

# Bal Vikas Progressive School

Enigmatic Horizon

E – Magazine

VOL 9



“Sustainability is no longer about doing less harm. It's about doing more good.”



# School Philosophy



नहि ज्ञानेन सदृशं पवित्रमहि विधते

इह  
ज्ञानेन  
सदृशं  
पवित्रम  
हि  
न  
विधते

इस ससार में  
ज्ञान के  
समान  
पवित्र करने वाला  
निःसंदेह  
नहीं  
है

इस ससार में ज्ञान के समान पवित्र करने वाला  
निःसंदेह (कुछ भी) नहीं है।



We believe in creating, enhancing and connect opportunities for learning about sustainability in and out of the classroom.



# VISION

Shaping the students to a complete human being

Facilitate the students with skills, knowledge, attitudes & Values.

Help the student to grow to their full capacity to navigate the world successfully.

Improving quality of knowledge

Strategic Objectives

Educate the heart while educating the minds to contribute positively to the society.

The Purpose of education is to make minds not careers.

Helping the under privileged

The Best way to find yourself is to lose yourself in the service of others.

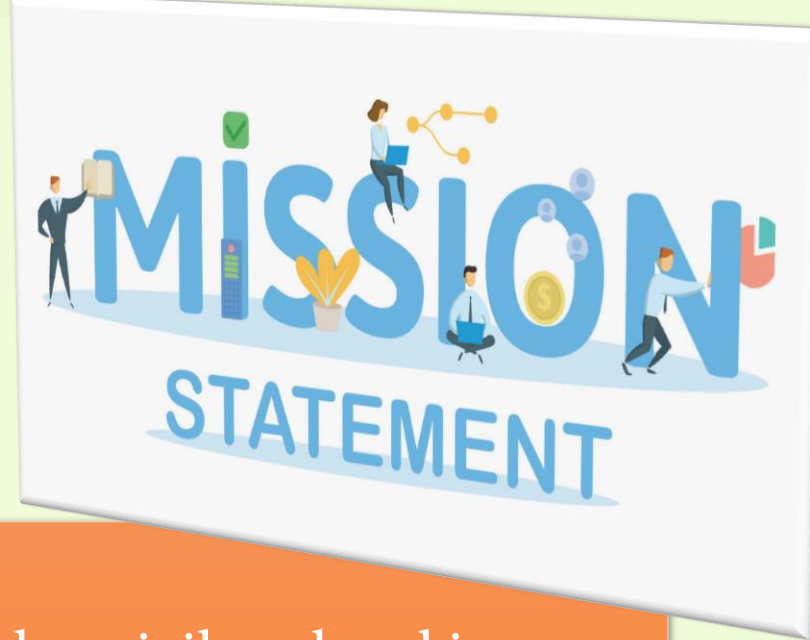
Live simply so others may simple live.

We make living by what we get, we make a life by what we give.



“DREAM, BELIEVE,  
ACHIEVE”





The school strives hard to uplift the underprivileged and improve the quality of education by inculcating moral & social ethics thus shaping the young minds into complete human being. The school emphasizes on purifying the quality of knowledge as taught in the Bhagwad Gita. We seek to provide the students with skills, knowledge, attitudes and social values which will allow them to successfully navigate the world and contribute positively to society. The main aim of the school is to allow the student to grow to his/her full capacity and become a complete human being with a high academic standard and acquire a good, warm and resourceful personality.





**Ms Vasundhara Nath**  
**Chairperson**



**Ms Ravinder Sodhi**  
**Advisor**



**Ms Meenoo Hooda**  
**Director**



**Ms Anupama Shah**  
**Principal**



**Ms Sangeeta Sharma**  
**Vice Principal**





International Yoga day was celebrated on **21st June 2023** in Shivaji Stadium . Bal Vikas Progressive School students along with their P.E teacher took warm up exercise and Surya Namaskar. Chanting of Shanti mantra, pranayama and meditation was taken as well.





Bal Vikas Progressive School is known for its vibrant cultural activities which not only fulfils the aesthetic and creative urge of the students, but also promotes a positive self confidence and a sense of achievement through participation and stage exposure.

Through varied activities like celebration of festivals, special assemblies, celebration of special days, the school aims at not only identifying and polishing talent but also, familiarizing the students with the rich cultural legacy which must always be cherished.

Encouraging imaginations and creativity in children, they provide them with many benefits such as building confidence, strengthening, language skills, building vocabulary, improving pronunciation, helping with voice modulation. They improve their listening and speaking skills. They check on the ability of a student to grasp research and communicate.

This artistic endeavor touches a chord in the heart and mind of a child which enables them to Make, Learn, Discover and Enjoy.



Where dreams are nurtured and futures are shaped.



The new academic session was started on 3<sup>rd</sup> April and students were seen entering the schools early in the morning with a fresh enthusiasm. The school teachers also welcomed the students with smiling faces, and many kindergarten areas were decorated.





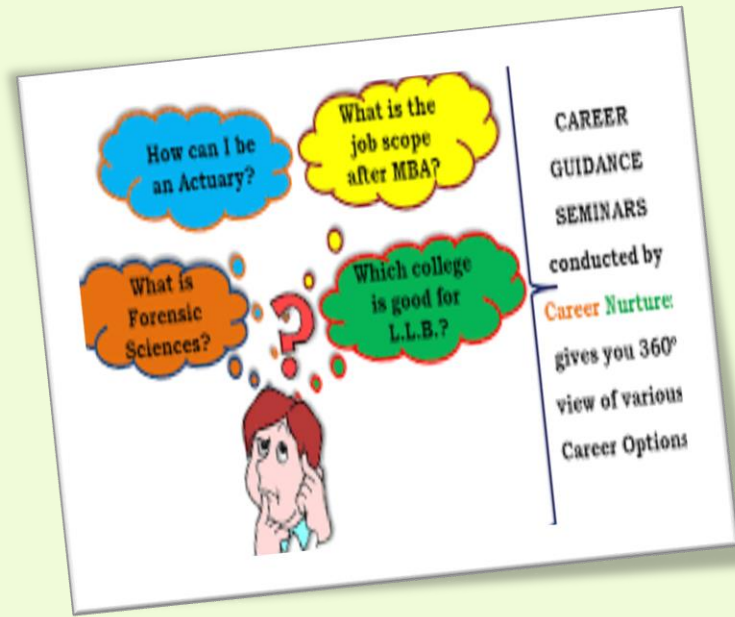
**Wheat crop is ready for harvest.  
Time to rejoice and feel nice  
Fruits to reap of blood and sweat,  
And get joyous and celebrate life.**

With this spirit the BVPSIANS celebrated Baisakhi with gusto and religious fervour. A special assembly was conducted by the students of class VI – XII to welcome the harvest season. The students highlighted the religious and cultural significance of the festival in an enlightening speech. A beautiful group song was sung which added flavour to celebration.

On the onset of Sikh New Year and the founding of the Khalsa Panth, the students performed the traditional Bhangra, which depicted the real life of farmers of Punjab.

The motive behind the celebrations was to apprise the students of the rich culture and heritage of Punjab. The Principal Ms. Anupama Shah conveyed her best wishes to all and blessed everyone with the bounty of the season and a harvest of joy and prosperity.





BVPS organized career counseling workshop for class XII students . The session enlighten the students on various career options. The students were overwhelmed by the presentation and were benefited by these workshops. The topic of these workshops was “Career Counseling after 12<sup>th</sup>”. We are grateful to Ms Anupama Shah Principal, for her support & encouragement.





School Official Meeting with the Management

Students value opportunities to build connections with their mentors. School Official Meeting play an important role over here as it helped students to connect and express their views freely.





Speaking about something you love always makes you love it even more! Keeping this thought in mind and encouraging the little ones to speak in public, the 'Object Talk' competition was organized for the tiny tots of BVPIANS. The students were asked to bring any object they wanted to speak about and describe it. The little ones expressed themselves with full confidence, showcasing their oratory skills. It was a delight to see the children's confidence. The children came dressed up according to the object chosen and were judged on the following criteria:

[#Object](#)

[#Content](#)

[#Presentation](#)

The competition was organized to strengthen their verbal skills and foster public speaking competencies. Altogether, it was an interactive activity that helped build social, emotional and language skills for the children.



## 26<sup>th</sup> July Kargil Vijay Diwas

Bal Vikas Progressive School celebrated Kargil Vijay Diwas' to remember India's war victory and to pay tribute to Kargil Martyrs who are the symbol of courage and sacrifice for safeguarding the borders of the Country. Principal Anupama Shah explained the importance of Kargil Vijay Diwas to the students. Patriotism is a social value, the feeling of patriotism is to be inculcated at school level to make sure that student becomes the responsible citizen of our nation.





# The power of a good speech cannot be undermined.

Bal Vikas Progressive School hosted the English Declamation Competition for the students of Class 5<sup>th</sup> to 8<sup>th</sup> on 28<sup>th</sup> April, 24 to hone the oratory skills among the students. Declamation is a rhetorical exercise or a set speech. The participants had to select a speech of a famous speaker and deliver an excerpt from the speech in two minutes.

The children were in high zest and zeal. Students displayed their oratory talent by declaiming famous speeches of great orators, writers and motivators. It was a treat



## CACA Workshop

Bal Vikas Progressive School has implemented Project CACA (Children against Child Abuse) for the safety of its children .

The resource person for the implementation of Project CACA conducted an orientation on CACA safety workbooks and sensitized the non-teaching staff on Child Sexual Abuse and addressed the teachers on Trauma related to Child Sexual Abuse.

Project CACA is a child centric, preventive and holistic project against child abuse in general, child sexual abuse in particular, child rights & gender equality. The workshop has been very informative in terms of getting to know about the various child related issues and how to deal with it. The workshop taught the teachers and supporting staff how to create a safer, better and healthier living environment for our & their children. The workshop was attended by all the teachers and support staff members of the school. Ms Anupama Shah Principal welcomed the resource person and emphasized on the positive influence of an educator on the life of a child is very important.





11th August' 23

## Fancy Dress Competition: Class Pre nursery - KG

"The most beautiful world is always entered through imagination," this can be through a mere fun activity, FANCY DRESS. It is a great benefit to children especially for toddlers that are in the foundation years, for building their imagination and vocabulary. Through Fancy Dress they learn to initiate the mannerisms of the character or object they are dressed up as.





# 21st August' 23

## Magic Show (Pre nursery – V)



*Magic is something that is liked by all age groups especially by the little kids. To provide them some relaxing and refreshing moments away from the regular classroom teaching, a Magic Show was organized by the BVPS. Tiny tots were amazed to see the magician donning a black hat with a magic wand. They felt exhilarated to see a number of staged magic tricks that were seemingly impossible for them to believe. The magician used natural and known objects to make the tricks real and interesting and involved the children also while performing them that proved a hands-on experience for them. Their mouths were wide open when they saw the objects appeared in front of them from absolutely nowhere. Vice Principal Sunita Kaushal took the initiative to conduct this Magic Show for the kids to incorporate fun with learning, as the little ones are curious by nature and love fantasies. On the whole the Show got a thumbs up by the little BVPIANS.*



# Hindi Poem Dramatization: Class III - V



# Mime Activity: Class III - V

Mime is the way of expressing an idea or mood or portraying a character entirely by gesture and bodily movement without the use of word.



23rd August' 23

Taekwondo Event (B/G) :Class III

Taekwondo is one of the combative sports which have been developed during the 1940s and 1950s.. **Bal Vikas Progressive School** is the one who provides the best trained and expert coach to the students for this game. The trials were conducted for class III on 23<sup>rd</sup> August. **This event fosters discipline, teamwork, and perseverance, vital not only in Taekwondo but also in life.”**



CLASS - 1



CLASS - 1



TALENT HUNT

CLASS - 1



TALENT HUNT  
CLASS - 1



CLASS - 1



CLASS - 1







A Teej celebration was organised in Bal Vikas Progressive School, with great pomp and show. Children danced to the tune of dhol dhamaka and enjoyed taking the swings. Students performed various cultural activities like group dance and songs, Students performance was remarkable. Principal Anupama Shah congratulated the students on Teej and appreciated the efforts made by students .



# 15th September' 23 Flat Race Competition: Pre-Nursery - II

Flat race was conducted on 15.09.2023 a strive to develop kinesthetic and inter personal skills of the tinw tots.



15th September' 23

Hindi Elocution Competition: Class Nursery - KG

Anchor: Aarush (Nur), Rajvardhan (KG), Reyansh Khurana (KG B)

Hindi Elocution Competition was organized in school for students of Nursery and KG in which our cute budding poets showcased their innate talent of eloquence and perfect intonation.



15th September' 23  
Solo Hindi Poem  
Recitation  
Competition: Class Pre-  
Nursery  
Anchor: Kaviraj

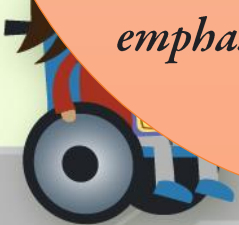
The Hindi poem recitation  
was organised to  
encourage their  
confidence and show their  
rhythmic and musical  
sensational in them.



## 29th September' 23 Sprout Activity:Class I-V



*An Activity on making sprouts from different lentils was conducted for the Students of Class 1<sup>st</sup> to V<sup>th</sup>. Children were told to take any lentil and soak them in water to make sprouts. Through this activity importance of sprouts on good health was emphasized.*





*The sports department of BVPS organized a Musical Chair Activity on 28th 2023. The activity proved to be a huge success, with students of Pre nursery to Kindergarten. They showed their abilities in participating and having fun. It was a great way for students to develop their coordination, balance, and spatial awareness, as well as to learn how to handle competition in a friendly way.*

*Overall, it was a fantastic way for the sports department to engage their students in a fun and active way, and it helped to promote a sense of community and sportsmanship within the school under the guidance of our revered Vice Principal Mrs. Sunita Kaushal.*



20th October' 23

# Camlin Art Competition: Class KG-V

Camel Art Contest was held on 20th October, 2023 for classes KG-II on different topics which helped in enhancing the creative ability.



## 6th November" 23 Thali Making Competition: Class KG-II

In celebration of Diwali , a Thali Decoration Competition was organized for classes 1 & II. The young participants showcased their creating by adorning traditional thalis with vibrant color, glittering Diya's, intricate rangoli design and auspicious symbols like ' Diya's', ;Om' and 'swastika'. The event radiated joy & enthusiasm and artistic expression among the budding talents.





**fancy dress competition**





# Coloring competition

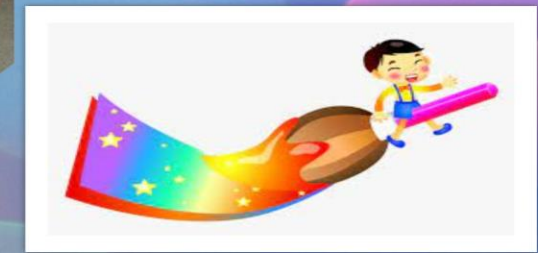
*“Colours are brighter when the mind is open”.*

*We at BVPS believe that every child or person has an ocean of inner strengths. The proportion of these strengths varies from person to person. But the only need is to develop these strengths and to develop this power it is necessary that proper environment, guidance, and encouragement should be provided as required. If a child gets all these incorrect proportion then his hidden talents develop. The main aim behind this is that the child can develop expertise in the field of his choice.*

*Coloring competition was conducted for Children on Little ones have always fantasized about colors. Children participated with zeal and showed their talent. It helped them in exploring new ideas, creativity as well as a sense of colours.*



# COLOURING COMPETITION



# *Creative Speak*

*by*

*BVIPPIANS*



# From the Principal Desk.....



It gives me immense pleasure to address you through our school e-magazine. As the Principal of this institution, I take pride in announcing that our school is committed to providing an all-encompassing education that fosters the holistic development of our students.

We believe that education should go beyond the traditional academic curriculum and must incorporate extra-curricular activities that help students explore their diverse interests and talents. With this aim, we have implemented a robust policy of offering a wide range of extracurricular activities to our students.

We understand that every student has a unique set of talents and abilities. Therefore, we provide them with a platform to explore their hidden excellence and become the best version of themselves. Our extracurricular activities program includes sports, music, dance, drama, art, and several other activities that cater to the diverse interests of our students.

Through these activities, we not only aim to develop our students' physical and creative abilities but also instill in them essential life skills like teamwork, leadership, time management, and perseverance. These skills are crucial for their overall development and will benefit them in their future endeavors.

Sincerely

Anupama Shah



# STUDENT'S COLUMN

*"Do not wait to strike till the iron is hot; but make it hot by striking." — William Butler Yeats*

*"Education is what survives when what has been learned has been forgotten." —B. F. Skinner*

*"Be a student as long as you still have something to learn, and this will mean all your life." — Henry L. Doherty*

*"Learning is like rowing upstream, not to advance is to drop back." —Chinese Proverb*

*"Learn from yesterday, live for today, hope for tomorrow." —Albert Einstein*

*"Experience: that most brutal of teachers. But you learn, my God do you learn." —C.S. Lewis*

*"The journey is the reward." —Chinese Proverb*

*"It is wiser to find out than to suppose." — Mark Twain*

*"Learn from yesterday, live for today, hope for tomorrow." —Albert*

*"Whatever you can do, or dream you can do, begin it. Boldness has genius, power, and magic in it. Begin it now." —Goethe*

**"One child, one teacher, one pen and one book can change the world."**

**-Malala Yousafzai**



# Our School Manali Trip

Our recent school trip to Manali was a smashing success! Our young explorers immersed themselves in a world of imagination, taking on roles as future leaders, rejuvenating the soul and more. The trip included various activities for students to indulge in starting with an acclimatization trek that was followed by an interactive session with the mentors at The Giri Camps. The next day was the Trek to Jogni Falls that gave the students a unique opportunity to experience and learn. At our school, we believe in the power of experiential learning, and this field trip was a testament to that. Students got a chance to visit the beauty of Solang Valley. Through this immersive experience, the students not only got a glimpse of India's diverse cultural landscape but also developed a deeper appreciation. With their newfound independence and self-management skills! They took on the challenge of a zip line, zorbed across the water, navigated an exciting adventure through navigational trek, crossed the stream, rappelling, team building games and wall climbing. They did it all with smiles on their faces. And what better way to end the day than with a school bonfire and dancing under the stars! Our young trailblazers proved that anything is possible with a little courage and teamwork. A huge shout out to our dedicated teachers who made sure every moment was filled with fun and learning. Your enthusiasm is truly inspiring! A heartfelt thank you to our amazing parents for entrusting us with these precious moments of growth and discovery. Your support makes all the difference! Stay tuned for more exciting adventures ahead. Here's to nurturing curious minds and building a brighter future together!



Aarna Kathpal 11 B





# UNITED WE STAND; DIVIDED WE FALL: TOURISM, A KEY TO UNISON OF ALL.

Tourism of any place has tremendous potential for tying the knots between a country's culture, traditions, heritage and even history. People from other foreign countries come to explore and even get an experience of their holiday destination's cuisines, culture, beaches, holy places of worship places etc. The World Tourism Organization defines tourism more generally, in terms which go *"beyond the common perception of tourism as being limited to holiday activity only,"* as people *"travelling to and staying in places outside their usual environment for not more than one consecutive year for leisure and not less than 24 hours, business and other purposes."* Tourism in India is important for the country's economy and is growing rapidly, but also brings together individuals from many cultures and areas and promotes improved intercultural understanding.

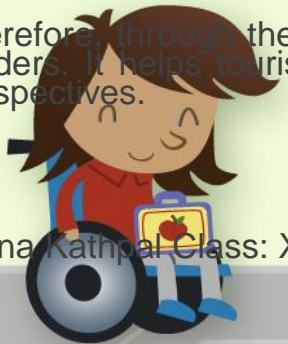
There are many different ways in which tourism unites us all. Firstly, while one is touring across different places, one gets to see and learn a lot from different people, cultures, traditions, and heritage of different places. For example, many Thai restaurants in America currently cater almost exclusively to Western tourists with recognizable dishes like coconut soup or tikka masala curry. Tourism can be a very good way to bring people from different regions under one umbrella. It helps all parties involved to understand each other better. They can interact with each other and share their experiences. However, some regions are more connected than others when it comes to their cultures- especially when it comes to heritage or ethnicity. For instance, several cities in India celebrate the cultures of their original inhabitants and the migrants who came later- giving each city a unique cultural identity.

To add to it, Tourism is also a way of connecting with nature, business and culture - and it can have many positive impacts on people, communities and the environment alike.

The tourism industry is also a great way to tackle stereotypes. When we travel from one region to the other, we get to know about their culture and tradition at the ground level. It helps us to create a new and right picture of other communities. It eliminates the stereotypes that fake media news outlets have ingrained in our minds.

Furthermore, it helps to eliminate different kinds of stereotypes that media outlets have created in our minds. Real exposure to the culture of a place helps to bust embedded stereotypes. For example, several mainland Indians can be racist towards the whole of the Northeastern belt of India. Opening up tourism in the Northeast and promoting them in mainland areas of India can exponentially create a difference in perspectives. Moreover, will not only break these socio-cultural barriers but also strengthen dialogues between regions and neighboring countries by promoting cultural understanding, mutual respect and peace. Recent policies and decisions are being taken by the Union government; it has announced plans to open the villages along the Chinese border for tourists under the Vibrant Village programme. Such moves by the government can help to unite us all and erase the borders of enmity among different countries.

Therefore, through the promotion of cultural awareness, respect for one another, and peace, tourism increases communication across communities and beyond borders. It helps tourists to comprehend and value the culture, landmarks, music, cuisine, and other factors that have a significant impact on one's mind and perspectives.



Aarna Kathpal Class: XI



# What is God ???

*I pray no stone  
No god no face  
I am no Hindu  
No Muslim nor Sikh  
Nor do I go to a place  
Sacred to some  
I preach the one inside me  
In the most non - existable form  
No I don't humanize it in the form of gods  
Or scared by him to burn in hell  
I worship him as a creator  
Who made us all  
As a supreme power which holds us all  
Into bonds we call humans  
I pray no stone no face  
I pray the power of enlightenment  
Beyond the world of facts and science  
Beyond the idea of jīhad or rituals*

*Ridhī Arya 10D*



## What is God like?



In Himalayan heights, Shiva resides,  
Dreadlocks adorned, cosmic guide.  
Trident in hand, a symbol of might,  
Dance of creation, in celestial light.  
Ash smeared form, in deep  
meditation,  
Eternal soul, source of salvation.  
Ganges flows from his matted hair,  
Purity's essence, divinely rare.  
Bull Nandi, loyal and strong,  
Echoes the cosmic dance's song.  
Infinite galaxies within his gaze,  
Shiva's grace, a mystic maze.  
Ardhanarishvara, union divine,  
Masculine, feminine intertwine.  
Yogi in silence, profound and still,  
Unveiling mysteries, as time does  
thrill.  
From Kailash peak to sacred shrine,  
Shiva's essence, a sacred sign.  
In cosmic ballet, worlds unfurl,  
A poem to Shiva, O mystic whirl

Navya

XI D



# Equality an Unturned Stone

Equality is a matter of great scrutiny,  
'Cause women thrive for every opportunity  
Women are equal to men is a beaten track,  
Trodden by all the feminist but real understanding is where we lack;  
When nature took the matter in her own hands,  
Created a piece of art which was immaculate and sagacious,  
Carved it with beautiful gems and copious love named women;  
God the father of all gave them exquisite powers,  
To begin a new life beginning, mental and physical strength  
Unparalleled to anyone; But only to find to his utter dismay,  
About his own creatures 'men' in the side they lay;  
He couldn't bear to see his son struggle,  
'Cause he knew they won't be able to fight the invincible;  
Had his principles curbed, He laid some prickles in women's beautiful shrubs  
Made women abject to various obstacles,  
Menstruation, eve teasing, emotionally blind; Women have to give a test,  
Of her morality at every step; For survival of which was seen out of bounds  
Blows his own trumpet with the mightiest sounds;  
Men's magnificent edifice might be trampled upon  
When the true raucous reality will cast its shadows upon.

Ridhi Arya 10 D



***Courage is not the absence of fear, but the triumph over it . The brave man is not who doesn't feel afraid, but he who conquers that fear."* Nelson Mandela**

From being a little girl who has always dreamt of flying an airplane to still being the girl who wants to fly aircrafts, I want to make both my parents and my country proud. I have been immensely inspired by the life of **Neerja Bhanot, an Ashoka Chakra awardee** for saving the lives passengers on Pan Am Flight 73 which had been hijacked by terrorists. Her story is vividly alive in my mind as 14-years old, who saw the movie 'Neerja' and ever since I have watched the movie, I have been inspired to do something for my country. The great, prestigious Gallantry Award winner 'Neerja Bhanot' has played a vital role in my life.

As wisely said by *Joseph Campbell*, ***"A hero is someone who gives his or her life to something bigger than oneself."*** Ms. Neerja is the best example of someone who gave her life for something bigger than herself. She sacrificed her safety to save the life of her passengers on board. This exactly why the idea of Gallantry Awards appeals to me: These awards are bestowed upon people like Bhanot for acts of bravery and sacrifice. The respect and admiration these officers or civilians deserve is rightly awarded to them. Awards not only act as sign of motivation, but constantly remind us about their conspicuous acts of bravery. I believe that courage and selflessness go hand in hand. Once you learn courage, selflessness comes automatically. When it comes to your loved ones, one gets courage and can solve any problems. Neerja did it not for her people, but for the love she harbored in her heart for her country's people. After watching Neerja's selfless act, I realized that when she can do it for her country's people, why can't I! Putting others before myself, fighting for them with bravery, leaving myself behind, these are the things which should be there in every citizen. When we see ourselves in the mirror, we should be seeing a responsible citizen, not a coward and selfish being, who wishes to boost his/her ego before the duty towards his/her country. I will always cherish Neerja as she has inculcated values of selflessness in me.



As it is rightly said, *“The biggest fear in life is to fear from fear itself.”*

So, once we overcome the fear within ourselves, it is then only, we can fight any other fears that lie deep within the crevices of our mind. Once we get over the obstacles that lie in front of us and demolish this feeling of fear, we get courage which is not only benefits us but everyone around us. This what selflessness can look like. This selflessness has immense power to transform the world, something that is unprecedented and unfathomable. So, from the bottom of my heart, I can say that Neerja Bhanot has instilled the values of courage, bravery, and selflessness in me. I attempt to inculcate them in my daily life without hesitation. If given a chance, I will make Neerja, my parent and my country proud someday.

Jai Hind

**Saher Ahuja 9<sup>th</sup> B**





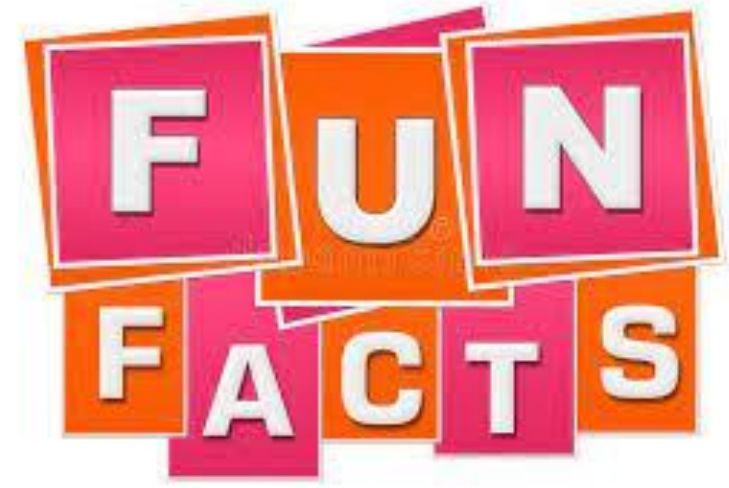
*Some days I'm the oil bright,  
Painted with the hues of the starry night.  
My colors swirl, they come alive,  
A masterpiece born, for all to thrive.  
Other days, I am the letter of despair,  
A cry for help, a hopeless prayer.  
The beauty fades, the light recedes,  
As depression takes its lead.  
I'm both the light and the shade,  
The joyous song, the mournful ode.  
My mood swings like a pendulum,  
From ecstasy to melancholy - a spectrum*

*DIYA GROVER  
XII B*



# Bet you didn't know.....

- It is impossible for most people to lick their own elbow. (try it!)
- A crocodile cannot stick its tongue out.
- A shrimp's heart is in its head.
- The "sixth sick sheik's sixth sheep's sick" is believed to be the toughest tongue twister in the English language.
- Wearing headphones for just an hour could increase the bacteria in your ear by 700 times.
- In the course of an average lifetime, while sleeping you might eat around 70 assorted insects and 10 spiders, or more.
- Some lipsticks contain fish scales.
- Cat urine glows under a black-light.
- Like fingerprints, everyone's tongue print is different.
- There are 293 ways to make change for a dollar.
- The average person's left hand does 56% of the typing (when using the proper position of the hands on the keyboard; Hunting and pecking doesn't count!).
- A shark is the only known fish that can blink with both eyes.
- The longest one-syllable words in the English language are "scaunched" and "strengthened." Some suggest that "squeezed" could be included, but squirrel is intended to be pronounced as two syllables (squir-rel) according to most dictionaries. "Screeched" and "strengths" are two other long one-syllable words, but they only have 9 letters.





# Emotional Well Being and Mental Health

Mental Health is a state of mind which is directly proportional to our productivity. Earlier, it was considered as a total joke. Emotions like depression, anxiety, stress were completely neglected.

Our mental health figures how we resolve our stress issues, make different choices, how we react to others choices etc. Our mental health also comprises emotions like disgust, anger, sadness, happiness, fear etc.

Every minor and major change matters for our mental health and emotional well-being. There can be many reasons for a bad mental health like financial issues, traumatic childhood experiences, biological issues and many more.

In 2015 a survey held in America which showed that if you have ₹1000 without any loan, you're richer than 33% of the America's population. Every year due to financial circumstances people commit suicide. Their ratio is about the adults, bad mental health is also seen in children/Adolescents.

We should take care of ourselves physically as well as emotionally. We should never consider mental health as a jest. In India especially Mental health issues are not even considered a genuine mental disease. Mental health treatment is crucial at every stage of our life whether it is Childhood teenage or adulthood.

When we are mentally healthy, we enjoy our life to the fullest. A good mental state states a good concentration at work, be more creative, learn new things, to easily cope with difficult situations in life. To avoid mental diseases we can find a hobby like dancing, singing, art, reading; taking care of a pet; eating healthy; exercising regularly etc. one of the most renowned treatment for mental health which is said to be the most effective idea is "Meditation". Most of the Psychologists even recommended it to their clients. It is also said that by Meditating regularly we can have "Inner Peace".

In Conclusion, it can be said that mental health and emotional well being of a person adversely affect our fellow member in the society. With our fingers crossed, it can then be hoped that throughout the years, people will figure to deal with mental disorders either by talking advice from a family members or by a professional psychologist but at least it will not be considered as a jest.

Khushboo

