

Nurturing Mental Health and Overall Wellbeing of Young Minds



We are in 21st century, yet menstruation, mental, and emotional health remains a taboo. People often shy away from discussing or sharing issues related to these topics, and crucial aspects of life are frequently neglected in favor of academic pursuits. This neglect can certainly have lasting mental and physical consequences.

The Newgen Digital Discovery Paathshala (NDDP) program has taken an initiative to normalize the discussion of mental health and other taboo topics by arranging interactive life skills sessions for students from grades 6 to 12. These sessions address a wide range of topics, such as personality development, peer leadership, mental and emotional health, hormonal changes, self-esteem, communication, nutrition, and overall wellness.

NDDP partnered with *I Am Wellbeing* to create age-appropriate and engaging sessions that truly resonate with students. The curriculum uses various learning methods and activities, including meditation, tapping exercises, and creative expression to help students approach sensitive topics confidently.



Voices from the Sessions

“I got to know that iron is an essential nutrient for our body. We must include it in our diet by consuming foods like milk, nuts and seeds, and green veggies.” – Deepika, Grade 6

“Everyone is dealing with their own set of challenges. We should be kind and empathetic to others.” – Neha, Grade 7

“As teenagers, we go through many hormonal changes. I have learned that eating healthy helps us maintain the right balance.” – Monika, Grade 8

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“Managing my emotions was a task for me. However, these sessions have helped me understand myself better and now I know how to handle them in a better way.” – Sneha, Grade 10

“I have now understood that mental health is the key to overall wellbeing.” – Garima, Grade 11

“I’ve learned that we should respect others’ privacy and keep their personal problems or feelings confidential.” – Megha, Grade 12

At NDDP, we are committed to ensuring that our students are not only academically competent but are holistically developed to excel in all the other areas of their lives. Our life skills sessions are conducted to empower them to become well-rounded individuals who can sail through everything in life with ease.

- **Sorbani Mahapatra, CSR Team**

