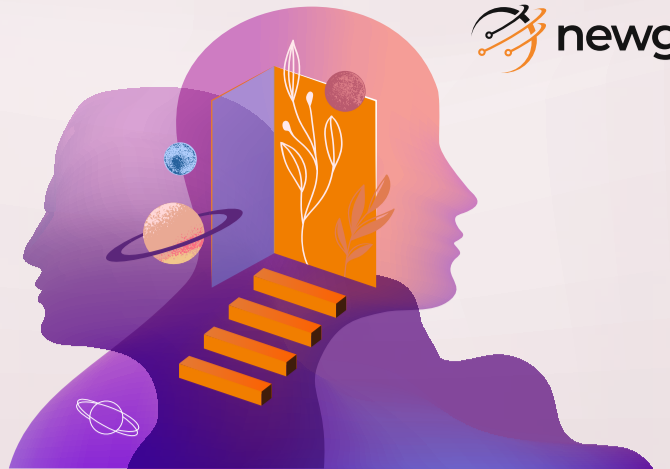


Journey towards Self-improvement through Mental Health Well-being



NDDP's Peer Leadership Program

Newgen CSR's Newgen Digital Discovery Paathshala (NDDP) program has always focused on the holistic development of its students. The program's personality development session has been designed to support students in dealing with specific situations, particularly concerning their psychological behaviour and mental health.

Recently, students of class 12—the senior batch of the program—completed their personality development sessions, which they started in their 6 standard. They've now completed their sessions and have shared some valuable insights into mental well-being.

Snapshot

Signs of Mental Health Imbalance

- Lack of interest in day-to-day activities and interactions
- Constant uneasiness
- Inability to concentrate
- Rising conflicts with family and peers
- Frequent changes in behavior

How to Help Ourselves During Mental Health Imbalance?

- Focus on self-care
- Don't be harsh on yourself
- Discuss with family, friends, or elders
- If needed, seek professional counseling

How to Help Someone Dealing with Mental Health Concerns?

- Counsel them with a positive outlook
- Reassure them that it's okay to feel difficult emotions sometimes
- Encourage them to avoid judging themselves based on temporary emotions

How to Maintain Mental Health Balance?

- Meditate to practice mindfulness
- Engage in healthy activities—mindful eating, breathing exercise, and listening to guided podcasts
- Body scans to connect with your body
- Be kind to yourself
- Visualize and guide your mind towards happiness

Given below are some of the testimonials from the students of class 12, demonstrating the impact of the personality development sessions:

"I have gained mindful awareness of body, feelings, and learned ways to control anger." -Nisha

"I have learned to express my thoughts clearly while listening to others. This has helped to understand myself better and enhanced my problem-solving skills." -Shikha

"I am more informed about a wide range of topics like communication, controlling difficult emotions, creating safety circles, and techniques for stress relief." -Prikha

"I have learned to manage my exam stress with the help of various mental health management techniques." -Kajal

"I have developed the ability effectively manage my emotions even in overwhelming situations." -Kashi

"I am now able to get a peaceful sleep, using the calming techniques of mindfulness and breathing exercises." -Nisha



With breathing exercises being their most favourite, the sessions were insightful for each student. They have acquired extensive knowledge about mental well-being and expressed how it has helped them in the right spirits. Furthermore, they expressed a keen interest in learning more about trust-building, communication, and public speaking.

Barsha Dutta, CSR Team

