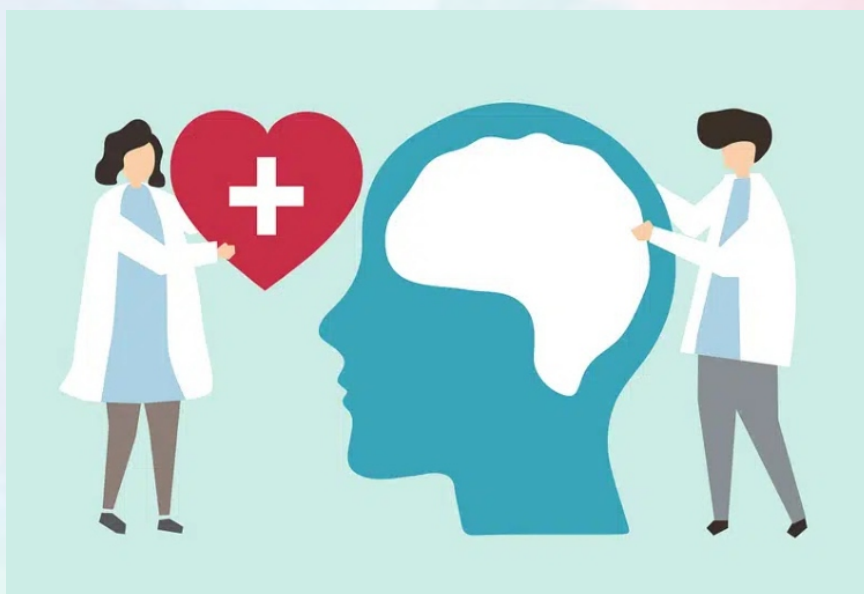
The Mental Healthcare Act, 2017 represents a landmark development in protecting rights and dignity of persons afflicted with mental health disorders within India. It has revamped archaic legislation to meet the modern standards and convention. However, the Act faces few challenges as well, however to overcome them by laws and its reforms, increased funding, and community-based support is essential. By focusing on these areas, India can enrich the Act and its effectiveness by ensuring that everyone enjoys full and humane mental health care.

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Silent Wounds Of The Young



I carry the weight of the sky—drenched, it weeps.
Each step I take is swallowed by the relentless ache of seasons.
My soul spills over, an endless stream,
As the earth beneath me trembles, torn by broken hearts.
The streets, littered with the dust of children
Who barter their bodies for scraps of forgotten dreams,
Cry out in silence. Their thirst for knowledge is
A wail that cuts through the flesh of time,
Yet no hands reach, no voice calls them home.
I weep for the creatures,
With bodies that scrape against the filthy bones of the earth,
Hunger glinting in their eyes like shattered glass.
They search, scavenge, but find only the hollow breath of hunger—
A desire unfulfilled, drowning in the muck.
The elders, weathered and thin, sit beneath shadows
That stretch long like broken memories,
Mouths muttering forgotten names,
Their families, ghosts in a room full of echoes.
I, too, am lost, yet I do not cry. My tears are an arid well,
A barren desert where the rain will never fall.

Is this the gift or the curse?
A phantom ache that twists and gnaws at my bones,
As if my own grief—too bitter, too vile—
Is denied the release of its own tide.
In others, I see their sorrow,
But when I search for mine, it slips—elusive,
A spectre with no form,
An absence in the centre of the universe.
I feel them all, their needs sharp as knives,
Their wounds binding me to a fate I cannot escape.
But when I stand before myself,
The mirror reflects nothing but a ghost—
A fragile thing, breaking apart in pieces too small to gather.
And still, I wait—
For the day I will not hide behind their tears,
When my own will rise,
Unchained, wild, and willing to burn.

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ONE TAP AT A TIME

For years, independence felt like an elusive goal. My journey with vision loss began around the age of 20, but it was at 22 that I was officially diagnosed with Glaucoma, a form of blindness that is a progressive, incurable and irreversible. I had already lost more than half of my vision to Glaucoma at the time of diagnosis. As my vision faded, so too did my sense of normalcy. Words like *braille*, *white cane*, *unemployed*, and *dependent* became constant reminders of the challenges ahead.

Determined to overcome these barriers, I enrolled in law school, explored assistive technologies, and began charting a path toward financial independence. However, for the next decade, I resisted using a white cane, seeing it not as a tool but as a marker of vulnerability. It wasn't until I stumbled upon a website offering custom-made mobility canes which were available only in select countries that I considered the idea seriously. With hesitation, I reached out to a friend, Yatin, who was in the US, to inquire about shipping. Yatin and his family went out of their way to ensure the canes reached me in India. Their kindness reflected the incredible support system I've been fortunate to have.

Despite finally acquiring two visually appealing canes, one pink-and-white, the other black-and-pink, I hesitated to use them. Even as I navigated curbs and busy streets with difficulty, fear held me back: fear of being labelled, of standing out in an already challenging world, fear of being perceived differently.

But in 2022, everything changed. It had started to become quite challenging to constantly rely on other people for the smallest of things like going to the grocery store, or even taking an evening walk by myself. I finally decided to try something that I feared until then. For the first time, I unfolded my pink-and-white cane. It was a difficult decision accompanied by a flurry of self-conscious thoughts about stares and questions. But from the first moment I felt the deliberate tap of the cane on the pavement, I realized it was more than just an aid, it was freedom. That day changed a lot of things for me, personally and socially.



The cane became an essential part of my life, guiding me through crowded streets and unfamiliar spaces. It wasn't just a mobility tool but a means of rediscovering myself. With every step I moved closer to reclaiming the confidence and independence I thought I had lost. The hesitation gave way to purpose, and I began to embrace the journey with a renewed sense of agency.

More importantly, the cane facilitated inclusion. It sparked connections, with strangers offering assistance and friends celebrating the confidence it brought me. What I once feared would isolate me instead became a bridge to understanding and mutual respect.

Now my white cane is more than a tool, it's a partner in navigating life. It has taught me that seeking support is not a weakness but a strength. With it, I don't just move through the world; I thrive in it, fully embracing every part of my identity.

For anyone hesitant to take that first step, know this: a cane is not a symbol of limitation. It represents freedom and the ability to live life on your terms.

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BUILDING ETHICAL LEADERS IN LAW AND BEYOND THROUGH EMOTIONAL INTELLIGENCE

Lawyers are undoubtedly brilliant minds, possessing sharp analytical skills and an unparalleled ability to dissect complex legal issues. However, let us be honest, sometimes they can appear somewhat detached. A study by the American Bar Association revealed that while legal professionals excel in logic and analysis, emotional intelligence (EQ) is not always their strongest suit. This poses a challenge in today's legal world, where success is not solely about winning arguments but also about building trust and guiding clients with empathy and understanding.

The Evolution of Emotional Intelligence

The concept of EQ was introduced in 1990 by Yale researchers John Mayer and Peter Salovey, who defined it as "the ability to monitor one's own and others' feelings and emotions, to discriminate among them, and to use this information to guide one's thinking and actions." Later, psychologist Daniel Goleman refined this idea, outlining five core components: self-awareness, self-regulation, empathy, social skills, and motivation.

When applied effectively, these components contribute to a lawyer's success. Self-awareness allows lawyers to recognize their emotions and biases, ensuring objectivity. Self-regulation helps manage stress and maintain composure. Motivation drives perseverance, while empathy fosters trust in client relationships. Strong social skills, including communication and negotiation, enhance professional interactions and legal outcomes.

Why EQ Matters in the Legal Profession

A sharp legal mind alone is not enough because emotional intelligence is essential for effective lawyering. EQ enables lawyers to manage emotions, both their own and those of others. This helps them connect with clients, comprehend their concerns, and offer not just legal guidance but also emotional support. Clients often approach lawyers during difficult times, and a lawyer who exhibits empathy fosters trust and rapport.

Moral Awareness in Legal Practices

Ethics always dominate in every corner of the legal profession, with self-awareness an ability important in ethics. When it formulates a situation where a legal obligation meets a personal ethical prescription, lawyers would find self-awareness as a major map that takes them through the dilemma. Self-awareness also empowers lawyers to work for justice even as they manage the internal dissonance caused by taking cases that are sometimes on the opposition side of the ethics scale.

Practical Strategies to Grow

Self-awareness and self-improvement can be realized through journaling and meditation. Journaling, for instance, tends to bring out the emotions and help one harness that emotional end enough to lend in knowing oneself much better. Feedback from mentors and peers helps broaden the scope of areas where one may need improvement. Therefore, continuing education and networking foster

professional development, while prevention of burnout through maintaining a healthy work-life balance also leads to sustained success.

Conclusion

Self-awareness and self-improvement constitute the base of professional growth at the legal level. When legal practitioners meet challenges, they do so with an understanding of empathy and expertise. Such understanding of biases enables ethical decision-making and personal development propels resilience and adaptability. Thus, in a continuously changing legal framework, self-reflection and commitment to personal growth advance careers but then also make for a much fairer and better-provided legal system.

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THE ART OF BOUNDARIES: Balancing Care for Self and Others

There are moments in life when, despite being utterly exhausted, your friend or your loved ones needs you to be there and listen to them. Is it rude to admit that you don't have the energy right now? As a penultimate-year law student juggling personal and professional commitments, I've faced similar situations. In the early years of law school, I tried to be there for everyone, no matter how overwhelmed I felt. Now, with only 3-4 close friends left, I have no regrets. This journey taught me some valuable lessons about boundaries, self-worth, and mental health.

Growing up, I've learned that it's impossible to always "be there" for people. Some might be unhappy with your behavior or feel you don't meet their standards and that's okay. 'Do not let others define who you are and pretending to fit into a group just to gain acceptance isn't worth it. One needs to understand that self-acceptance and self-worth are the stepping stones to protect your mental health.

When exhaustion strikes, ask yourself: Are you truly being self-absorbed, or is this an act of self-care? If it is the exhaustion, check the urgency of their matter. If it can wait, let them know you're drained and suggest revisiting the conversation later with their favorite snack.

Now, I intend to broadly categorize people: first, Empaths; second, energy vampires. The first kind, would understand that you had a rough day and would be willing to wait to vent their emotions once you are free. The second set of people are those who consume a lot of your energy and strain you unknowingly, they dump their emotions hugely on you and cling onto you for excessive emotional dependence. The person behaving this way might not understand the difference between boundaries or could be completely unaware of their behavior.

I was initially friends with a lot of those people and later I realized that I was just being nice to them and when I needed them the most, they never were really there for me. It took me a while to understand how much time and energy is being wasted upon them, where I could be doing something little more productive and rather be happier.

And for all those who think that it would be rude to not listen to your friends/ partners right at that point of time and postpone it later, Imagine adding a glass full of water into the

water filled glass. When you are totally exhausted, you need some time to rejuvenate yourself. Only, then you could pay attention totally to your loved ones and probably might help them out. It is important to understand that your mental health and well being is equally important and it's not selfish to put your mental health first. You could say that prioritizing your mental health did not fetch you a greater number of friends and are left with a very few people. I'd say, the quality matters over quantity and eventually people would agree to this point at some point of their life because you can't be a complete giver or pretend to be someone that you're not. It is important that

your loved ones need to understand and respect the energy and the time you put on them and vice versa. After all, every relationship sails on the boat of trust in the end.



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THE ROLE OF EMOTIONAL INTELLIGENCE IN ACADEMIC SUCCESS

INTRODUCTION TO EI

- EI refers to recognizing, understanding, and managing your emotions and those of the people surrounding you. There are five key components to EI:
 - **Self-awareness** means recognizing, and understanding your emotions and how they affect your behavior toward others.
 - **Self-regulation** means managing and expressing your emotions appropriately, at the right time, and in the right place.
 - **Motivation** is the driving force (external or internal) that drives you to take action towards achieving your goals.
 - **Empathy** refers to recognizing, and understanding the feelings of other people surrounding you.
 - **Social Skills** are how well you interact with others. Good social skills foster collaboration with peers, enhance teamwork and group activities, and improve conflict resolution techniques and communication skills.

EI'S IMPACT ON ACADEMIC SUCCESS

You must have noticed, at times, that you don't feel like doing anything when you're feeling sad or too overwhelmed. Notice how you don't retain the concepts you read a few moments before the exam. It's because they're read with anxiety. You worry about the questions that might come and the marks you need to score, so you try to cover up as much as you can in the last moments, but during the exam, you forget everything.

The other ways in which your emotions can hamper your academic success are:

Positive Emotions

1. **Curiosity:** It prompts you to find new information, go deep into the concept, and connect with it.
2. **Pride:** If you're proud of your achievements, your self-esteem boosts up, motivating you to achieve more.
3. **Interest:** Your interest in a subject builds your engagement, making you invest more time in it and boosting your performance.

Negative Emotions

1. **Insecurity:** It lowers your confidence, making you reluctant to participate in activities or take on challenges.
2. **Stress:** You must know how stress impacts academics. It makes you feel overwhelmed by the pressure of performing well, thereby, increasing anxiety and reducing focus.
3. **Disappointment:** This often occurs when you don't achieve your goals, making you feel apathetic.

STRATEGIES TO IMPROVE EI

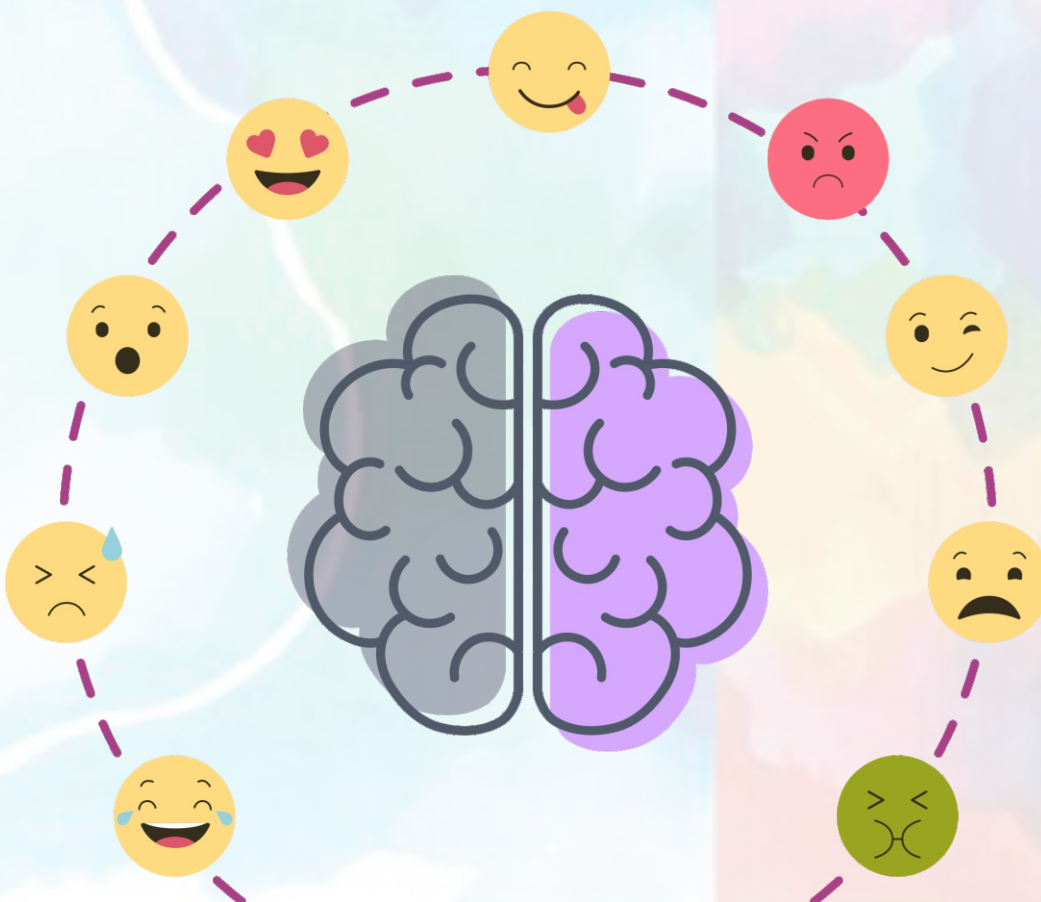
Don't worry, Dear Reader, none of us have perfect control over our emotions, but we need to build it with time to succeed. I'm with you in this quest, and we'll improve together.

These are a few strategies you can use to improve your EI.

- Recognize and name your emotions.
- Practice mindfulness.
- Journalize.
- Learn emotional management techniques.

CONCLUSION:

Dear Reader,
I hope this helps you in improving your academics and maintaining your emotions. I'm also trying to figure out my emotions. You're not alone. We're in this together. Let's find our way back together.
From,
Your Fellow Mate.



THE METANOIA WITHIN



The sudden jolted opening of my eyes in the morning...
A breeze of miserable air hit my body...
The feeling of heavyheartedness weighs my body down to bed
while I grasp for breath...
The scream of pain hidden within tries to escape from my chest...
Throughout the day the taste of loneliness embraces me...
The question of escaping the reality taunts me...

As hours pass by, a storm begins to brew inside of me...
Filled with thoughts of negativity and destructivity...
As the storm slowly takes its course inside of me...
Destruction of my inner self takes place...
As the storm gets stronger and stronger...
Agonizing pain numbs me while pushing me down to depths of
darkness and despair...

In those depths of darkness and despair... with no ray of hope left
inside of me...

A gruesome feeling of the end begins to strangle me... and,
As I lose the battle with my inner demons... I open my arms to
hug the nearing end... But...
Amidst the inner turmoil of myself...
There comes a light... a light...
The source of which is unidentifiable in the cloud of darkness...

As I struggle with all my remaining might to find the source of the
light, I see something falling towards me...

A ray of hope dangles in front of me... A rope!
In a state of weakness, I clutch onto it as tight as I can... and,
It slowly starts to elevate with a pulling force... a force...
That proved the possibility of someone pulling it upwards... But
who? ... who would want to help me? ...
My mind, from being shut down minutes back is now flooded
with questions...

Questions that demand answers...
In the midst of this, there comes a voice... a voice...
A voice calling my name...

Emma... Emma... Emma...

My mouth clenched together in shock and unable to respond... I
nod... and,
It understood me...

A cold shiver covers my entire body as the mysterious voice
speaks with me...

....

Emma...

*You have been searching for a way out of this darkness and
despair in your life... But...
All along the way you've always held onto the answer within
yourself...
You just had to look inside of you... look with kindness... and,
ask what it yearned for...*

Emma...

*The way out of darkness and despair is attained through
unconditional love for oneself...
You've given your love to everyone else but you always denied
giving your love to yourself...
You often forget to love yourself before others in society's
perception of what is considered to be selfish... But that is not
the reality...*

Emma...

*The reality is... to deprive yourself of the love of yourself is to
torment your inner self and that is the essence of being selfish...
being selfish to oneself...*

To put yourself first is to be selfless to one's own soul...

Emma...

*Only through being selfless to one's own soul can you be selfless
to other souls...*

...

A strange feeling runs through my body...
As the words of the mysterious voice entered me...
Travelling directly to my heart and wrapping it around...
A feeling of warmth and comfort... embraced my inner self...
Healing the bleeding wounds inside me...

Restoring the lost hope inside me...
As I reach closer and closer to the top...
The source of the light becomes visible to my eyes... and,
As I am finally pulled out from the depths... I see... I see... the
light!

A sudden lightning of shock and unbelief numbs my
body... as I see...
I see my childhood self standing in front of me...
smiling... smiling in the same way as I remember it from
my memories...
As she leaves... I... I... fall onto the cold ground beneath
me... lying there unconscious!

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RHETORICS AND REALITIES OF EMOTIONAL QUOTIENT

In the world of people focusing upon the relevance of intelligence quotient to retaliate reasoning and intellectual ability there is a dire need to press upon the pertinence of emotional quotient in order to have a hold on emotions and stabilize further actions. The lexical meaning of E.Q. is that – it is a measurement of person's emotional intelligence i.e. their ability to understand their own feelings and the feelings of others. Where intelligence quotient has its orientation which is intrapersonal; the emotional quotient deals with the person as well as the people with whom he interacts viz. interpersonal alongwith intrapersonal. The very prominent quote by Aristotle says it all- “Man is a social animal”. There has to be a mechanism that should govern and ensure the betterment in the facilitation of the social relationship among these social animals.

The term emotional intelligence was prima facie used by two researchers Peter Salavoy and John Mayer. It is believed that emotions foreshadow our thoughts or, heart conquers the brain. When emotions are high-rising they tend to dominate the way, our brain functions. Emotions not always disrupt the thoughts but they also gravitate their enhancement. Emotions and thoughts are the two protagonists of the same story then why do we only centerpiece intellect? Individuals who have high emotional quotient are believed to hold a strong sense of self efficacy in regulating their emotion, and believe they have the resources to employ the necessary strategies for improving the negative mood that accompanies stressful situation.

The aforementioned facets indicate towards the rhetorics; now we would comprehend the reality. The graph demonstrating the prevalence of E.I. is declining day by day.

The advent of technological advancement has replaced the in-person interactions.

This has also abated the initiation of negative feelings like loneliness, self-criticism and anger. The fast-paced modern life has left no time for introspection and self-awareness. Academic stress, family instability and decrease in social empathy have also led to the diminution of emotional intelligence in humans. Socialization plays an important role in fostering emotional intelligence by helping people to empathize with others and to respond compassionately. This process is called emotion socialization.

The Personality Development theory of Sigmund Freud states that biological instincts and societal influence shape the way a person transitions as an adult. Emphasizing upon the latter half of the theory, societal influence shapes and reshapes the personality of a person. Another concept of group psychology states that the act of people is determined by the demands of the group. Another sociologist, Talcott Parsons believed that family is one of the important institutions during primary socialization but as the time proceeds peer groups take up as a socializing institution in the life of a youth. The structure of coping with stressful situations at this stage is complex and multi-dimensional. All these factors are the building blocks of E.I. beginning from the childhood.

Retaliating the rhetorics and the realities, there emerges a need to bridge the gap between them. E.Q. proves to have many benefits ranging from conferring help and coping with adverse situations during times of stress, building a supportive social network to creating a barrier in the face of negative life events. The epitome of E.I. could be found in the degree of social adjustment a person could imbibe. The more he indulges into the process of social integration the better he

gets at analyzing social relationships. Gaining a high level of emotional intelligence is crucial for both professional and personal success since it enhances relationships, workplace intelligence, job satisfaction, and mental health. From a team's perspective, emotional intelligence raises the likelihood of success. Hence, I could conclude that Emotional quotient is an intricate piece of the puzzle of 'social' life that a person devours.



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PARENTING AND EQ IN YOUTH: How Family Dynamics Influence Emotional Development

Introduction

The emotional and social development of young individuals is significantly shaped by the affection and guidance provided by their parents, as well as by their emotional intelligence (EQ). Emotional intelligence refers to the capacity to recognize and regulate one's own emotions while also demonstrating empathy towards others. By fostering EQ in children, we enable them to confront challenges with resilience, establish meaningful relationships, and achieve success throughout their lives.

Additionally, several societal factors, including parenting styles, gender, and family structure, contribute to the development of emotional intelligence. Parents play a crucial role in their children's growth; their supportive involvement during childhood profoundly influences social, emotional, and intellectual development. It is essential to comprehend how family dynamics and parenting styles interact to effectively promote emotional intelligence in children, preparing them to navigate the complexities of life.

The Ideal Parent

Parents are essential role models for their children's emotional expression. Through observation, children learn to manage their emotions, show empathy, and communicate their feelings. This enhances their ability to regulate emotions and express themselves compassionately in their interactions with others.

The various parenting styles—authoritative, authoritarian, permissive, and neglectful—shape emotional development in distinctive ways, influencing how children navigate their feelings and relationships.

Authoritative parenting, characterized by warmth and clarity, nurtures emotional intelligence in children who thrive under its supportive and structured embrace. **Authoritarian parenting**, marked by rigidity and a lack of warmth, can leave children adrift in their emotions, often hindering their ability to understand both their feelings and those of others.

Permissive parenting envelops children in warmth yet offers them little discipline, creating a nurturing atmosphere that may inadvertently leave them adrift, struggling to find their emotional boundaries. **Neglectful parenting**, characterized by low warmth and control, can hinder children's emotional understanding and management, leaving them without the necessary support and guidance to navigate their feelings.

Conflict Resolution

When parents model healthy conflict resolution and problem-solving skills, they provide invaluable lessons for their children on how to navigate emotional challenges with care and understanding. By witnessing their parents resolve conflicts calmly and respectfully, children gain important skills in emotional regulation and empathy. For instance, when parents face disagreements and choose to express their feelings without resorting to blaming each other, it teaches children how to manage their own emotions during conflicts. This approach not only helps children learn to resolve their issues but also fosters a deeper understanding of compassion from the perspectives of others.

Role of Siblings

Siblings play a vital role in emotional development, helping each other build crucial skills such as emotional regulation, conflict resolution, and empathy. When parents actively support these sibling relationships and mediate conflicts, they create a positive emotional environment for all children involved. This not only fosters individual growth but also cultivates a family atmosphere that is supportive and harmonious, ultimately benefiting everyone.

Parenting and Crime Prevention

Parents who manage their emotions and communicate effectively teach their children to do the same, helping them handle feelings and understand others. When parents encourage discussions about emotions, children learn to recognize and manage their feelings, reducing aggressive behavior. Clear rules and consistent consequences teach children self-discipline and responsibility, helping them grasp social norms and avoid problematic behavior. Parents who promote thinking about others' feelings help children develop empathy, making them less likely to act harmfully. Emotional support from parents builds children's confidence and resilience, decreasing their likelihood of turning to unhealthy coping methods.

Conclusion

Parents and family environments play a crucial role in developing emotional intelligence in children. By modeling healthy emotional behaviors, providing consistent support, setting clear boundaries, and encouraging social interactions, parents help their children cultivate essential skills like emotional awareness, empathy, and self-regulation. As a result, young individuals with high emotional intelligence are better equipped to manage relationships, cope with stress, and make thoughtful decisions. Investing in emotional development ultimately supports their future success and well-being.



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SELF - LOVE:

Because You Deserve The Best Of You

Physical Health is something most people talk about, how we should take care of it, and how it should be prioritized, but nobody really talks about Mental Health. Most people do not understand the concept of Self-care and self-love.

Even I learnt about it not too long ago and realized how important it is to take care of yourself, to Love yourself, It may not be easy at first- it wasn't for me either. But I'm still learning and I can proudly say that I've come a long way. The first step is to know yourself, your strengths, your weaknesses, Then accept yourself the way you are, everyone has their own flaws and strengths, that's what makes us humans, no one can be perfect but that doesn't mean you're not good enough, work on yourself and make yourself the Best Version of you.

Doing these things aren't easy at first but once you get the hang of it, you're good to go. Love yourself, *"If you give me the Best of You, so you give You the Best of You"* is a line from the lyrics of a song I really love which means if you can give someone the best of you then you can certainly and definitely give yourself the best of you for sure. This line helped me realize that the Love I give to others, I deserve it too and I do not need anyone else to Love myself, I can love me too.

As you learn to accept yourself the way you are, you can easily accept others too the way they are.



Earlier I used to get really sad and angry if someone told me you look like this, you look like that, mostly they do not want to do this intentionally but it used to break my heart a lot, but now it doesn't affect me as much as it did before, as I've learnt to accept myself, I know myself, I know it is just their opinion, it doesn't define me, everyone has their own opinions, it is alright. Always remember no one is perfect, a little flaw makes us- a Human. As I

was in this journey of Self Care and self-Love, I still am, people often misunderstood it for Selfishness, but Is it? No, absolutely not. Self-care is taking care of yourself, whereas Selfishness is only thinking for yourself. There's a difference. Loving yourself doesn't mean you're selfish, it just means you're prioritizing yourself, it doesn't mean you're not thinking of others at all.

Most people still do not know about Self-care, I hope they were able to understand it through this. Start Today, Know yourself, embrace your imperfections, work on yourself and it'll work like magic.

Akanksha
BBA, DME

UNPLUG TO RECHARGE:

Why a Digital Detox is the Reset You Never Knew You Needed

"When it comes to remaining connected 24/7, at times the most helpful thing you can do is go dark." From work emails to social media updates, our digital devices keep us glued to screens all day. This constant connectivity can lead to stress, burnout, and decreased well-being. A digital detox—taking a conscious break from screens—offers a chance to refresh mentally and emotionally. By disconnecting, we reconnect with ourselves, build healthier habits, and strengthen real-world relationships.

Why We Need a Digital Detox

Our addiction to digital tools has created mental health issues. It's the constant stream of information or the unrealistic comparisons on social media that fuel depression, anxiety, and sleep disorders. Self-esteem is destroyed by social media because individuals compare their lives with idealized versions online. A digital detox decreases stress and improves emotional health.

Disconnecting enables us to be more present, allowing us to connect with others on a deeper level. It also enables us to create a healthier relationship with technology, turning it into a tool we utilize thoughtfully instead of one that utilizes us.

The Benefits of Disconnecting

One of the biggest benefits of unplugging is enhanced sleep. Blue light from screens suppresses melatonin secretion, making it more difficult to sleep. A digital detox promotes normal sleep cycles, which means improved sleep and increased energy. Aside from sleep, breaking away from screens enhances emotional equilibrium. Social media creates a condition of inadequacy, but by turning it off, we release ourselves from delusional comparisons. This change enables us to invest our attention in genuine experiences and healthy relations.

Either through direct conversations or activities in nature, breaking away reinforces personal connections. A digital detox also fosters creativity and productivity. By minimizing distractions, we make room for hobbies, learning, and self-improvement. It's not about giving up technology but about using it with purpose.



The Long-term Impact of Digital Detoxes

Regular digital detoxing creates long-term advantages. With time, we acquire healthier patterns of behavior and are more conscious about the usage of technology. Rather than letting screens control our time, we train ourselves to use technology purposefully. One of the biggest long-term benefits is enhanced

How to Start Your Digital Detox

Initiating a detox doesn't necessarily have to be daunting. Small, conscious steps can lead to a significant difference. One of the methods is setting "phone-free" moments, including an hour before bedtime or during meals, to promote in-world interaction. Utilize the time by engaging in exercises like reading, journaling, or exercising. Another approach is a weekend detox. For an entire weekend, abstain from screens to concentrate on offline activities such as quality time with family, outdoor activities, or hobby exploration. A digital quiet time break can be very refreshing.

Limiting social media use is also key. Instead of checking your phone constantly, set specific times for social media and emails. Disabling push notifications can help minimize distractions and reclaim control of your time.

productivity. Freed from intrusive notifications, we concentrate more intensely on tasks, and with that, our performance improves in work, school, and personal projects. Detoxing also allows us to develop emotional resilience since we process emotions and interact meaningfully. Building face-to-face interactions enables us to feel more connected and present. A digital detox is not a privilege but a necessity. In the hyper-connected world of today, disconnecting from technology enables us to recharge, reconnect, and enhance mental health. By committing to regularly unplug, we reclaim our lives and prioritize what matters most. I would like to end it with a quote:

"Almost everything will work again if you unplug it for a few minutes, including you."

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EMPATHY, COMMUNICATION AND LEGAL SAFEGUARDS: DEVELOPING STRONGER BONDS IN YOUTH

Introduction-

In the current fast-paced and interconnected world the digital screens have replaced physical human interactions, affecting the emotional and social well-being of the youth. The essential skill for developing strong relationships is the unique ability of humans to empathise and communicate effectively. This article explores the role of emotional quotient (EQ) in empowering young individuals to foster meaningful relationships, and highlights the legal frameworks designed to shield them from harm.

Empathy as the Foundation of Meaningful Connections-

Empathy in simple terms means understanding the feelings of another person. It has been considered an essential element necessary to construct and maintain healthy relationships. Empathy for the youth, nurtures trust, reduces conflicts and builds a supportive network. As adolescents equipped with empathy are able to efficiently navigate the peer pressure and build positive relations promoting mutual respect and understanding.

Sadly, the predominance of nuclear families and rapid influence of social media has left many youth feeling isolated. This lack of connection often leads to detrimental behaviours in youth such as substance abuse and alcohol dependence as coping mechanisms. Encouraging empathy through family interactions, peer support groups and community programs can mitigate these potential risks.

Communication as Art of Expression and Understanding-

While empathy helps to understand emotions, effective communication bridges the gap between comprehension and commotion. The art of communicating aids youth to learn about expressing emotions, handling conflicts, and communicating for help, when required. A rising concern for youth today is the superficial engagement culture created by social media which has increased cyberbullying. Schools and colleges should create an environment of healthy communication among the youth through active listening, speaking confidently, and emotional regulation.



Legal Considerations in Safeguarding Youth through Empathy and Effective Communication-

Besides personal growth, empathy and communication bear broader implications for society and the law, particularly in protecting the young from exploitation and harm. Few legal regulations address these mental health concerns and provide protections to the youth.

1. **Combating Cyberbullying-** Cyberbullying is a pervasive issue among youth leading to emotional trauma, social withdrawal and even legal consequences for the perpetrators. *Information Technology Act 2000* addresses cyber harassment, imposing penalties for offenders. However, punitive measures alone are insufficient. Educating youth on emphatic online behavior and promoting open dialogues about their experiences can prevent such incidents and foster safer digital spaces.
2. **Addressing Substance Abuse-** The recent trend in narcotic substances among youth has brought about early intervention. The *Indian Narcotic Drugs and Psychotropic Substances Act 1985*, states stringent penalties for traffickers and provisions for rehabilitation programs for the prevention of drug abuse. However, empathy-driven communication plays an essential role here as teachers, parents, and peers who listen without judgment can guide vulnerable youth seeking help, reducing the stigma surrounding addiction.
3. **Promoting Mental Health-** Mental health concerns, exacerbated by societal pressures and substance abuse are a growing legal and social issue. *Mental Healthcare Act 2017* emphasizes the importance of accessible mental health resources, confidentiality and patient rights. Encouraging youth to communicate openly about their mental health and equipping caregivers with empathetic listening skills can bridge the gap between legal rights and practical outcomes.

Suggestions and Recommendations-

The journey to developing strong relationships and safeguarding youth requires a collective effort from families, educators, policymakers and society at large. Here are some actionable steps:

- **Integrating Emotion-Driven Education:** Schools and colleges should include EQ development into their curricula, focusing on empathy, active listening and conflict resolution.
- **Encouraging Open Communication:** Families, peers and communities should create safe spaces for youth, so they can share their experiences without fear of

judgement.

- **Leveraging Legal Support:** Policymakers should ensure that youth friendly legal resources are accessible and awareness campaigns should inform individuals of their rights.

Communication and empathy are effective tools for youth, forming strong relationships and resisting adversity. Together, they can create safe havens that augment legal protection, empowering youth for a more equitable future.

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EMOTIONAL FITNESS APPS:

Bridging The Gap In Youth Mental Health

Introduction and Evolution

Emotional fitness apps today represent more than digital tools. They are becoming catalysts for reshaping how youth perceive and engage with mental health. Initially designed to track moods or offer basic meditations, these platforms are evolving into sophisticated AI-powered systems capable of dynamic emotional interaction. Imagine an app that not only recognises when you're feeling overwhelmed but actively intervenes by curating personalised therapeutic content, simulating empathy through AI, or connecting you to real-time human support.

AI-Powered Empathy: Bridging Emotional Gaps

What if technology could listen and truly understand? Emotional fitness apps like *Woebot* are pioneering AI-driven conversational agents designed to mimic empathetic human interactions. These bots are learning to decode subtle emotional cues from text, voice, and even biometrics. Through these advancements, emotional fitness apps are blurring the line between technological intervention and authentic human empathy. Such innovation challenges the stigma of seeking emotional support by offering users a non-judgmental, accessible starting point to process their feelings. The next wave of innovation could integrate these tools with wearable technology or augmented reality. Picture an app syncing with your smartwatch to measure heart rate variability and detect early signs of stress, instantly suggesting breathing exercises or calming visuals projected into your environment.

From Individual Wellness to Community Resilience

Most emotional fitness apps focus on individual well-being, but their potential extends to fostering collective emotional resilience. Platforms could introduce gamified community challenges that incentivise empathy-building activities, like group reflections or supporting peers through digital "empathy banks." Such features could transform isolated self-care routines into shared journeys of emotional growth, creating a ripple effect across communities. Further, these apps could collaborate with educational institutions and workplaces, acting as a bridge to integrate mental health education into daily life. Programs tailored for youth can combine app-based learning with in-person



workshops, promoting a holistic approach to emotional intelligence development.

Ethics, Boundaries, and the Future of Emotional Privacy

Despite their immense potential, these apps open critical questions about emotional privacy. If an app knows when you're stressed before you do, who owns that insight? Future iterations must prioritise building ethical AI systems that ensure user agency and safeguard data integrity. Transparency in how algorithms interpret emotions and the autonomy to disable such features will be vital in balancing innovation with trust.

The Disruptive Potential of Open-Source Emotional Platforms

One game-changer could be the introduction of open-source emotional fitness platforms. By democratising the underlying algorithms and datasets, these initiatives could invite collaborative innovation while reducing the monopoly of commercial developers. Imagine a global initiative where developers, psychologists, and youth advocates co-create culturally sensitive tools adapted to diverse needs. This approach could address accessibility gaps, particularly in regions where commercial emotional fitness apps remain out of reach due to financial or technological constraints.

Revolutionising Mental Health: A Call for Radical Integration

The future of emotional fitness apps lies in their integration into broader mental health ecosystems. Apps could evolve into digital emotional passports, consolidating a user's mental health data for personalised therapy, cross-platform consistency, and even preventive care planning. Partnerships with governments and non-profits could see these tools integrated into national mental health strategies, targeting youth at the grassroots level.

For instance, a rural youth in India could access curated self-help modules and connect with a local counsellor, all through a single app tailored for regional languages and cultural nuances. Such initiatives would leverage technology's potential to democratise mental health access.

Conclusion and Way Forward

These apps are not just tools, but the harbingers of an emotional revolution, creating a paradigm where mental well-being is as integral as physical health. By embracing AI-driven empathy, fostering community-centric growth, and championing ethical development, these platforms can transcend their digital origins to become transformative forces in shaping the emotional futures of youth. The challenge is not just to innovate but to do so responsibly, inclusively, and ambitiously.

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CRUCIALITY OF NURTURING ONESELF AND FORMS OF SELF-CARE

In today's world where everyone is busy with responsibilities we forget to nurture our physical and mental bodies. It is high time self-care emerged as an unavoidable practice for all. The concept of self-care is considered a luxury. It has been categorized to be a day at the spa or a cheat meal. Thus, people have often neglected the true meaning of self-care.

Self-care refers to practices that cultivates physical and mental well-being. It consists of a diverse array of activities which includes counselling, good sleep, seeking connection, digital break and many more. Self-care is not a standardized practice. What works for one may not necessarily work for another. First step towards nurturing yourself is to identify what form of self-care resonates with you. The idea of self-care is not a new concept. Traditionally, different cultures and societies have celebrated the importance of self-nurturing. The concept of self-care started gaining attention in the contemporary age leading to people believing it to be a modern concept.

Self-care manifests in different dimensions. Physical well-being practices which concentrates on the physical health of a person are regarded as the cornerstone of good health. It is the most common form of self-care. This form of self-care includes proper sleep, balanced nutrition, physical exercise and so on. These practices not only focus on the physical aspect of self-care but also has influence on mental health as well. Consequently, starting to focus on physical self-care moves you closer to attaining overall well-being. For instance, someone who regularly engages in physical exercises has much improved cardiovascular health and also has a better mood and better perspective.

In addition to physical self-care, there is emotional self-care which focuses on the emotional well-being. Emotional self-care is frequently perceived to be taboo. It has often been disregarded as a valid form of self-care. Modern society has failed to identify the significance of emotional stability among the population. In contrast to physical well-being which is being extensively preached about, mental or emotional well-being is often neglected. This pattern of not giving importance to the emotional or mental health of a person has widely contributed to an increase in stress, anxiety, and depression among the youth in today's generation. deficiency of emotional self-care practices is one of the main reasons for today's generation being incapable of setting boundaries, incapable of saying no when it needs to be said, and incapable of shouldering huge responsibilities.



Self-care also needs to be practiced beyond an individual level. This is where the concept of social self-care comes in. As social beings, we need to seek and maintain indispensable social connections. Human beings from their very core are dependent. Not having proper social connections will lead to isolation which will result in the deterioration of one's mental as well as physical health. People are unaware of social self-care which is ironically the most important aspect of self-care for human beings. Social self-care takes different forms like spending quality time with family and friends, interacting with different types of people, engaging in social events, and so on. This creates a feeling of belonging which further enhances their physical and emotional health.

In conclusion, despite the pressing need for self-care, there is a prevailing stigma surrounding the topic in various parts of the world where self-care is considered unnecessary. This is largely prevalent in societies where individuals are often praised for being unrelenting workaholics neglecting their mental and physical health as well as their social lives. It is important to break this pattern and recognize that self-care is a necessity and not a luxury. In the same way we make time for our work, studies, and career we need to make time for ourselves. Being exceptional in our work, studies, and career should be harmonized with being emotionally socially, and physically healthy and thriving balanced individuals.

MERAKI EVENTS

Awareness program on acid attacks in collaboration with Brave Soul Foundation

DME Management School, in collaboration with NSS Cell, Meraki Cell and Women Empowerment Cell at Delhi Metropolitan Education (DME), hosted an impactful awareness program on acid attacks, inviting the Brave Soul Foundation to share their expertise and experiences. The event aimed to educate students and faculty about the causes, consequences, and legal implications of acid attacks while fostering empathy and action for survivors. The session brought together legal professionals, survivors, and social activists to discuss the urgent need for systemic reforms and support structures. The program commenced with a thought-provoking address by Ms. Tuba, Alumni, DME, who delved

into the broader spectrum of violence and its physical and psychological manifestations. A compelling video presentation further amplified the discussion, featuring real-life stories of acid attack survivors. The video showcased the resilience of individuals like Ms. Reema and Ms. Ruman Saifi, who bravely shared their experiences of pain, survival, and empowerment. Ms Srija, Senior Law Officer at Brave Soul Foundation, provided an in-depth analysis of the legal framework surrounding acid attacks. This event marked a significant step toward breaking stereotypes, strengthening legal protections, and fostering a culture of zero tolerance toward gender-based violence.



Felicitation ceremony- Student Body Members

The Felicitation Ceremony of the Research Cell, Linkages & Collaborations Committee, and Meraki Cell students on December 4, 2024, at the seminar hall. The event is aimed to celebrate the dedicated hard work the students have put in the past academic year (2023-24). The event was graced by the

virtuous presence of Hon'ble Justice Mr Bhanwar Singh, Director General, DME and Prof Dr Ravikant Swami, Director DME who blessed the students with their words of wisdom.



World Mental Health Day 2024

Meraki: The Society for Mental Health at DME and FLY successfully organized an interactive and engaging session to commemorate World Mental Health Day 2024. The event, held on October 10, 2024, from 12:30 PM to 1:30 PM in the Seminar aHall, focused on the theme “It is Time to Prioritize Mental Health in the Workplace.” All teaching and non-teaching staff members attended. The event commenced with a warm welcome from Dr Gulina Singh and Ms Shanu Jain, who encouraged participants to wear bands representing their

personalities. This simple act served as a reminder of self-expression and individuality. A series of interactive activities followed, designed to promote mental well-being and encourage self-reflection. Following these activities, a special session was conducted by Mr. Madhav Sharma and Mr. Vishal Sahai, who facilitated music therapy and a mirror image game. The event concluded with a group photo, capturing the collective spirit and camaraderie fostered throughout the session.



Mental Health Sessions – Class Interaction

A series of sessions with the students has been taken about raising awareness of the mental health continuum, lowering the stigma attached to mental illness, and encouraging help-seeking and emotional well-being. Contentment and achievement in life are influenced mainly by one's ability to prepare themselves mentally and emotionally. In the sessions, various topics were covered. For the first-year (BBA, BAJMC, and Law) and second-year students (Law), the topic was radical acceptance and self-management with the objective that individuals cannot control every aspect of what they experience. Every individual has to learn and understand to respond mindfully instead of reacting emotionally to move beyond the distress and influence they experience. Similarly, the second-year (BBA & BAJMC) and third-year (Law) students' topic was emotion regulation and behaviour management with an objective where students were able to identify and acknowledge emotions that lead to both positive and negative behaviour, as well as the consequences of actions that compromise their well-being. For the final year, the students' topic was accepting the

changes and adapting to the transition. Accepting and adapting to the changes can give students better results, leading to better solutions. Students identify their strengths and limitations in four areas—body, emotions, mind, and spirit—by completing a self-analysis questionnaire.





Delhi Metropolitan Education
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Meet The Team

2024-2025

MERAKI: SOCIETY FOR MENTAL HEALTH

Be Kind to Your Mind



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