

Project Report (2020-21)



PSYCHO-SOCIAL & MENTAL HEALTH PROGRAM



**Covid Crisis
Response Initiative**



ANON
GLOBAL FOUNDATION

INDEX

Sl. No.	Contents	Pg. No.
---------	----------	---------

Part A: Introduction and Brief of Project

1.	Brief about YWCA of India.....	6
2.	Brief about ANON	6
i.	Our Vision	7
ii.	Our Mission	7
iii.	Core Team	7
iv.	Mentors.....	7
v.	Our Family.....	8
3.	Partnership with ELETS for PAN India Reach.....	8
4.	Collaboration with YWCA of India.....	9
5.	Covid Crisis Response Initiative.....	10
i.	Responsibilities of Anon during the project.....	11

Part B: Workshops

6.	Psycho-social and Mental Health workshops.....	12
i.	Stages of workshops.....	13
ii.	Schools & Institutions Participated.....	13
7.	Workshop Modules.....	14
i.	Stress Management.....	14
ii.	Re-Strengthening of mind during pandemic.....	14
iii.	Anger Management.....	15
iv.	Building Optimism.....	15
v.	Teen relationships in today's challenging world.....	16
vi.	Motivation.....	16
vii.	Substance Abuse.....	17
viii.	Gender Sensitization.....	17
ix.	Lifestyle Management.....	18
x.	Meditation.....	18

xi.	Anti-Bullying.....	19
xii.	Happiness.....	19
xiii.	Online Gaming Addiction.....	20
xiv.	Parenting during pandemic.....	20
xv.	Nutrition & Mental Health during pandemic.....	21
xvi.	Performance up scaling in challenging times.....	21
8.	Our Speakers.....	22
i.	Student volunteers.....	32
9.	Our Presence.....	34
10.	Topic wise workshop details.....	35
i.	Anger Management.....	35
ii.	Anti-Bullying.....	37
iii.	Building Optimism.....	38
iv.	Gender Sensitization.....	41
v.	Happiness.....	42
vi.	Lifestyle Management.....	46
vii.	Meditation.....	49
viii.	Motivation.....	50
ix.	Nutrition and Mental Health during pandemic	52
x.	Online Gaming Addiction.....	53
xi.	Parenting during pandemic.....	58
xii.	Re-Strengthening of mind during pandemic.....	60
xiii.	Stress Management.....	63
xiv.	Substance Abuse.....	68
xv.	Teen relationships in today’s challenging world	68
xvi.	Performance up scaling in challenging times.....	70
xvii.	Sexual Harassment Prevention at the workplace.....	70
11.	List of schools/colleges who qualified Stage 1, 2 and 3.....	71
12.	Recognising and certifying the schools for qualifying different stages.....	72
13.	Workshop Testimonials published by various schools and colleges on their portals.....	75

Part C: Internship Program

14.	Internship Program.....	82
15.	Introduction to Internship Program : Phase 1	84
16.	Jury Profiles.....	89
17.	Mentors Profiles.....	92
18.	Topics and synopsis.....	98
19.	Teams details.....	108
20.	Orientation Program.....	118
21.	Interns, mentors and jury meet.....	119
22.	Schedule.....	121
23.	Jury Feedback.....	124
24.	Evaluation Sheet.....	145
25.	Felicitation Ceremony.....	148
26.	Chief Guest Profile and view.....	149
27.	Announcement of winners.....	152
28.	Facebook Live of Winning teams.....	160
29.	Dispatch of certificates and awards.....	162
30.	Feedbacks.....	163
31.	Reports of Winning Teams.....	176
32.	Introduction to Internship Program : Phase 2	236
33.	Jury Profiles.....	240
34.	Mentors Profiles.....	243
35.	Topics and synopsis.....	254
36.	Teams details.....	268
37.	Orientation Program.....	281
38.	Interns, mentors and jury meet.....	282
39.	Schedule.....	299
40.	Jury Feedback.....	302
41.	Evaluation Sheet.....	339
42.	Felicitation Ceremony.....	342
43.	Chief Guest Profile and view.....	343
44.	Announcement of winners.....	347
45.	Facebook Live of Winning teams.....	350

46.	Dispatch of certificates and awards.....	352
47.	Feedbacks.....	353
48.	Reports of Winning Teams.....	366
49.	Closing Report.....	479
50.	Gratitude.....	480

BRIEF ABOUT YWCA OF INDIA

YWCA is an inspirational global movement working for women empowerment and gender equality. YWCA of India works towards enabling young women rise to leadership to transform power structures and policies around human rights, gender equality, peace, and justice. Their work is focused around skill development, advocacy, and vocational education seeking to bring about a change in the societal structure with women being equal contributors to the socio-economic structure of the country. YWCA has tried in its endeavor to bring a paradigm shift in the lives of women through its various platforms and in this journey the civil society, the community, their networking partners and Government has been a big support for the organization and YWCA is honoured to have the above organizations as contributors to the realization of the vision of the organization.

BRIEF ABOUT ANON

Anon is a social NGO dedicated to the cause of promoting and enabling wellness and living standards, for an all- round welfare of the society. It has been working as a catalyst in bringing holistic health solutions for sustainable livelihood with primary focus on physical and mental health awareness among the children, adolescents, youth, teachers and parents.

Today it has become a necessity to train our younger generation on living their lives the new way, without impacting their well-being and health.

Schools have been associating with Anon to empower various stakeholders on today's most sought after topics - Gender

Sensitization and Prevention of Children from Sexual Offences, while empowering students on various other topics.

With this mission in mind, ANON is on a drive to train the students of this region on various LifeSkills, through its well-articulated & designed courses which are delivered by eminent experts in interactive sessions of 1 hour each, delivered in both offline (at school) and online mode.

Our Vision

To promote and enable wellness and living standards, for an all-round welfare of the society.

Our Mission

ANON will work as a catalyst in bringing holistic health solutions for sustainable livelihood. Our primary focus areas are physical and mental health awareness among the children, adolescents, youth, teachers and parents.

Core Team

- Ms. Arti Girdhar - Founder & President
- Ms. Deepa Choudhary - Vice President (Education & Awareness)
- Ms. Prachi Biswas – Vice President (Training & Development)

Our Mentors

- Ms. Rema Alex Daniel – Mentor (Educator)
- Mr. Tarun Walecha - Mentor (Health & Fitness Expert)

Our Family

- Ms. Uma Balan – Advisor (Education)
- Ms. Shammi Proothi - Wellness Education Specialist
- Ms. Aparna Sahay – Advisor (Gender Equality & Sustainable Development)
- Dr. Manisha Kukreja - Advisor (Health)
- Mr. Puneet Arora – Advisor (Strategy)
- Mr. Rishi Malik – Advisor (Quality & Media)
- Ms. Mary Hodnett - Senior Trainer (Mindfulness)
- Ms. Charu Makkar - Resource Person, Member Juvenile Justice Board, Delhi
- Ms. Davinder Juneja - Confipreneur & Motivational Speaker
- Ms. Rekha Jha - Motivational Speaker
- Ms. Rachna Aggarwal - Motivational Speaker
- Ms. Priyanka Singh - Health & Nutrition
- Ms. Sheetal Kanodia - Fitness Expert
- Ms. Abha Sahay – Content Writer
- Ms. Riya Arora – Content Writer
- Ms. Deepika Bhatia – Program Coordinator
- Mr. Harman Singh - Executive Designer
- Ms. Renu Chawla – Project Assistant

PARTNERSHIP WITH ELETS FOR PAN INDIA REACH

Elets Technomedia, the premier technology and media research organisation of Asia and the Middle East, has spread its wings in India and across the world over the years. Since 2003, the organisation has been championing the cause of the governments, building knowledge-sharing platforms and highlighting importance of innovations for governance, health, education, urban development, and banking and finance sectors among others through conferences, publications, and knowledge portals.

COLLABORATION WITH YWCA OF INDIA

YWCA of India in association with Anon Global Foundation had organized free online trainings (workshops and internships) on Psycho-social and mental Health. The tenure of the program was from 5th December 2020 to 15th February 2021.

The goal of the Program was to address the issues of children, women, teachers, parents, youth and communities in order to combat the effects of the Covid19. The overarching goal of these workshops was to enhance the social and emotional wellbeing of individuals which was accomplished through interactive sessions and life skills strategies.

YWCA **ANON**
GLOBAL FOUNDATION

YWCA OF INDIA AND ANON GLOBAL FOUNDATION
INVITES THE SCHOOLS AND UNIVERSITIES ACROSS INDIA
TO VIRTUALLY PARTICIPATE IN
COVID CRISIS RESPONSE INITIATIVE OF THE WORLD YWCA

PSYCHO-SOCIAL & MENTAL HEALTH PROGRAM

(INSTITUTES MAY SELECT UPTO 5 TOPICS OF CHOICE)
DURATION: 1 HOUR PER MODULE

FREE ONLINE TRAINING MODULES

- ANGER MANAGEMENT
- STRESS MANAGEMENT
- BUILDING OPTIMISM
- ONLINE GAMING ADDICTION
- LIFESTYLE MANAGEMENT
- ANTI-BULLYING
- GENDER SENSITISATION
- SOCIAL ISOLATION: EMPOWERING INNER SELF
- HAPPINESS
- MOTIVATION
- SUBSTANCE ABUSE
- PARENTING DURING PANDEMIC

PROGRAM TENURE: DEC 5, 2020 - FEB 15, 2021
THE INTERESTED INSTITUTIONS MAY GET IN TOUCH
AT EDUCATION@DIGITALLEARNING.IN
OR INFO@ANON.ORG.IN

elets
OUTREACH PARTNER

COVID CRISIS RESPONSE INITIATIVE

- a) In June 2020, the World YWCA started the Covid Crisis Response initiative, to assist YWCA member associations (MAs) in the response to the Covid-19 pandemic. The current pandemic had not only exposed women and girls to the risk of infection, but had also increased responsibilities taking care of other community and family members during this difficult time. The situation had, among other issues, reduced household incomes, and also limited access to critical information, proper healthcare, and protection and hygiene commodities.
- b) As the impacts of this crisis continue to challenge the day-to-day lives of all, the World YWCA had extended the support to YWCA of India to outreach to children, youth, and communities with provision of a platform for young women and women to openly address the subject of mental health, especially in the context of Covid-19 causing extraordinary disruption and anxiety in their lives.
- c) And YWCA of India had invited Anon to impart trainings using online medium to children, youth and communities on Psycho-Social and Mental Health issues impacting them due to the Covid-19 pandemic.
- d) The programme was to be known as **“Psycho-Social and Mental Health Program under Bread for the World project”**
- e) The goal of the Project was to address the issues of children, youth and communities in order to combat the effects of the Covid19. The objective was to enhance the social and emotional wellbeing of individuals which will be accomplished through interactive sessions and life skills strategies.

Responsibilities of Anon during Project:

Anon had organized trainings using online medium as per the guidelines mutually agreed.

- a. Created awareness in the schools, colleges across country and encourage children to participate in the training programs
- b. Anon conducted online training programs and internships on various modules.
- c. Customized and provided the content as per the program requirement
- d. Provided the team of professionals to deliver trainings
- e. Administer, delivered and monitored the programs during the entire period
- f. Monitored and captured the feedback from various participants including teachers, programme coordinators, etc.
- g. Regularly updated YWCA on the ongoing activities and deliverables in a mutually pre-agreed format after every session/programme
- h. The sessions conducted both in English and Hindi medium
- i. Provided certificates in the name of the schools, colleges after successful session
- j. Anon trained 20,000+ children/young women/parents/teachers and conducted internships for 200+ participants during the period of the program

PSYCHO-SOCIAL AND MENTAL HEALTH WORKSHOPS

- ❖ Stress Management
- ❖ Re-strengthening your mind during pandemic
- ❖ Anger Management
- ❖ Building Optimism
- ❖ Teen Relationships in Today's Challenging World

- ❖ Motivation
- ❖ Substance Abuse
- ❖ Gender Sensitization
- ❖ Lifestyle Management
- ❖ Meditation
- ❖ Anti-Bullying
- ❖ Happiness

- ❖ Online Gaming Addiction
- ❖ Parenting during Pandemic
- ❖ Nutrition & Mental Health during pandemic
- ❖ Performance up-scaling in challenging times

All these trainings of 1 hour duration were carried out on interactive online zoom learning platforms or school platforms having a group size of 100-1000 in a session.

The workshops were conducted keeping in mind the age and category of children and activities were planned accordingly to keep students engaged constructively.

To make the session more interesting, Anon always conducted the workshops with the two or more speakers either in the form of panel discussions or presentations.

The modules were customized as per the requirement given by the institution. The sessions were taken in English, Hindi or Bilingual.

After every session we had an open forum for the attendees to share their ideas, thoughts and ask questions. It was an overwhelming experience to hear some valuable feedbacks from students, parents, teachers and head of the institutions.

We even added few pressing issues in our modules as requested by various institutions keeping in mind the current scenario.

Anon believes in expending its wings through youth leaders that they identified during various Internship Programs. It not only gave a fresh version to our workshop but also added to the experience of the interns. Also these youth leaders could connect with the students' better being from the same age group.

Workshops

There were 3 stages in the program -



Schools/Institutions Participated

- ISL Engineering College, Hyderabad
- Sanfort World School, Greater Noida
- Army Public School, Jaipur
- Hari Vidya Bhawan Sr. Sec. School, Sangam Vihar
- IIMT University, Meerut
- Indira College of Engineering & Management, Pune
- Mahavir Senior Model School, Delhi
- Prabhu Dayal Public School, Shalimar Bagh
- Abhinav Public School, Pitampura
- Aravali International School, Faridabad
- Basant Valley Global School, Gurgaon
- BOSCO Public School, Paschim Vihar
- C.R.P.F. Public School, Rohini
- Itahari International College, Nepal
- Kala Niketan International School, Ghazipur

- MBS International School, Dwarka
- P A Inamdar College of Visual Effects, Design & Art, Pune
- Summer Fields School, Kailash Colony
- UDGAM Pre School, Kalkaji
- Amity Institute of Information & Technology, Gurugram
- ING Group, Nepal
- JP International School, Greater Noida, UP
- Khaitan Public School, Sahibabad
- Muthayammal Eng. College, Tamil Nadu
- Ryan International School, Mayur Vihar
- School of Civil Engineering, Lovely Professional University, Punjab
- South Western Command, Jaipur
- YWCA Guwahati English School

WORKSHOP MODULES

i. Stress Management

Stress is the natural response of the body to any challenging situation that we feel is beyond our coping abilities and makes us feel overwhelmed. This powerful and engaging session explores topics ranging from understanding and recognising stress and how it affects our well-being. It also highlights the fine line between Eustress, the motivating factor for working positively towards goals, and distress that increases levels of anxiety and reduces the levels of productivity. This session aims to enhance ability to think clearly and face everyday challenges calmly, thereby improving health and happiness quotient of individuals.

ii. Re-strengthening your mind during pandemic

As the Covid-19 pandemic and its far-reaching implications continue to unfold globally, people are experiencing a wide range

of emotions including feeling stressed, anxious, disconnected, and socially isolated. This programme recognises the serious challenges facing our community and focuses on accepting the unprecedented times. It also reiterates the fact that looking after our wellbeing in these trying times can help reduce stress, and is crucial in equipping us with the abilities to take calm and effective actions. It also discusses strategies to cope with stress by focussing on the things that are in our control a bit to steer through the challenging times.

iii. Anger Management

One of the most intense emotions human beings deal with, this can trigger both negative and positive changes in our behaviour. Due to the dynamic society we are in and various environmental and personal factors, there is an uprising trend of cases of high negative aggression being displayed by individuals. Anon has designed this very interesting program on Anger Management that helps individuals to understand their anger and trains them on various tools and techniques in controlling their Anger and channelizing the same in a productive manner.

iv. Building Optimism

The optimist sees the way ahead, while the pessimist focuses on the tiny rock in the middle. Through this programme, Anon Global Foundation explores the different mindsets and the power of positive outlook to stay motivated towards life goals. The programme examines the common traits that the optimists' share, ways for transforming negative thought patterns to optimistic motivating attitudes, understand the vocabulary of optimists and the techniques for staying positive and motivated in a challenging situation.

v. Teen Relationships in Today's Challenging World

The transitional phase of teenage is highly impressionable. Peer pressure and social media feed the young vulnerable and malleable minds of adolescents with misrepresentation of romance and glorify controlling love as perfect relationships. Young people experience fluctuating hormonal impulses and tend to be impulsive, experimenting and inclined to take risks which impacts not only their bodies and minds, but also their behaviour. Through their programme on Teen Relationships in Today's Challenging World, Anon Global Foundation has taken a closer look into the challenges and impacts of abusive relationships of teenagers. The programme engages young speakers to understand the conflicting emotions of the teenagers to help them address these issues. They encourage the participants to acknowledge their inconsistent feelings and thoughts, be mindful of their relationships and set their priorities. The programme also engages experienced speakers to make the young people aware of the social and legal support systems available for them to get out of any abusive relationship they find themselves caught in and also extend similar support to others.

vi. Motivation

Motivation is the core component to be focused, productive and efficient. It makes an individual invest their time and energy to master any subject or skill, achieve desired goals and to excel or go beyond expectations. Through this programme, Anon Global Foundation provides an opportunity to the participants to explore their mindset and inner strengths, identify the challenges and barriers to stay motivated and learn techniques to address them. It also encourages them to set clearly defined realistic goals and make concrete plans which are measurable and time-bound. Maintaining a positive and resilient outlook with consistent effort

and commitment is the intrinsic motivator contributing to one's success story.

vii. Substance Abuse

Substance Abuse occurs when one uses alcohol, prescription medicines and other legal and illegal substances too much or in the wrong way. With unchecked consumption over a period of time, it becomes an addiction, habitual dependence and beyond voluntary control. This unhealthy behaviour forms a vicious circle which is hard to break without medical support and individual's strong will. Through this programme, Anon Global Foundation aims to explore the causes and effects of substance abuse. It also identifies the signs and symptoms of drug addiction and the common drugs like cocaine. The programme encourages the young people to recognise the ill-effects of drug abuse and overcome the pressures of giving into these harmful addictions, make the right choices and reach out for help, if required.

viii. Gender Sensitization

To build a strong and healthy society, it's important to understand and respect both the genders alike and also requires providing equitable opportunities for growth. Through this programme, Anon Global Foundation aims to sensitise the participants of the gender disparity prevalent in the society. It strives to understand the stereotypes in genders and how they are formed. It brings forth the realisation that assumptions related to genders are invalid and encourages the stakeholders to eliminate the barriers of personal and economic development created by conscious and unconscious gender bias. It emphasizes that increasing women participation and bridging the gender gap requires making the society more inclusive and diverse and opening the widest possible range of life options for both men and women.

ix. Lifestyle Management

Modern science has helped us understand that lifestyle, mental health and physical health are very closely connected and changing lifestyle patterns not only improve the quality of our life, but also how we feel or our well-being. Keeping this in mind, Anon Global Foundation has designed a programme focussing on the key lifestyle factors including nutrition and eating habits, exercise regime, sleeping patterns, and the ability to deal with everyday stresses of life. The goal is to create awareness for adopting health promoting strategies and cultivate doable steps towards the seemingly overwhelming changes in our lifestyles. It emphasizes on making use of the slow timetable and extra time available to us during the Covid Pandemic and take an integrated and mindful approach to health and wellbeing.

x. Meditation

The ancient practice of Yoga and Meditation embraces holistic wellbeing and works towards harmonising the connect between spirituality, self and the outer world. By working on the fundamentals of our body, mind, emotions and energies, yoga and meditation increase the tranquil focus while de-cluttering the mind of the unhealthy patterns and thoughts. Through his session, Anon Global Foundation explores the how's and what's of the meditation process and the myths associated with it. It aims to engage the participants in an engrossing discussion and discuss the scientifically proven benefits of meditation. This session strives to cultivate and develop a clear perspective of how meditation enhances the quality of life by reducing stress and boosting our immunity system.

xi. Anti-Bullying

The rising incidents of bullying come in many forms, from teasing to harassment to physical aspects. With the closure of schools, students that were prone to bullying at school have resorted to cyberbullying instead. Through this session, Anon Global Foundation explores the concept of bullying on many levels and understands what the word bullying means. It identifies strategies for dealing with bullying, building confidence and assertiveness skills, using courage to speak up for self and ask for help. The session also encourages the young people to accept themselves with their strengths and weaknesses and prioritise self-care, have healthy lifestyles and strong relationships, practise meditation, compassion and kindness for overall physical, mental, social and spiritual well-being. They would also learn to draw healthy boundaries and know about the anti-bullying committees available for their help.

xii. Happiness

Aristotle viewed happiness as the meaning and purpose of life, the whole aim and end of human existence. Anon Global Foundation (AGF) strives to enable the young people to identify the components of everyday life that helps them to flourish, be more resilient and cultivate authentic and long-lasting happiness. Through this programme, AGF encourages the participants to look at intentional and mindful activities as an important attribute of positive feelings and overall well-being. The programme uses internationally recognised techniques to advance environmentally programmed levels of happiness. It focuses on improving the quality of life and help raise better people; more compassionate, more creative, more energetic and successful yet healthier individuals radiating joy.

xiii. Online Gaming Addiction

Technology plays a very crucial role in our education system today and has become indispensable during the pandemic online learning. But, the young people and adolescents are spending too much time on online games and thus tend to suffer from worsened learning ability, concentration problems, poor academic performance, and decreased interactions with other people and increased aggressive or violent behaviour. This session explores Internet and Gaming Addictions and addresses the challenge of how to help adolescents addicted to the Internet recover and achieve a healthy life balance. It takes upon the issues of the worried parents and teachers and offers healthy alternatives to channelize the energy of the youth to more creative and constructive lifestyles.

xiv. Parenting during Pandemic

Parenting is a journey, not a destination. It can be both incredibly challenging and rewarding. Being a good parent requires teaching children the right attitudes, habits, values, and skills to help them navigate through life's challenges. The COVID-19 pandemic has brought with it new challenges for families across the globe. The fear and anxiety coupled with social isolation has left children and parents very stressed and anxious. This session is mainly for parents who are concerned about the increased screen time and routine virtual lessons of their children affecting their physical and mental health. The sessions also targets to include tips to inculcate healthy lifestyle habits in children at the same time exploring the challenges of online learning and strategies to overcome them. It will also look at the role of parents in developing healthy eating patterns and lifestyle. It combines the 5 R's of Read, Routine, Responsibility, Reward, and Relationships to equip children with

social, emotional skills and healthy habits to steer through the challenging times.

xv. Nutrition & Mental Health during pandemic

Mental health incorporates cognitive, behavioural and emotional well-being. It affects daily living, relationships, physical health and the ability to cope with the normal stresses of life. This workshop aims to build awareness about the continuum of mental well-being and the connection between our food choices and our mood or mental health. It will take a closer look at the holistic approach towards mental well-being.

xvi. Performance up-scaling in challenging times

During these challenging times of Pandemic, when the whole world came to a standstill, several students were impacted by this isolation and working from home, this led to deterioration in their performance. This performance enhancement workshop during challenging times was directed towards motivating students to set their goals and take small steps towards achieving them. It also gave an insight on KRA's and KPI's. This workshop was intended to expand the vision of the students and make them resilient in these tough times.

OUR SPEAKERS



Arti Girdhar
Founder & President

ANON is promoted by Mrs. Arti Girdhar, a philanthropist and educationist, with two decades of wide-ranging teaching career. Mrs. Arti, a Masters in Psychology is working on Mental and Physical Health importance especially for children and youth. She has done a specialisation in the foundation of positive psychology from the University of Pennsylvania. She has been instrumental in training more than 100,000 students across various schools and slums on various health related issues & is dedicated to the cause of promoting and enabling wellness and living standards, for an all- round welfare of the society. Her passion for teaching and running helped her for spreading positivity and happiness among children.

Deepa Choudhary
Vice President (Education & Health Awareness)



Ms. Deepa a self-directed, motivational, and action oriented professional with over 7+ years of experience in education sector has served as a school mentor in RED HILL School and Loreto Convent school, Lucknow. She has done several studies on the science of well-being from the Yale University and a specialisation in the foundation of positive psychology from the University of Pennsylvania. Thus, educating youth from all backgrounds with a firm commitment to the social and academic growth of every child preparing them for

the challenging stages of their life. Committed to creating an atmosphere that is inspiring and promising for a child. Ms Deepa has been associated with Anon since 2019 and has supported the organisation to achieve new milestones.



Prachi Biswas
Vice President (Training & Development)

Prachi Biswas is a B.Sc (H) Mathematics and a gold medallist in her MCA. After working with multiple top companies, she has started with her venture RHO Technology Solution where her team is researching on technology problems. Soon she realised the worth of training students on crucial topics of need for which she joined ANON Global Foundation as a volunteer to help society at a large scale. She has been an advisor for various modules development and enhancement. She has proactively worked in the area of gender sensitization and equality. Coming from a technical background, she has been primarily training students on technology and online gaming addiction.

Tarun Walecha
Health & Fitness Expert



He is an Architect by profession, an amateur, photographer, blogger, traveller and a sports enthusiast. He has been a sports person all his life and a very fine finisher in more than 60 marathons. His inclination towards running arose when he saw his friend, finisher medal from Airtel Delhi Half Marathon and slowly running became his passion. In last 10 years he has run 49 Half Marathons, 8 Full Marathons and various trails and Ultra runs. In his running journey he formed a group by the name of RunXtreme, to promote running and healthy lifestyle. That group has over 5000

members and is currently most active group in Delhi NCR. He also started an initiative, Share and Care, in 2016 to raise funds for underprivileged children in sports. In last 4 years he has been able to help over 2000 such athletes. Throughout his journey, in professional and personal life, he's been socially conscious and have been leading by example. He feels responsible towards contributing to the society for its betterment and is very actively involved with various NGO's for the same. He has been associated with various corporates and have been promoting healthy active lifestyle within them as well. He believes in leading by example and till date actively runs despite his busy work schedule. His biggest fitness mantra is "Stay consistent and honest to your training".



Uma Balan
Advisor (Education)

Uma Balan has a Science, Commerce and Management background. She has worked as a Systems Engineer and the paradigm shift in education over the years, having functioned as a Head of Department, Headmistress, Deputy Director, Project Manager (Training), Head-Training and Development and is trained as a Career Coach. Uma's training include areas of Pedagogy, Life Skills, English Communication and Cyber Safety. She has contributed extensively towards building strategic relationships for the organizations where she has worked.

As the Project Manager (Training) in an NGO, Uma has been the Implementation partner with organizations like CBSE, EQFI, NIOS, SCERT, IGNOU, MSDF, Infosys, Google, Intel, McAfee, Microsoft (for School Leaders), British Council, Adobe, HP Life, Honda for school development.

Shammi Proothi
Wellness Education Specialist



She is a dynamic professional with over 17+ years of rich experience in leadership position in Jr Wing of well-known Private schools. She is post graduate in English literature from M.D. University and has done MSc. Educational Studies from University of Glasgow. She has worked both as teacher and administrator in leading schools of Faridabad. She has comprehensive experience in Admission process, Induction program for parents and newly admitted students. With expertise in curriculum planning and content development, also performed cross functional activities with various subject experts for growth and development of Jr wing staff. Extensive exposure to innovative methods of teaching learning activities for Kindergarteners and has successfully set up and established new ventures. She has also done Dissertation Research in Re-Envisioning Education in India which includes A Roadmap to Sustainable Well-Being (Proposing K-12 Curriculum for Sustainable Well-Being for Indian Schools).



Charu Makkar
Resource Person

Member, Juvenile Justice Board, Delhi

BA (Hons) in Psychology and Masters in Social Work from Delhi University. More than 25 years, experience of working on child rights and child protection with State and Central government, the United Nations and NGOs.

➤ Currently serving as Member, Juvenile Justice Board (East District), Delhi

- Former Member, Child Welfare Committee, Department of Women and Child Development, Delhi for a period of 2 terms
- Worked as Protection Associate, with the United Nations High Commissioner for Refugees (UNHCR) for refugee children protection
- Senior Consultant for northern region, comprising 11 states, with Central Adoption Resource Authority (CARA), Ministry of Women and Child Development
- Consultant with NGOs Deepalaya, Missionaries of Charity, Sewa Bharti Matrichhaya
- National level trainer on Juvenile Justice Act, 2015 and Adoption Regulations, 2017 with Judicial Academy of various states, state governments department of women and child development, UNICEF and CARA
- Guest Lecturer on JJ Act with Jamia Millia University, Delhi
- Trainer on POCSO Act and Cyber bullying for awareness programs conducted in various prestigious schools of Delhi for teachers, students and parents.

Ms. Rashima Vaid Varma
Advisor (Social Impact)

She has been teaching international curriculum since 2005. Has worked in prominent schools such as Shri Ram School, Pathways etc. Currently principal secondary at Prometheus School in Noida.





Davinder Kaur
Confipreneur & Motivational Speaker

Davinder is a Confipreneur focussing on motivating and inspiring the next generation for world to experience positivity and goodness in times to come. She is Dynamic and creative Coach, motivational Catalyst, Confidence Enhancer and a well-organized, Woman with values and attitude of Self-development and help others by sharing goodness. Running Facebook Community “REINVENTING LIFE” to motivate people in this time of pandemic and started Podcast “RUBPREET” giving *hinglish* explanation of Nitnem Paths of Guru Granth Sahib. Electronics Engineer and MBA with solid work experience of 25 years in Telecom and IT Industry, known for her Openness, Leadership who can build team cohesion, Adaption to change, conciliator, Pranic Energy Healing proficient NLP Coach for students.

Aparna Sahay
Advisor (Gender Equality & Sustainable Development)



A retired civil servant and an activist, championing the cause of Gender Equality, Good Governance and Sustainable Development. Area of Specialization : Environment, Gender, Education, and Governance Education : M. A (Political Science), MBA.

Currently working as Secretary, Sandhan: Society for Study of Education & Development, a Technical Resource Institution with pan-India presence. Chairperson of SARA & Manthan: NGOs in Rajasthan involved in social action for rural advancement

through natural resource management. Also, involved with MAUSAM: Beyond Copenhagen Network of NGOs in India, working on Climate Change implications.



Rekha Jha
Motivational Speaker

She is the founder of soul and smile. This is a great journey to make everyone happy and instill positive vibes. She is a writer and motivational speaker and she try to make every soul smile with her poems and videos.

Since the past several months, she has been regularly posting her videos online and going live to talk about topics such as "How to be happy and positive", "Bachpan", "How to start your day", "How to fight Covid 19", "Superstition", "Parda", "Women Empowerment", "Domestic Violence" etc. She has also been engaged in a talk series with World Hope Foundation, for their venture Anna Rasoi through Indian Special News and CSR in which she talks about 'How to save environment', "Health, happiness and mindfulness", "Covid 19", "Hunger and Poverty", "Public Health Safety". Her special focus has been on making her friends and family aware about various health regulations and precautions related to Covid 19, especially those suggested by the government, as she believes this is the need of the hour.

She recently published a small collection of her Hindi poems as a Kindle Ebook.

Dr Wing Commander Manisha Bhatla
Advisor (Preventive and Curative Medicine)
AMC, IAF: 18.03. 1982 to 31.12.2002



Special achievements: Cancer detection for 25000 women, men, 3800 sterilizations in camps at station level, armed forces trophy Guwahati sick qtrs for same for 2 years, Disaster Management at Bhuj earth quake as OC 3 Ramt.

Teaching, training staff, PG students, teachers, public in IAF, BJMC, Apollo Hospital, Health Camps, OPDs, resource person diet, Escorts Fortis: 1982 onwards on Management, Aviation & Military Med, Travel Med, Health Care, Cancer, Gynec, Paeds, Emergency, ICU, Disaster Management, Young Concepts. Member: IMA, MCI, LHMC Alumni, Safe Medicines India, AMWI Free charities: Arya Samaj, Helpage, Panchsheel Ladies Welfare, RWA GK Enclave 1- Elected Social & Health Care.



Raman Nagpal

An Eminent Computer Scientist, Social Entrepreneur and Corporate Executive. Raman holds a Bachelor in Computer Science from Delhi Institute of Technology and a Masters in Computer Science from BITS Pilani, is an MBA and a Chartered Financial Analyst. He is also a certified Corporate Director from Insead Business School. He was on board of Adobe India and Mopria Global Alliance. He has over 25 years of experience of running global businesses – large enterprise as well as his own startups. He has more than 8 years of public fund mgmt. experience and 20+ years of investing / business experience.

As Founder and CIO of Accuracap, he has launched 3 public PMS/AIF Funds since 2011, totaling an investment of over Rs. 11 billion.

**Archie Shokeen
Meditation and Yoga Trainer**



A fitness enthusiast and a yoga exponent from capital of India, Delhi. Well versed in multiple yogic schools with around 5 years of experience guiding students to push their edge whilst remaining centered. Ability to manage large classes providing individualized attention.



Dr. Alka Saxena

Dr. Alka Saxena earned her MBBS from Lady Hardinge Medical College, New Delhi. An insightful learner and an avid advocate of socio emotional wellbeing of children, she is a Life Skills Education and Adolescence Education Trainer and a Parenting coach. She has behind her 25 year's experience of working in Health and Wellness sector and educational institutions. She has worked as a Resource Person with Expressions India, Macmillan publishers and is working with CBSE, Times of India NIE and NGOs AACCI (Association of Adolescent and Child Care in India) and Mittika.

She is currently working as the Deputy Director (Health and Wellness), Blue Bells Group of Schools, Gurugram.

Michael Hall Larsen

Founder Nordic Educational Tradition | ECEC
Principal, Denmark | Global Education
Influencer and Specialist



Dedicated International Early Childhood Education Specialist, he is a voice of educational approach that is child-centred and holistic, with a focus on play, care and relationships. A culture that allows children to be curious agents of their own learning and invites children's influence.

He is certified in HRM and OB, Systemic Management, Change Management and others from various Danish universities. Currently an Executive MBA-student.



Rashmi Khurana **Image Consultant, Coach and Trainer**

Rashmi is a trained and highly experienced Image Consultant with over 23 years of work experience in the world of appearance & styling. A 'Times of India- Edutainment' Speaker, A member of International Association of Professional Image Consultants, USA & Image Management Professionals Association, India, she has delivered millions of hours of training in domains of Image Management, Soft Skills Training, Makeup, Styling & Emceeing. Having worked with some of the biggest brands and corporates, she continues to transform lives by making people best versions of themselves. She is a passionate, witty and a vivacious trainer. An ardent lover of stage and mic, she is full of life and her trainings keep the audience enthralled and engaged.

Narinder Kaur Phoenix Healing Coach



Narinder Kaur is a Phoenix Healing & Self-Estee, Coach who helps women “To Get Back to Their True Self”, who are suffering from indignity, disrespect, humiliation, and toxic dependence. A single mother of a 100% special girl angel named Prabhjot Kaur (9 years) came into spirituality in 2011. She is a Corporate Professional, Certified Pranic Healer, Motivational speaker, ICF Certified Life Coach, NLP Practitioner, Traveller, Trekker, Explorer, Food lover and a Fitness Enthusiast. She is full incharge of her own journey, she believes in Living life to the fullest. A woman with values, standards, radiant smile, virtues, clarity of mind and thought. She laughs without fear of the future.

Student Volunteers



Manasi Prabhakaran

She is currently pursuing her Bachelors in Applied Psychology from Gargi College, Delhi University, and is based out of Delhi. Manasi is an aspiring writer, a fiesty debater and a Bharatnatyam dancer in training. Her work experience encompasses content writing work, volunteering experience with NGOs, and internships in the field of Clinical and Forensic Psychology. She has participated in over fifty Model UN conferences, as well as several elocution competitions. Her main interests are psychology, public speaking and academic writing; and she has achieved laurels in the same. She has conducted workshops for adolescents on the topic of Mental Health and also is the core team member of a student run-collective 'Excelencia Symposium'.

Palak Khatter

She is an enthusiastic psychology student who's currently pursuing BA. (Hons) Applied Psychology from Delhi University. As a psychology student, social work has been instilled in her because of being empathetic to everything possible. She loves mentoring, teaching and spreading her knowledge so people can become more aware of themselves. She is a leader who likes to take on responsibilities as it gives her more control and makes her less helpless in certain situations and it gives her the power to make a change in the world.



Amya Madan

Founder, Écrivons- You write, We discover. She is a certified Handwriting and Signature analyst. She is a graduate in Psychology Hons. from Delhi University and she is currently pursuing MBA (Innovation & Entrepreneurship) from SIBM, Pune.

Council Member of WICCI, India-Malaysia Business Council.

She has also completed her Advanced Diploma in French from Delhi University. My Venture, Écrivons- You write, We discover aims at providing personality Profile to individuals through Handwriting and Signature analysis.

OUR PRESENCE



TOPIC WISE WORKSHOP DETAILS

Anger Management

1. IIMT University, Meerut:
 - a. **Date:** 14th Jan, 2021
 - b. **Number of participants** - 150
 - c. An interactive workshop for students and faculty members.
 - d. **Speakers** – Dr. Navneet Sharma, Ms. Arti Girdhar, Ms. Aparna Sahay and Dr. Alka Saxena
 - e. **Pictures** from the session –



2. BOCSO Public School, Paschim Vihar, Delhi:
 - a. **Date:** 23rd Jan, 2021
 - b. **Number of participants** – 450
 - c. An interactive workshop for students of classes VI-XII.
 - d. **Speakers** – Ms. Arti Girdhar and Ms. Uma Balan
 - e. **Pictures** from the session –



3. Kala Niketan International School, Ghazipur:
 - a. **Date:** 09th Feb, 2021
 - b. **Number of participants** – 195
 - c. An interactive workshop for students of classes VI to XII
 - d. **Speakers** – Ms. Arti Girdhar and Ms. Prachi Biswas
 - e. **Pictures** from the session–

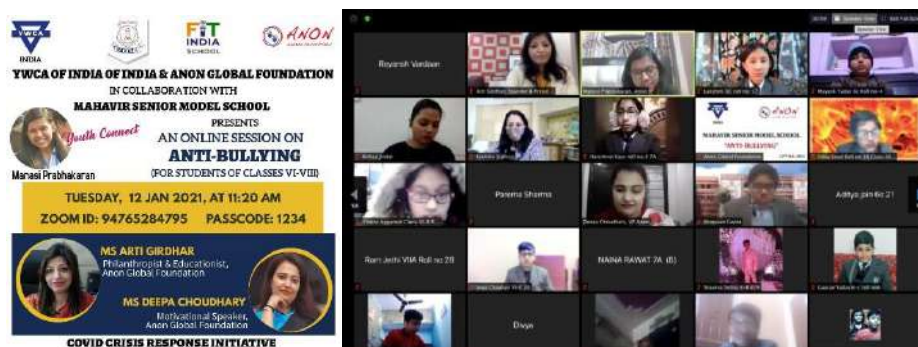


4. Mahavir Senior Model School, Delhi:
 - a. **Date:** 10th Feb, 2021
 - b. **Number of participants** – 120
 - c. An interactive workshop for students of classes VI to VIII
 - d. **Speakers** – Ms. Arti Girdhar and Ms. Prachi Biswas
 - e. **Pictures** from the session –

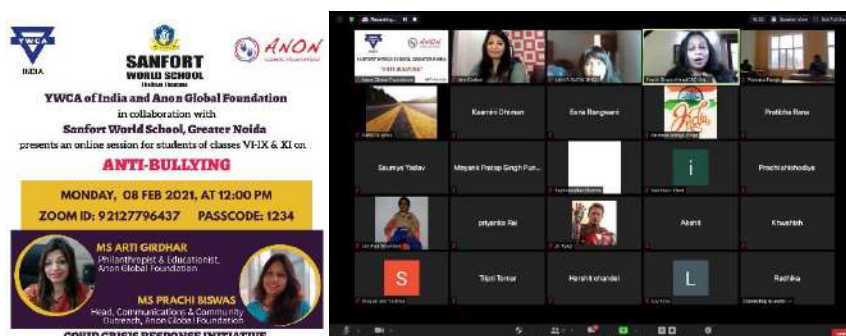


Anti-Bullying

1. Mahavir Senior Model School, Delhi:
 - a. **Date:** 12th Jan, 2021
 - b. **Number of participants** – 450
 - c. An interactive workshop for sensitizing students of classes VI-VIII
 - d. **Speakers** – Ms. Arti Girdhar, Ms. Deepa Choudhary and Ms. Manasi Prabhakaran
 - e. **Pictures** from the session –



2. Sanford World School, Greater Noida:
 - a. **Date:** 08th Feb, 2021
 - b. **Number of participants** – 100
 - c. An interactive workshop for students of classes VI-IX & XI
 - d. **Speakers** – Ms. Arti Girdhar and Ms. Prachi Biswas
 - e. **Pictures** from the session–



3. Hari Vidya Bhawan Sr. Sec. School, Sangam Vihar:
 - a. **Date:** 15th Feb, 2021
 - b. **Number of participants** – 300
 - c. An interactive workshop for students of classes IX & XI
 - d. **Speakers** –Ms. Arti Girdhar and Ms. Deepa Choudhary
 - e. **Pictures** from the session–



Building Optimism

1. Itahari International College, Nepal:
 - a. **Date:** 30th Dec, 2020
 - b. **Number of participants** – 400 attendees + 1400 views on Facebook
 - c. An interactive workshop for sensitizing students and faculty members.
 - d. **Speakers** – Ms. Uma Balan, Ms. Shammi Proothi and Ms. Deepa Choudhary
 - e. **Pictures** from the session –



2. ISL Engineering College, Hyderabad:
 - a. **Date:** 08th Jan, 2021
 - b. **Number of participants** - 500
 - c. An interactive workshop for students and faculty members.
 - d. **Speakers** – Dr. Zareena Sultana, Ms. Uma Balan, Ms. Shammi Proothi
 - e. **Pictures** from the session –



3. IIMT University, Meerut:
 - a. **Date:** 13th Jan, 2021
 - b. **Number of participants** - 155
 - c. An interactive workshop for students and faculty members.
 - d. **Speakers** – Dr. Navneet Sharma, Ms. Shammi Proothi and Ms. Uma Balan
 - e. **Pictures** from the session –



4. **UDGAM Pre School, Kalkaji:**

- a. **Date:** 28th Jan, 2021
- b. **Number of participants** – 50
- c. An interactive workshop for teachers
- d. **Speakers** – Ms. Arti Girdhar, Ms. Prachi Biswas and Ms. Shammi Proothi
- e. **Pictures** from the session–



5. **Sanfort World School, Greater Noida:**

- a. **Date:** 06th Feb, 2021
- b. **Number of participants** – 27
- c. An interactive workshop for teachers
- d. **Speakers** – Ms. Shammi Proothi and Ms. Uma Balan
- e. **Pictures** from the session –



6. MBS International School, Dwarka:
 - a. **Date:** 06th Feb, 2021
 - b. **Number of participants** – 150
 - c. An interactive workshop for teachers
 - d. **Speakers** – Ms. Shammi Proothi and Ms. Uma Balan
 - e. **Pictures** from the session –



Gender Sensitisation

1. ISL Engineering College, Hyderabad:
 - a. **Date:** 20th Jan, 2021
 - b. **Number of participants** - 600
 - c. An interactive workshop for students and faculty members.
 - d. **Speakers** – Dr. Zareena Sultana, Ms. Prachi Biswas and Ms. Narinder Kaur
 - e. **Pictures** from the session –

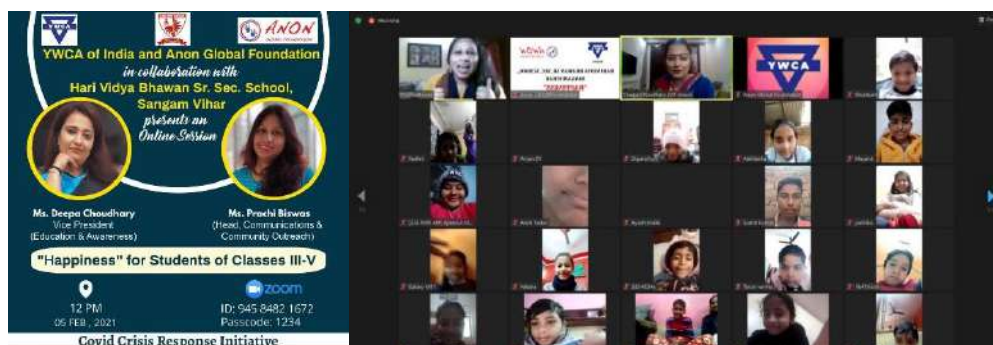


Happiness

1. Army Public School, Jaipur:
 - a. **Date:** 22nd Jan, 2021
 - b. **Number of participants** – 250
 - c. An interactive workshop for students of classes VI-VIII.
 - d. **Speakers** – Ms. Arti Girdhar and Ms. Shammi Proothi
 - e. **Pictures** from the session –



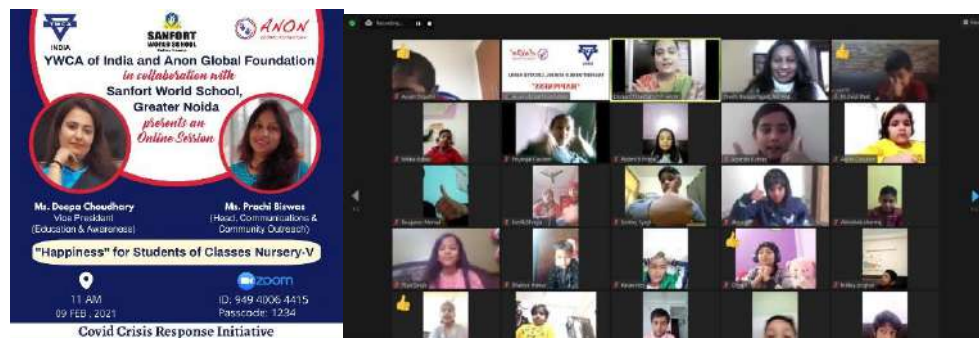
2. Hari Vidya Bhawan Sr. Sec. School, Sangam Vihar:
 - a. **Date:** 05th Feb, 2021
 - b. **Number of participants** – 152
 - c. An interactive workshop for students of classes III-V
 - d. **Speakers** – Ms. Deepa Choudhary and Ms. Prachi Biswas
 - e. **Pictures** from the session –



3. Prabhu Dayal Public School, Shalimar Bagh:
 - a. **Date:** 06th Feb, 2021
 - b. **Number of participants** – 300
 - c. An interactive workshop for students of classes I-V
 - d. **Speakers** – Ms. Arti Girdhar and Ms. Deepa Choudhary
 - e. **Pictures** from the session –



4. Sanfort World School, Greater Noida:
 - a. **Date:** 09th Feb, 2021
 - b. **Number of participants** – 102
 - c. An interactive workshop for students of classes Nursery to V
 - d. **Speakers** – Ms. Deepa Choudhary and Ms. Prachi Biswas
 - e. **Pictures** from the session –



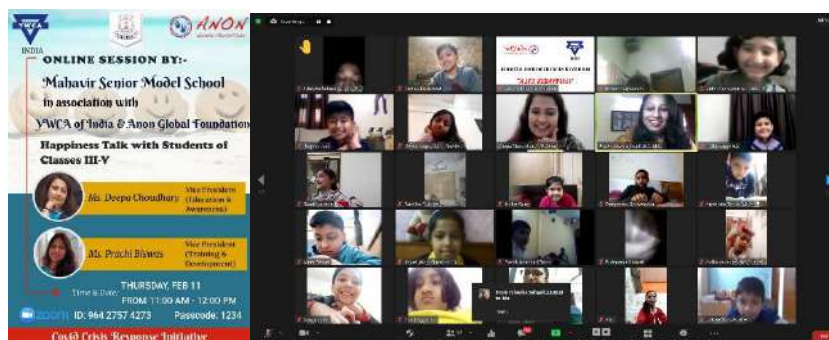
5. School of Civil Engineering, Lovely Professional University, Punjab:

- a. **Date:** 10th Feb, 2021
- b. **Number of participants** – 997
- c. An interactive workshop for students
- d. **Speakers** – Ms. Arti Girdhar, Ms. Prachi Biswas and Ms. Shammi Proothi
- e. **Pictures** from the session –

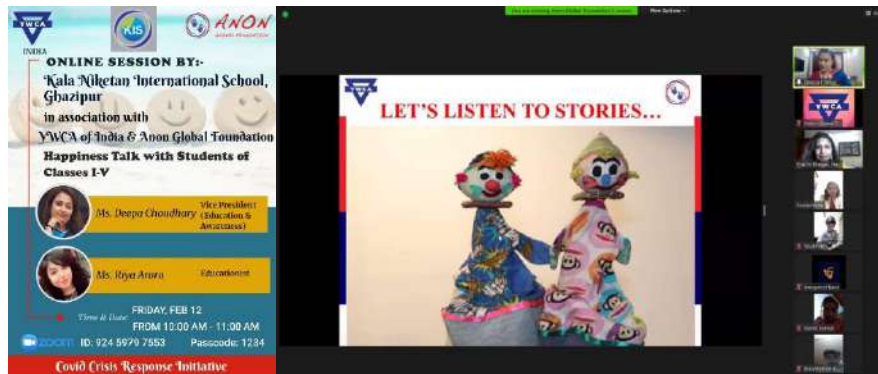


6. Mahavir Senior Model School, Delhi:

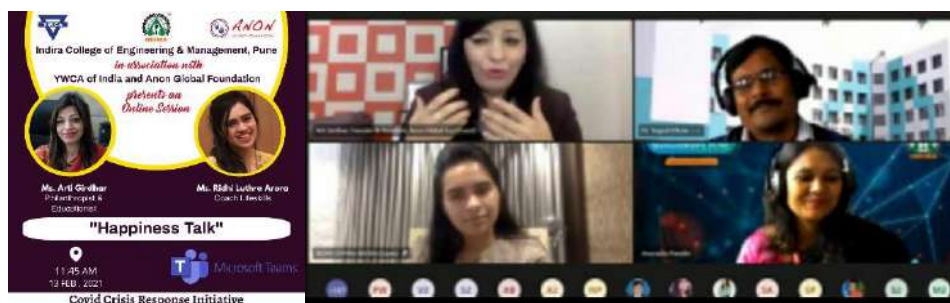
- a. **Date:** 11th Feb, 2021
- b. **Number of participants** – 250
- c. An interactive workshop for students of classes III-V
- d. **Speakers** – Ms. Prachi Biswas and Ms. Deepa Choudhary
- e. **Pictures** from the session –



7. Kala Niketan International School, Ghazipur:
 - a. **Date:** 12th Feb, 2021
 - b. **Number of participants** – 198
 - c. An interactive workshop for students of classes I-V
 - d. **Speakers** –Ms. Deepa Choudhary and Ms. Riya Arora
 - e. **Pictures** from the session –



8. Indra College of Engineering & Management, Pune:
 - a. **Date:** 13th Feb, 2021
 - b. **Number of participants** – 300
 - c. An interactive workshop for students and faculty members
 - d. **Speakers** –Ms. Arti Girdhar and Ms. Ridhi Luthra Arora
 - e. **Pictures** from the session –



9. YWCA Guwahati English School:
 - a. **Date:** 13th Feb, 2021
 - b. **Number of participants** – 50
 - c. An interactive workshop for students of classes VII-X
 - d. **Speakers** –Ms. Arti Girdhar and Ms. Deepa Choudhary
 - e. **Pictures** from the session –



Lifestyle Management

1. Itahari International College, Nepal:
 - a. **Date:** 23rd Dec, 2020
 - b. **Number of participants** - 250
 - c. An interactive workshop for sensitizing students and faculty members.
 - d. **Speakers** – Ms. Arti Girdhar, Ms. Uma Balan, Ms. Seema Chugh and Ms. Prachi Biswas.
 - e. **Pictures** from the session –



2. ISL Engineering College, Hyderabad:
 - a. **Date:** 12th Jan, 2021
 - b. **Number of participants** - 600
 - c. An interactive workshop for students and faculty members.
 - d. **Speakers** – Dr. Zareena Sultana, Mr. Tarun Walecha and Ms. Prachi Biswas
 - e. **Pictures** from the session –



3. P A Inamdar College of Visual Effects, Design & Art, Pune:
 - a. **Date:** 14th Jan, 2021
 - b. **Number of participants** - 200
 - c. An interactive workshop for students and faculty members.
 - d. **Speakers** – Mr. Tarun Walecha and Ms. Prachi Biswas
 - e. **Pictures** from the session –



4. C.R.P.F. Public School, Rohini:
 - a. **Date:** 25th Jan, 2021
 - b. **Number of participants** – 165
 - c. An interactive workshop for students of classes VI & VII
 - d. **Speakers** – Ms. Deepa Choudhary and Ms. Prachi Biswas
 - e. **Pictures** from the session –



5. Abhinav Public School, Pitampura:
 - a. **Date:** 08th Feb, 2021
 - b. **Number of participants** – 400
 - c. An interactive workshop for parents and students
 - d. **Speakers** – Mr. Tarun Walecha and Ms. Deepa Choudhary
 - e. **Pictures** from the session –



6. **Indira College of Engineering & Management, Pune:**
 - a. **Date:** 13th Feb, 2021
 - b. **Number of participants** – 300
 - c. An interactive workshop for students and faculty members
 - d. **Speakers** –Mr. Tarun Walecha and Ms. Shammi Proothi
 - e. **Pictures** from the session –



Meditation

1. **IIMT University, Meerut:**
 - a. **Date:** 18th Jan, 2021
 - b. **Number of participants** - 150
 - c. An interactive workshop for students and faculty members.
 - d. **Speakers** –Ms. Archie Shokeen and Ms. Deepa Choudhary
 - e. **Pictures** from the session –



2. ISL Engineering College, Hyderabad:
 - a. **Date:** 23rd Jan, 2021
 - b. **Number of participants** - 600
 - c. An interactive workshop for students and faculty members.
 - d. **Speakers** – Dr. Zareena Sultana, Ms. Archie Shokeen and Ms. Deepa Choudhary
 - e. **Pictures** from the session –



Motivation

1. Army Public School, Jaipur:
 - a. **Date:** 21st Jan, 2021
 - b. **Number of participants** – 250
 - c. An interactive workshop for students of class IX
 - d. **Speakers** – Ms. Deepa Choudhary and Ms. Uma Balan
 - e. **Pictures** from the session –



2. UDGAM Pre School, Kalkaji:
 - a. **Date:** 27th Jan, 2021
 - b. **Number of participants** – 50
 - c. An interactive workshop for teachers
 - d. **Speakers** – Ms. Uma Balan and Ms. Prachi Biswas
 - e. **Pictures** from the session –

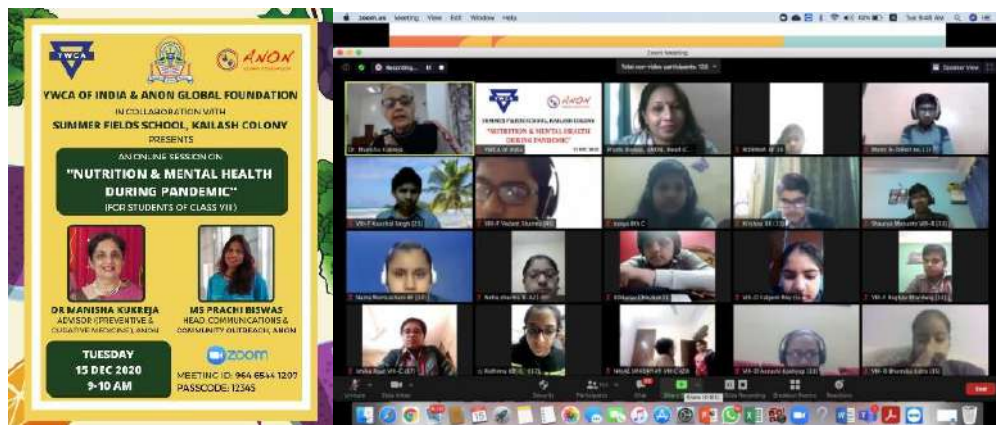


3. Indira College of Engineering & Management, Pune:
 - a. **Date:** 12th Feb, 2021
 - b. **Number of participants** – 300
 - c. An interactive workshop for students and faculty members
 - d. **Speakers** – Ms. Arti Girdhar and Ms. Uma Balan
 - e. **Pictures** from the session –



Nutrition and mental health during pandemic

1. Summer Fields School, Kailash Colony:
 - a. **Date:** 15th Dec, 2020
 - b. **Number of participants** - 275
 - c. An interactive workshop for sensitizing students of class VIII.
 - d. **Speakers** – Dr. Manisha Kukreja and Ms. Prachi Biswas.
 - e. **Pictures** from the session –



2. Prabhu Dayal Public School, Shalimar Bagh:
 - a. **Date:** 27th Dec, 2020
 - b. **Number of participants** - 435
 - c. An interactive workshop for sensitizing students and parents.
 - d. **Speakers** – Ms. Manisha Kukreja and Ms. Deepa Choudhary
 - e. **Pictures** from the session –



Online Gaming Addiction

1. Mahavir Senior Model School, Delhi:
 - a. **Date:** 15th Jan, 2021
 - b. **Number of participants** - 500
 - c. An interactive workshop for students of classes IX-X.
 - d. **Speakers** – Ms. Arti Girdhar and Ms. Prachi Biswas
 - e. **Pictures** from the session –



2. Basant Valley Global School, Gurgaon:
 - a. **Date:** 15th Jan, 2021
 - b. **Number of participants** - 170
 - c. An interactive workshop for students of classes VI-IX
 - d. **Speakers** – Ms. Arti Girdhar and Ms. Prachi Biswas
 - e. **Pictures** from the session –



3. IIMT University, Meerut:

- a. **Date:** 16th Jan, 2021
- b. **Number of participants** - 145
- c. An interactive workshop for students and faculty members.
- d. **Speakers** – Mr. Raman Nagpal and Ms. Prachi Biswas
- e. **Pictures** from the session –



4. Army Public School, Jaipur:

- a. **Date:** 22nd Jan, 2021
- b. **Number of participants** – 250
- c. An interactive workshop for students of classes VI-VIII.
- d. **Speakers** – Ms. Arti Girdhar and Ms. Prachi Biswas
- e. **Pictures** from the session –



5. Hari Vidya Bhawan Sr. Sec. School, Sangam Vihar:
 - a. **Date:** 01st Feb, 2021
 - b. **Number of participants** – 300
 - c. An interactive workshop for students of classes VI-VIII
 - d. **Speakers** – Ms. Arti Girdhar and Ms. Prachi Biswas
 - e. **Pictures** from the session –



6. Sanfort World School, Greater Noida:
 - a. **Date:** 02nd Feb, 2021
 - b. **Number of participants** – 100
 - c. An interactive workshop for students of classes I-V
 - d. **Speakers** – Ms. Arti Girdhar and Ms. Prachi Biswas
 - e. **Pictures** from the session –



7. Sanfort World School, Greater Noida:
 - a. **Date:** 02nd Feb, 2021
 - b. **Number of participants** – 101
 - c. An interactive workshop for students of middle school
 - d. **Speakers** – Ms. Arti Girdhar and Ms. Prachi Biswas
 - e. **Pictures** from the session –



8. Abhinav Public School, Pitampura:
 - a. **Date:** 04th Feb, 2021
 - b. **Number of participants** – 250
 - c. An interactive workshop for students of classes VIII-XI
 - d. **Speakers** – Ms. Arti Girdhar and Ms. Prachi Biswas
 - e. **Pictures** from the session –



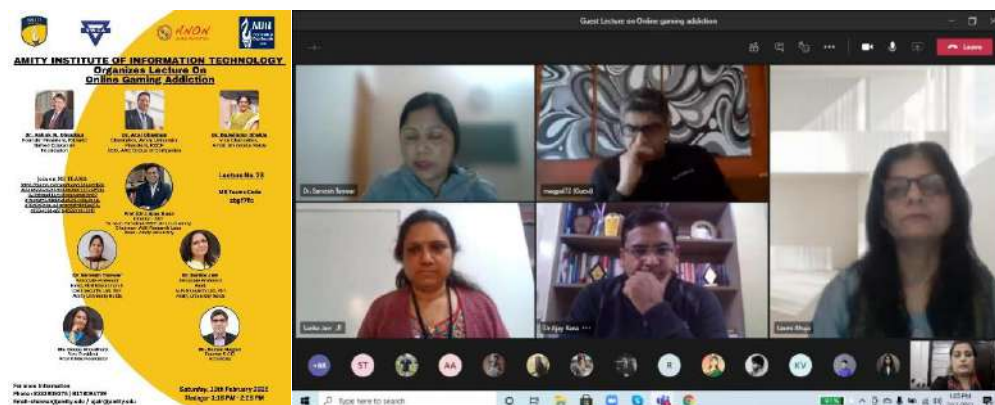
9. BOCSO Public School, Paschim Vihar:

- a. **Date:** 11th Feb, 2021
- b. **Number of participants** – 150
- c. An interactive workshop for students of classes VII-VIII
- d. **Speakers** – Ms. Arti Girdhar and Ms. Davinder Juneja
- e. **Pictures** from the session –



10. Amity Institute of Information & Technology:

- a. **Date:** 13th Feb, 2021
- b. **Number of participants** – 300
- c. An interactive workshop for students and faculty members
- d. **Speakers** – Mr. Raman Nagpal and Ms. Deepa Choudhary
- e. **Pictures** from the session –



11. Ryan International School, Mayur Vihar:

- a. **Date:** 15th Feb, 2021
- b. **Number of participants** – 200
- c. An interactive workshop for students of classes V-VIII
- d. **Speakers** –Ms. Arti Girdhar and Ms. Prachi Biswas
- e. **Pictures** from the session –



Parenting during Covid

1. JP International School (Greater Noida):

- a. **Date:** 05th Dec, 2020
- b. **Number of participants** - 98
- c. An interactive workshop for sensitizing parents.
- d. **Speakers** - Mr. Michael from Denmark, Ms. Uma Balan, and Ms. Arti Girdhar.
- e. **Pictures** from the session –



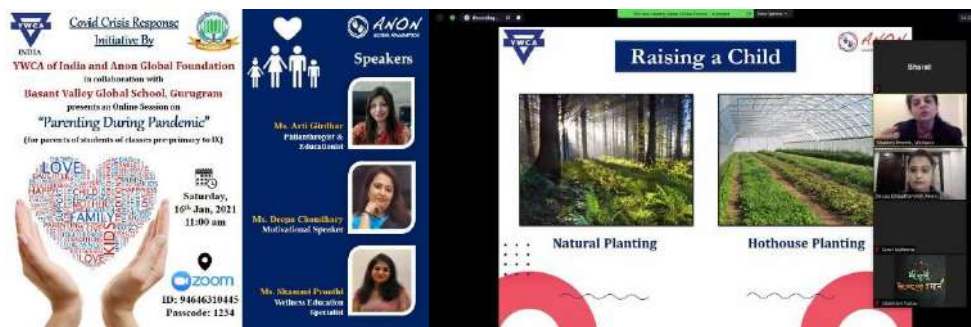
2. CRPF Public School, Rohini (New Delhi):
 - a. **Date:** 05th Dec, 2020
 - b. **Number of participants** - 97
 - c. An interactive workshop for sensitizing parents.
 - d. **Speakers** - Ms. Uma Balan and Ms. Shammi Proothi.
 - e. **Pictures** from the session –



3. C.R.P.F. Public School, Rohini:
 - a. **Date:** 02nd Jan, 2021
 - b. **Number of participants** - 460
 - c. An interactive workshop for parents of primary and pre-primary students
 - d. **Speakers** – Ms. Arti Girdhar, Ms. Shammi Proothi and Ms. Deepa Choudhary
 - e. **Pictures** from the session –



4. Basant Valley Global School, Gurgaon:
 - a. **Date:** 16th Jan, 2021
 - b. **Number of participants** - 130
 - c. An interactive workshop for parents.
 - d. **Speakers** – Ms. Arti Girdhar, Ms. Deepa Choudhary and Ms. Shammi Proothi
 - e. **Pictures** from the session –



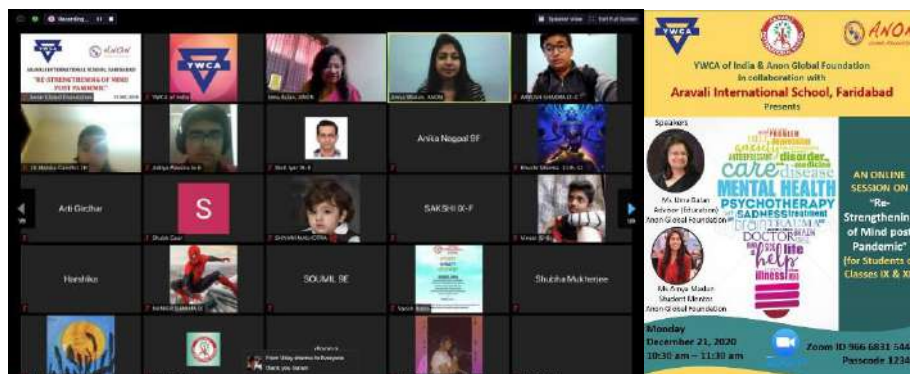
Re-strengthening of mind during pandemic

1. Summer Fields School, Kailash Colony:
 - a. **Date:** 14th Dec, 2020
 - b. **Number of participants** - 150
 - c. An interactive workshop for sensitizing students of class XII.
 - d. **Speakers** - Ms. Uma Balan and Ms. Amya Madan
 - e. **Pictures** from the session –



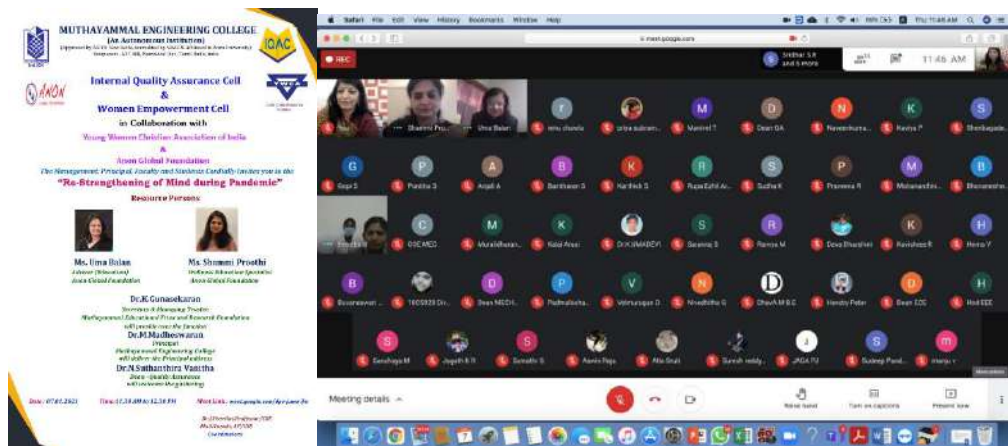
2. Aravali International School, Faridabad:

- a. **Date:** 21st Dec, 2020
- b. **Number of participants - 396**
- c. An interactive workshop for sensitizing students of classes IX & XI.
- d. **Speakers - Ms. Uma Balan and Ms. Amya Madan**
- e. **Pictures from the session –**



3. Muthayammal Engineering College, Tamil Nadu:

- a. **Date:** 07th Jan, 2021
- b. **Number of participants - 98**
- c. An interactive workshop for sensitizing students and faculty members.
- d. **Speakers – Ms. Uma Balan and Ms. Shammi Proothi**
- e. **Pictures from the session –**



4. ISL Engineering College, Hyderabad:
 - a. **Date:** 07th Jan, 2021
 - b. **Number of participants** - 500
 - c. An interactive workshop for students and faculty members.
 - d. **Speakers** – Dr. Zareena Sultana, Ms. Uma Balan, Ms. Amya Madan
 - e. **Pictures** from the session –



5. Army Public School, Jaipur:
 - a. **Date:** 21st Jan, 2021
 - b. **Number of participants** – 250
 - c. An interactive workshop for students of class IX
 - d. **Speakers** – Ms. Uma Balan and Ms. Amya Madan
 - e. **Pictures** from the session –



6. Sanfort World School, Greater Noida:
 - a. **Date:** 04th Feb, 2021
 - b. **Number of participants** – 90
 - c. An interactive workshop for parents and students
 - d. **Speakers** – Ms. Shammi Proothi and Ms. Prachi Biswas
 - e. **Pictures** from the session –



Stress Management

1. Khaitan Public School, Sahibabad:
 - a. **Date:** 18th Dec, 2020
 - b. **Number of participants** - 800
 - c. An interactive workshop for sensitizing students of classes IX to XII.
 - d. **Speakers** – Ms. Arti Girdhar, Ms. Deepa Choudhary, Ms. Shammi Proothi and Ms. Davinder Juneja.
 - e. **Pictures** from the session –



2. ISL Engineering College, Hyderabad:
 - a. **Date:** 11th Jan, 2021
 - b. **Number of participants** - 600
 - c. An interactive workshop for students and faculty members.
 - d. **Speakers** – Dr. Zareena Sultana, Ms. Arti Girdhar, Ms. Deepa Choudhary, Ms. Prachi Biswas and Ms. Shammi Proothi
 - e. **Pictures** from the session –



3. IIMT University, Meerut:
 - a. **Date:** 12th Jan, 2021
 - b. **Number of participants** - 150
 - c. An interactive workshop for students and faculty members.
 - d. **Speakers** – Dr. Navneet Sharma, Ms. Arti Girdhar, Ms. Deepa Choudhary, Ms. Prachi Biswas and Ms. Shammi Proothi
 - e. **Pictures** from the session –



4. P A Inamdar College of Visual Effects, Design & Art, Pune:
 - a. **Date:** 16th Jan, 2021
 - b. **Number of participants** - 200
 - c. An interactive workshop for students and faculty members.
 - d. **Speakers** – Ms. Arti Girdhar and Ms. Shammi Proothi
 - e. **Pictures** from the session –



5. UDGAM Pre School, Kalkaji:
 - a. **Date:** 30th Jan, 2021
 - b. **Number of participants** – 50
 - c. An interactive workshop for teachers
 - d. **Speakers** – Ms. Deepa Choudhary and Ms. Arti Girdhar
 - e. **Pictures** from the session –



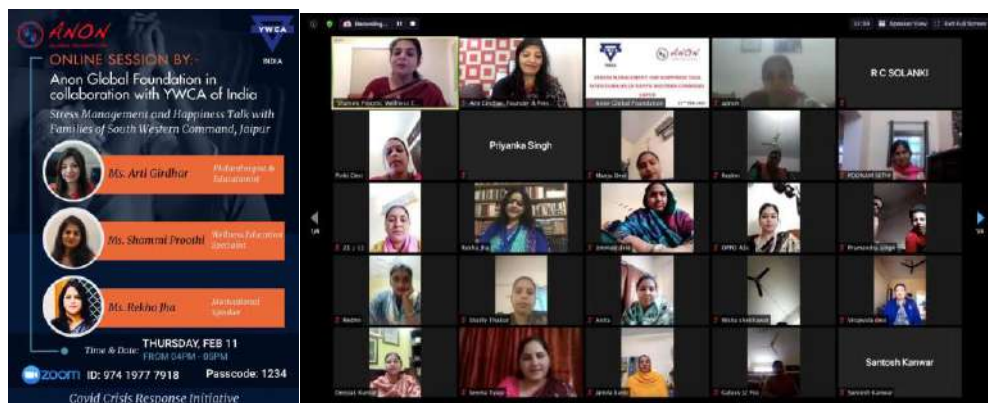
6. Aravali International School, Faridabad:

- a. **Date:** 10th Feb, 2021
- b. **Number of participants** – 794
- c. An interactive workshop for students of classes VI to VIII
- d. **Speakers** –Ms. Prachi Biswas and Ms. Shammi Proothi
- e. **Pictures** from the session –



7. South Western Command, Jaipur:

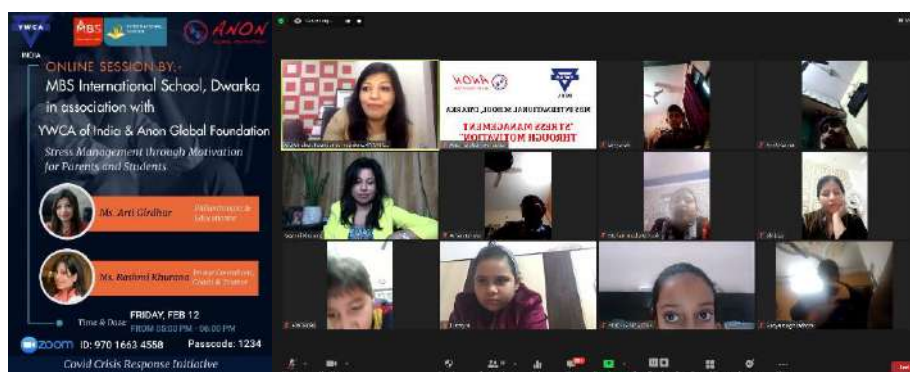
- a. **Date:** 11th Feb, 2021
- b. **Number of participants** – 110
- c. An interactive workshop for families
- d. **Speakers** – Ms. Arti Girdhar, Ms. Shammi Proothi and Ms. Rekha Jha
- e. **Pictures** from the session –



8. **Indira College of Engineering & Management, Pune:**
 - a. **Date:** 12th Feb, 2021
 - b. **Number of participants** – 300
 - c. An interactive workshop for students and faculty members
 - d. **Speakers** – Ms. Deepa Choudhary and Ms. Prachi Biswas
 - e. **Pictures** from the session –



9. **MBS International School, Dwarka:**
 - a. **Date:** 12th Feb, 2021
 - b. **Number of participants** – 110
 - c. An interactive workshop for parents and students
 - d. **Speakers** – Ms. Arti Girdhar and Ms. Rashmi Khurana
 - e. **Pictures** from the session –



Substance Abuse

1. ISL Engineering College, Hyderabad:
 - a. **Date:** 19th Jan, 2021
 - b. **Number of participants** - 600
 - c. An interactive workshop for students and faculty members.
 - d. **Speakers** – Dr. Zareena Sultana, Ms. Arti Girdhar and Ms. Seema Chugh
 - e. **Pictures** from the session –



Teen Relationships in Today's Challenging World

1. Prabhu Dayal Public School, Shalimar Bagh:
 - a. **Date:** 26th Dec, 2020
 - b. **Number of participants** - 200
 - c. An interactive workshop for sensitizing students of classes XI & XII.
 - d. **Speakers** – Ms. Charu Makkar, Ms. Rashima Vaid Varma, Ms. Manasi Prabhakaran, Ms. Palak Khatter.
 - e. **Pictures** from the session –



2. Prabhu Dayal Public School, Shalimar Bagh:

- a. **Date:** 16th Jan, 2021
- b. **Number of participants** - 263
- c. An interactive workshop for students of classes IX & X
- d. **Speakers** – Ms. Rashima Vaid Varma, Ms. Charu Makkar and Ms. Manasi Prabhakaran
- e. **Pictures** from the session –



Performance Upscaling in Challenging Times

1. Itahari International College, Nepal:
 - a. **Date:** 07th Jan, 2021
 - b. **Number of participants** – 450
 - c. An interactive workshop for sensitizing students and faculty members.
 - d. **Speakers** – Ms. Davinder Kaur and Ms. Prachi Biswas
 - e. **Pictures** from the session –



Sexual Harassment Prevention at the workplace

1. ING Group, Nepal:
 - a. **Date:** 05th Feb, 2021
 - b. **Topic** “Sexual Harassment Prevention at the workplace”
 - c. **Number of participants** – 400
 - d. An interactive workshop for faculty members and students
 - e. **Speakers** – Ms. Rio Kalpana David
 - f. **Pictures** from the session –



LIST OF SCHOOLS/COLLEGES WHO QUALIFIED STAGE 1, 2 & 3

S.No.	School/College	Stage
1	ISL Engineering College, Hyderabad	3
2	Sanfort World School, Greater Noida	3
3	Army Public School, Jaipur	2
4	Hari Vidya Bhawan Sr. Sec. School, Sangam Vihar	2
5	IIMT University, Meerut	2
6	Indira College of Engineering & Management, Pune	2
7	Mahavir Senior Model School, Delhi	2
8	Prabhu Dayal Public School, Shalimar Bagh	2
9	Abhinav Public School, Pitampura	1
10	Aravali International School, Faridabad	1
11	Basant Valley Global School, Gurgaon	1
12	BOSCO Public School, Paschim Vihar	1
13	C.R.P.F. Public School, Rohini	1
14	Itahari International College, Nepal	1
15	Kala Niketan International School, Ghazipur	1
16	MBS International School, Dwarka	1
17	P A Inamdar College of Visual Effects, Design & Art, Pune	1
18	Summer Fields School, Kailash Colony	1
19	UDGAM Pre School, Kalkaji	1
20	Amity Institute of Information & Technology, Gurugram	N/A
21	ING Group, Nepal	N/A
22	JP International School, Greater Noida, UP	N/A
23	Khaitan Public School, Sahibabad	N/A
24	Muthayammal Eng. College, Tamil Nadu	N/A
25	Ryan International School, Mayur Vihar	N/A
26	Lovely Professional University, Punjab	N/A
27	South Western Command, Jaipur	N/A
28	YWCA Guwahati English School	N/A

RECOGNISING AND CERTIFYING THE SCHOOLS FOR QUALIFYING DIFFERENT STAGES



**Covid Crisis
Response
Initiative**



*Felicitating
our Partner
Institutions*



CONGRATULATIONS



**For Reaching
Stage I, II and III**

India

Covid Crisis Response Initiative

CERTIFICATE OF COMPLETION


is proudly presented to

Hari Vidya Bhawan Sr. Sec. School
(Sangam Vihar)

for reaching Stage II in sensitising students on various lifeskills, social issues and mental wellbeing as a part of Psycho-Social and Mental Health Project of the YWCA of India and Anon Global Foundation.

Rio Kalpana David
National General Secretary
YWCA of India

Arti Girihar
Founder & President
Anon Global Foundation



India

Covid Crisis Response Initiative

CERTIFICATE OF COMPLETION

is proudly presented to

Mahavir Senior Model School
(G.T. Karnal Road)

for reaching Stage II in sensitising students on various lifeskills, social issues and mental wellbeing as a part of Psycho-Social and Mental Health Project of the YWCA of India and Anon Global Foundation.

Rio Kalpana David
National General Secretary
YWCA of India

Arti Girihar
Founder & President
Anon Global Foundation



India

Covid Crisis Response Initiative

CERTIFICATE OF COMPLETION


is proudly presented to

Indira College of Engineering & Management
(Pune)

for reaching Stage II in sensitising students on various lifeskills, social issues and mental wellbeing as a part of Psycho-Social and Mental Health Project of the YWCA of India and Anon Global Foundation.

Rio Kalpana David
National General Secretary
YWCA of India

Arti Girihar
Founder & President
Anon Global Foundation



Congratulations for reaching Stage I, II and III

India

Covid Crisis Response Initiative

CERTIFICATE OF COMPLETION


is proudly presented to

Sanfort World School
(Greater Noida)

for reaching Stage III in sensitising students on various lifeskills, social issues and mental wellbeing as a part of Psycho-Social and Mental Health Project of the YWCA of India and Anon Global Foundation.

Rio Kalpana David
National General Secretary
YWCA of India

Arti Girihar
Founder & President
Anon Global Foundation



India

Covid Crisis Response Initiative

CERTIFICATE OF COMPLETION


is proudly presented to

ISI Engineering College
(Hyderabad)

for reaching Stage III in sensitising students on various lifeskills, social issues and mental wellbeing as a part of Psycho-Social and Mental Health Project of the YWCA of India and Anon Global Foundation.

Rio Kalpana David
National General Secretary
YWCA of India

Arti Girihar
Founder & President
Anon Global Foundation



India

Covid Crisis Response Initiative

CERTIFICATE OF COMPLETION


is proudly presented to

Army Public School
(Jaipur)

for reaching Stage II in sensitising students on various lifeskills, social issues and mental wellbeing as a part of Psycho-Social and Mental Health Project of the YWCA of India and Anon Global Foundation.

Rio Kalpana David
National General Secretary
YWCA of India

Arti Girihar
Founder & President
Anon Global Foundation



Congratulations for reaching Stage I, II and III

India

Covid Crisis Response Initiative

CERTIFICATE OF COMPLETION


is proudly presented to

Prabhu Dayal Public School
(Shalimar Bagh)

for reaching Stage II in sensitising students on various lifeskills, social issues and mental wellbeing as a part of Psycho-Social and Mental Health Project of the YWCA of India and Anon Global Foundation.

Rio Kalpana David
National General Secretary
YWCA of India

Arti Girihar
Founder & President
Anon Global Foundation



India

Covid Crisis Response Initiative

CERTIFICATE OF COMPLETION


is proudly presented to

TMT University
(Meerut)

for reaching Stage II in sensitising students on various lifeskills, social issues and mental wellbeing as a part of Psycho-Social and Mental Health Project of the YWCA of India and Anon Global Foundation.

Rio Kalpana David
National General Secretary
YWCA of India

Arti Girihar
Founder & President
Anon Global Foundation



India

Covid Crisis Response Initiative

CERTIFICATE OF COMPLETION


is proudly presented to

C.R.P.F. Public School
(Rohini)

for reaching Stage I in sensitising students on various lifeskills, social issues and mental wellbeing as a part of Psycho-Social and Mental Health Project of the YWCA of India and Anon Global Foundation.

Rio Kalpana David
National General Secretary
YWCA of India

Arti Girihar
Founder & President
Anon Global Foundation



Congratulations for reaching Stage I, II and III

  <p>India</p> <p>Covid Crisis Response Initiative</p> <p>CERTIFICATE OF COMPLETION</p> <p>is proudly presented to</p> <p>BOSCO Public School (Paschim Vihar)</p> <p>for reaching Stage I in sensitising students on various lifeskills, social issues and mental wellbeing as a part of Psycho-Social and Mental Health Project of the YWCA of India and Anon Global Foundation.</p> <p><i>Rio Kalpana David</i> National Council Secretary YWCA of India</p> <p><i>Ari Girdhar</i> Founder & President Anon Global Foundation</p> 	  <p>India</p> <p>Covid Crisis Response Initiative</p> <p>CERTIFICATE OF COMPLETION</p> <p>is proudly presented to</p> <p>Basant Valley Global School (Gurgaon)</p> <p>for reaching Stage I in sensitising students on various lifeskills, social issues and mental wellbeing as a part of Psycho-Social and Mental Health Project of the YWCA of India and Anon Global Foundation.</p> <p><i>Rio Kalpana David</i> National Council Secretary YWCA of India</p> <p><i>Ari Girdhar</i> Founder & President Anon Global Foundation</p> 	  <p>India</p> <p>Covid Crisis Response Initiative</p> <p>CERTIFICATE OF COMPLETION</p> <p>is proudly presented to</p> <p>Aravali International School (Faridabad)</p> <p>for reaching Stage I in sensitising students on various lifeskills, social issues and mental wellbeing as a part of Psycho-Social and Mental Health Project of the YWCA of India and Anon Global Foundation.</p> <p><i>Rio Kalpana David</i> National Council Secretary YWCA of India</p> <p><i>Ari Girdhar</i> Founder & President Anon Global Foundation</p> 
--	--	--

Congratulations for reaching Stage I, II and III

  <p>India</p> <p>Covid Crisis Response Initiative</p> <p>CERTIFICATE OF COMPLETION</p> <p>is proudly presented to</p> <p>P. A Anandar College of Visual Effects, Design & Art (Pune)</p> <p>for reaching Stage I in sensitising students on various lifeskills, social issues and mental wellbeing as a part of Psycho-Social and Mental Health Project of the YWCA of India and Anon Global Foundation.</p> <p><i>Rio Kalpana David</i> National Council Secretary YWCA of India</p> <p><i>Ari Girdhar</i> Founder & President Anon Global Foundation</p> 	  <p>India</p> <p>Covid Crisis Response Initiative</p> <p>CERTIFICATE OF COMPLETION</p> <p>is proudly presented to</p> <p>Abhinav Public School (Pitampura)</p> <p>for reaching Stage I in sensitising students on various lifeskills, social issues and mental wellbeing as a part of Psycho-Social and Mental Health Project of the YWCA of India and Anon Global Foundation.</p> <p><i>Rio Kalpana David</i> National Council Secretary YWCA of India</p> <p><i>Ari Girdhar</i> Founder & President Anon Global Foundation</p> 	  <p>India</p> <p>Covid Crisis Response Initiative</p> <p>CERTIFICATE OF COMPLETION</p> <p>is proudly presented to</p> <p>UDGAM Pre School (Kalkaji)</p> <p>for reaching Stage I in sensitising students on various lifeskills, social issues and mental wellbeing as a part of Psycho-Social and Mental Health Project of the YWCA of India and Anon Global Foundation.</p> <p><i>Rio Kalpana David</i> National Council Secretary YWCA of India</p> <p><i>Ari Girdhar</i> Founder & President Anon Global Foundation</p> 
--	--	--

Congratulations for reaching Stage I, II and III

  <p>India</p> <p>Covid Crisis Response Initiative</p> <p>CERTIFICATE OF COMPLETION</p> <p>is proudly presented to</p> <p>Tahari International College (Nepal)</p> <p>for reaching Stage I in sensitising students on various lifeskills, social issues and mental wellbeing as a part of Psycho-Social and Mental Health Project of the YWCA of India and Anon Global Foundation.</p> <p><i>Rio Kalpana David</i> National Council Secretary YWCA of India</p> <p><i>Ari Girdhar</i> Founder & President Anon Global Foundation</p> 	  <p>India</p> <p>Covid Crisis Response Initiative</p> <p>CERTIFICATE OF COMPLETION</p> <p>is proudly presented to</p> <p>Kala Niketan International School (Ghaziipur)</p> <p>for reaching Stage I in sensitising students on various lifeskills, social issues and mental wellbeing as a part of Psycho-Social and Mental Health Project of the YWCA of India and Anon Global Foundation.</p> <p><i>Rio Kalpana David</i> National Council Secretary YWCA of India</p> <p><i>Ari Girdhar</i> Founder & President Anon Global Foundation</p> 	  <p>India</p> <p>Covid Crisis Response Initiative</p> <p>CERTIFICATE OF COMPLETION</p> <p>is proudly presented to</p> <p>MBS International School (Dwarka)</p> <p>for reaching Stage I in sensitising students on various lifeskills, social issues and mental wellbeing as a part of Psycho-Social and Mental Health Project of the YWCA of India and Anon Global Foundation.</p> <p><i>Rio Kalpana David</i> National Council Secretary YWCA of India</p> <p><i>Ari Girdhar</i> Founder & President Anon Global Foundation</p> 
---	--	---

Congratulations for reaching Stage I, II and III

WORKSHOP TESTIMONIALS PUBLISHED BY VARIOUS SCHOOLS AND COLLEGES ON THEIR PORTALS

Sanfort World School Greater Noida

3 Feb

An online session on **ONLINE GAMING ADDICTION** was conducted on 2nd February 2021, by YWCA of India and Anon Global Foundation in collaboration with Sanfort World School, Greater Noida for the Middle School Students. It was an interactive session where students were made aware of the harm and the serious consequences that the online gaming can offer. They were made to understand about, No U Turn, when, once they are in its trap and that will eventually develop the gaming disorder. Its overindulgence can take over their other daily activities, and very soon it would impair their social, educational, family or professional functioning. They understood the disconnect, social isolation depression that erupts when they move away from reality. They will remain in false pleasure and myth that they are learning and getting achievements but in reality it's all hollow and just virtual.

Our Resource person Ms Arti Girdhar and Prachi Biswas conducted a number of activities where students actively participated. It was beautifully described the stages and symptoms of the addiction, types of players, and its impact. They also explained why children can't stop gaming

WhatsApp

+91 99999 07099

Sanfort World School Greater Noida

3 Feb

It was concluded that though the virtual gaming gives easy accomplishments but they are nothing in comparison to the accomplishments of the real world. It can't make them productive or fit for there is no involvement of all senses and motor skills. Various methods of comeback and connect to the real world were reinforced. Finally Q&A was opened to the students where they asked questions that were answered by our resource person. They were urged to limit the time of online gaming and take the support of elders sometimes. They should manage the precious time, and just be the wise user.

Overall it was a fruitful session and an eye opener for the students.

WhatsApp

+91 99999 07099

Sanfort World School Greater Noida

3 Feb

7. Explore nature and get real experience to enhance imagination and become creative.
 8. Be a role model for others.
 9. Do eye exercises to relax.
 10. Control your screen time and watch the content approved by parents.
 11. No screen time during meals.
 12. Play more board games and outdoor games.

WhatsApp

+91 99999 07099

Sanfort World School Greater Noida

3 Feb

Keep the Big Picture in Mind

See the big picture!

- Make a 'To-do list' of all the things you need to do.
- Make a 'to-do list' of things to do in your free time.
- Make a 'to-do list' of things to do in your free time.

WhatsApp

+91 99999 07099

2:28 Watch
 Mahavir Senior MODEL School · 4 d ·
 A webinar on 'Anger Management' was organized by Anon Global Foundation, in collaboration with MSMS on 22nd February, 2021 for students of grades VI to VIII. The resource persons 'Ms. Arti Girdhar' and 'Ms. Prachi Biswas' conducted an interactive sessio



Sanfort World School Greater Noida
 3 Feb ·

YWCA INDIA
 SANFORT WORLD SCHOOL
 ANON GLOBAL FOUNDATION

YWCA of India & Anon Global Foundation in collaboration with
Sanfort World School, Greater Noida
 presents

Speakers

Ms. Shammi Proothi
 Wellness Education Specialist

Ms. Prachi Biswas
 Head, Communications & Community Outreach

an Online Session on "Re-Strengthening of Mind during Pandemic" (for Parents and Students)

MENTAL HEALTH

HEALTH LEISURE WELLNESS
 CARE ACTIVE MENTAL HEALTH
 FIT DIET EXERCISE LEISURE ACTIVITY
 CARE NUTRIENTS LIVING
 DIET CARE FIT
 SPORT LEISURE CARE

"Covid Crisis Response Initiative"

YWCA OF INDIA & ANON GLOBAL FOUNDATION
 IN COLLABORATION WITH
 JP INTERNATIONAL SCHOOL, GREATER NOIDA
 INVITES YOU TO ATTEND WEBINAR SESSION FOR PARENTS ON

ADDRESSING CHILDREN'S CONCERNS DURING COVID AND HOW TO FACILITATE STRESS FREE VIRTUAL LEARNING

SPEAKERS

MR. MICHAEL HALL LARSEN
 INTERNATIONAL EDUCATION
 EXEC. PRINCIPAL, GREATER NOIDA

MS. ARTI GIRDHAR
 FOUNDER & PRESIDENT,
 ANON GLOBAL FOUNDATION

5TH DEC, 2020 AT 03:30 P.M.
 ZOOM MEETING ID: 934 2027 4126
 ZOOM MEETING PASSCODE: 1234

Facebook
 JP International School - | المنشورات |
 فيسبوك
 Images may be subject to copyright. Learn More

Visit

Related images

J P INTERNATIONAL SCHOOL
 2020-21
 Admission Open

2:54 PM
 Ryan International School, Mayur Vihar
 added 22 new photos to the album:
WORKSHOP ON ONLINE GAMING ADDICTION : CLASS V TO VIII.
 16 Feb ·

"Mindfulness isn't difficult. We just need to remember to do it."
 Being mindful was the theme of the 'Online gaming addiction' virtual workshop held at Ryan International School, Mayur Vihar. The workshop was conducted by Ms Arti Girdhar & Ms Prachi Biswas of YWCA of India in association with Anon Global Foundation. The workshop was attended by several children from Class V to VIII. It began by invoking Lords blessings. The resource person began with a talk on today's online gaming scenario among children, she talked about the adverse effects of long hours spent by children on online gaming. She was spreading awareness on the need to reduce the excessive screen time involving games and watching T.V. Instead children should put their mind into studies and evolving oneself. She emphasized on outdoor games which would refresh the minds of children and also maintain the fitness of each and everyone, not only physically but also mentally and make them a mindful person.

Sanfort World School Greater Noida
9 February at 21:44 · Facebook for Android ·

Anti-bullying was the keypoint of the whole session. Ms. Prachi Biswas started the session with an activity for students which demonstrated that bullying is when someone keeps doing or saying things to have power over another person. It can leave a lifelong impact on the victim. Ms. Arti added to it that bullying is :

- *isolating someone
- *Making fun of someone
- *Putting someone down
- *threatening someone
- *Following or stalking someone

Ms. Prachi also told that people bully due to following reasons:

- To be popular
- To get attention
- For entertainment
- To be shown as tough
- Due to jealousy

Bullying actually follows a circle which includes following :

- *Bully- the person who starts the bullying... More



Zareena Sultana updated her cover photo.
28 Jan ·

ISL ENGINEERING COLLEGE
Approved By AICTE, Affiliated to Osmia University
Contact: 040-29880083/84 | Visit us: www.islec.edu.in | Email: info@islec.edu.in

A WEBINAR ON 29 JAN 2021 @ 02:30 PM
By **THE DEPT. OF MBA**

RESOURCE PERSONS

Dr. ZAREENA SULTANA - Assoc. Professor & Softskills Trainer - ISLEC
ARTI GIRDHAR - President & Founder, Aam Social Foundation
SIAMSI PRIOOTHI - Wellness Educator, Speaker, Aam Social Foundation

LIFE SKILLS - PSYCHO SOCIAL & MENTAL HEALTH PROGRAMS

MODE : ONLINE PLATFORM :
ZOOM ID : 913 7710 4059 | Passcode : 12345

You and 4 others

Like Comment Share

ISL ENGINEERING COLLEGE
Approved By AICTE, Affiliated to Osmia University
Contact: 040-29880083/84 | Visit us: www.islec.edu.in | Email: info@islec.edu.in

ORGANIZED BY THE DEPARTMENT OF MBA

SCHEDULE OF ONLINE WORKSHOPS

DATE OF WORKSHOP	TIMING	SPEAKER	TOPIC
Wednesday 27 Jan 2021	2:30 to 3:30 pm	MILIND KHER	Emotional Intelligence : A Modern Imperative
Thursday 28 Jan 2021	11:30 am to 12:30 pm	RAMAN T.S.K	The Future Is Entrepreneurship
Friday 29 Jan 2021	2:30 to 4:00 pm	ARTI GIRDHAR	Life Skills - Psycho, Social & Mental Health Programs
Saturday 30 Jan 2021	2:30 to 3:30 pm	HIMA PRAVIN	Transformation Leader - How to lead in the 21st century
Tuesday 02 Feb 2021	2:30 to 3:30 pm	MERAJ FAHEEM	Growth Mind Set
Thursday 04 Feb 2021	11:30 am to 12:30 pm	ANNAPURNA .A	Emotional Intelligence for career success

Dr. ZAREENA SULTANA
Assoc. Professor & Softskills Trainer - ISLEC

MILIND KHER - Emotional Intelligence Specialist, IIT professors, Life Coach
RAMAN T.S.K - Entrepreneurship & Leadership coach / mentor
ARTI GIRDHAR - President & Founder, Aam Social Foundation

HIMA PRAVIN - Founder & CEO, Mental Consulting, Leadership coach, author
MERAJ FAHEEM - Founder - The Training School, CEO Education Park, Innovation Fellow, Govt. of Karnataka
ANNAPURNA .A - Entrepreneurship & Co. HR Thought leader, Behavioural mentor

MANDATORY FOR ALL MBA & ENGINEERING STUDENTS

E-Certificate of participation will be sent only to the students who attend the entire session

ISL Engineering College [Visit](#)

Events

Activity - 1

JARS OF WISDOM

JAR A: Hindi, English, Maths, Science, Social Studies

JAR B: Gardening, Dance, Yoga, Music, Meditation, Arts, Home Science, Aerobics

JAR C: Gender Sensitization, Happiness, Anger Management, Anti Bullying, Motivation, Stress Management

Twitter [Visit](#)

JP International School on Twitter: "JP International School in ..."

21:49 78

INDIA

YWCA of India and Anon Global Foundation
in collaboration with
P A Inamdar College of Visual Effects, Design & Art, Pune

LIFESTYLE MANAGEMENT
Workshop

By: Mr. Tarun Walecha
Health & Fitness Expert
(Mentor, ANON)

JAN 14 4 PM TO 6 PM

zoom ID: 92201958033
PASSWORD: 1234

COVID CRISIS RESPONSE INITIATIVE

Pinterest

VEDA Animation College
(VEDAPUNE) - Profile | Pinterest

Images may be subject to copyright. Learn More

Visit

Related images



Discover Snapshot Search Collections More

6:09 4G

Not Secure — summerfields.co.in

2 of 5

GLIMPSE OF THE SESSION

21:40 79

Brainstorming on ...
m.jagran.com

जागरण कोरोना वायरस

ताजा राष्ट्रीय स्पेशल चुनाव 2021 दुनिया

कोविड के उपरांत मानसिक व शारीरिक स्वास्थ्य पर मंथन

Arti Girdhar, Anon Global Founda...
Alka Saxena, Deputy Director, Blu...

कोविड के उपरांत मानसिक व शारीरिक स्वास्थ्य पर मंथन
Aparna Sahay, Anon Global Foun...

IIMT UNIVERSITY, MEERUT

आइ.आइ.एमटी विश्वविद्यालय के तत्वावधान में स्कूल आफ लाइफ साइंस एंड टेक्नोलोजी इंस्टीट्यूशन इनोवेशन सेल एंड अनोन ग्लोबल फाउंडेशन के द्वारा पांच दिवसीय कार्यशाला का आयोजन किया गया।

6:09 4G

Not Secure — summerfields.co.in

1 of 5

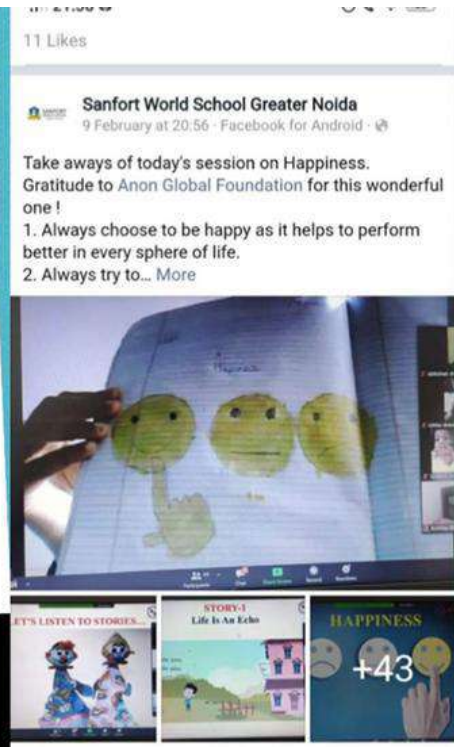
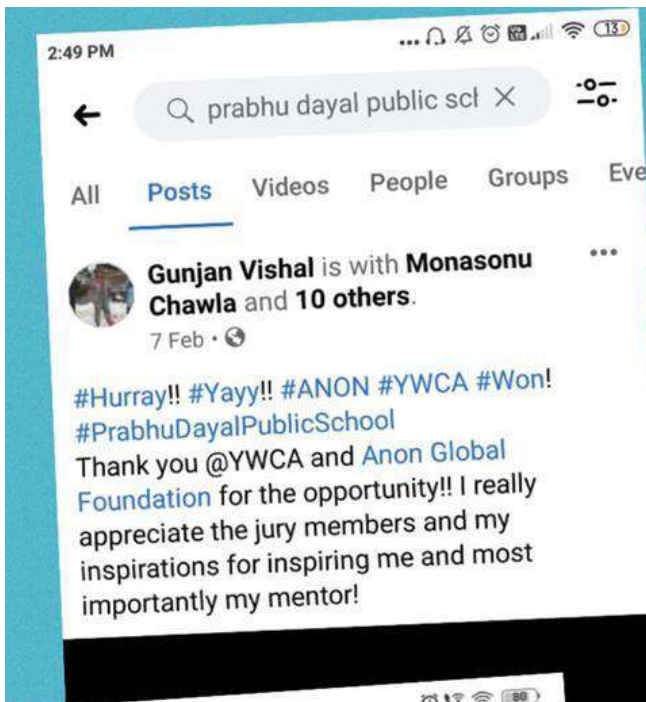
Summer Fields School
KAILASH COLONY, NEW DELHI-110048

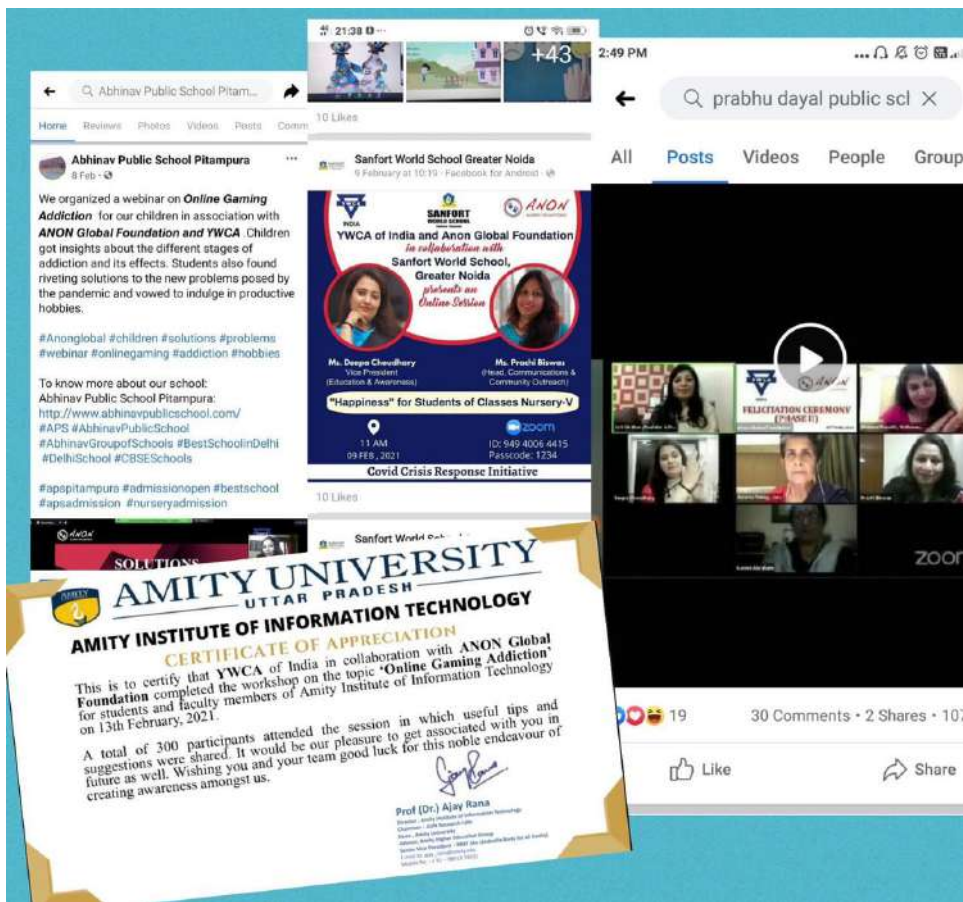
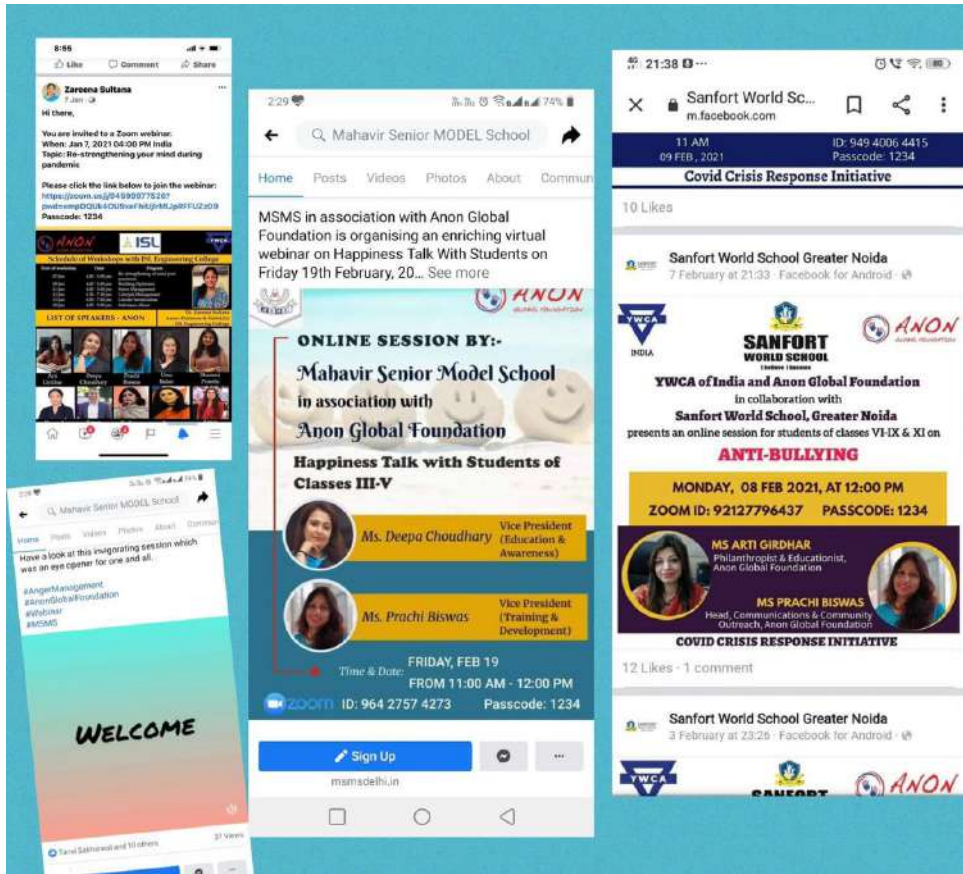
YWCA of India & Anon Global Foundation in collaboration with Summer Fields School, Kailash Colony organized an online session on "Re-Strengthening of Mind Post Pandemic" for the students of class XI on Monday, 14 December 2020.

The students had an interactive session with Mrs. Uma Balan, Advisor (Education), and Ms. Amya Madan, Student Mentor, and they guided the students on how to overcome post pandemic effects. Possible impacts of pandemic were discussed. Various strategies were considered on how one can relax his/her mind and get back to normal life. Solutions were given on how to make people overcome the trauma of pandemic.

The session was attended by the Principal Dr. Neeru Suman, Academic Coordinator Dr. Shweta Singh and respective Class Teachers. The Principal Dr. Neeru Suman commented on the need for re-strengthening of minds of young learners to cope with post Pandemic situation for a smooth voyage after almost a year long closure of schools.

It was a very fruitful and lively session. The students were asked to be optimistic, resilient, confident, physically active, maintain their relationships and follow proper schedule. Quizzes were organized to make the session more interactive and engaging. Finally, the program concluded with the question and answer session. Overall, the session was very informative and encouraging.





Abhinav Public School Pitam...

Home Reviews Photos Videos Posts Comm

Abhinav Public School Pitampura:
<http://www.abhinavpublicschool.com/>
 #APS #AbhinavPublicSchool
 #AbhinavGroupofSchools #BestSchoolinDelhi
 #DelhiSchool #CBSESchools

#apspitampura #admissionopen #bestschool
 #apsadmission #nurseryadmission

20 2 shares

Sign Up

abhinavpublicschool.com

Twitter JP International School on Twitter: "JP International School In ..."

Visit

Twitter JP International School on Twitter: "JP International School In ..."

Visit

8:56

Zareena Sultana
7 Jan · 🌐

Hi there,

Today's link to our webinar. Please do join.

You are invited to a Zoom webinar.
 When: Jan 7, 2021 04:00 PM India
 Topic: Re-strengthening your mind during pandemic

Please click the link below to join the webinar:
<https://zoom.us/j/945999775267>
 pwd=empDQUk40U9xeFhIUjIRMIjPRFFUZ09
 Passcode: 1234

YWCA of India & Anon Global Foundation
 in collaboration with
 ISL Engineering College, Hyderabad
 presents an Online Webinar

"Re-strengthening your Mind during Pandemic"

Dr. Zareena Sultana
Assoc. Professor &
Softskills Trainer,
ISL Engineering College

Ms. Uma Salan
Advisor (Education),
Anon Global Foundation

2:54 PM

Instead children should put their mind into studies and evolving oneself. She emphasized on outdoor games which would inturn refresh the minds of children and also maintain the fitness of each and everyone, not only physically but also mentally and make them a mindful person.

3

Like Comment Share

WEBINAR FOR CLASS V TO VIII

Like Comment Share

ANGER MANAGEMENT

Like Comment Share

Facebook Bosco Public School - Posts | Facebook

Visit

INTERNSHIP PROGRAM

We offered a 15 working days Free Internship Program for the school and college students.

The internship had **two phases** in which we trained 187 students and 42 mentors in each phase. The internship program was divided in three categories based on the age of the students:

- i. Junior internship** for classes VI-VIII
- ii. Senior internship** for classes IX-XII
- iii. Undergraduate internship**

Phase 1 (15th Dec - 4th Jan)

- A batch of 20 interns and 5 mentors for junior internship
- A batch of 49 interns and 10 mentors for senior internship
- A batch of 17 interns and 3 mentors for undergraduate internship

Phase 2 (15th Jan - 4th Feb)

- A batch of 31 interns and 7 mentors for junior internship
- A batch of 38 interns and 9 mentors for senior internship
- A batch of 32 interns and 8 mentors for undergraduate internship

- Students were selected across India through an interaction process by a team of experts.
- They were divided into different teams and given various topics related to psycho-social and mental health.
- Each team was aligned with a mentor to guide them through this journey.
- This internship aimed in skilling the students on various mental health topics as well as enhancing their skills in Teamwork, survey, analysis, research, movie making and presentation.
- Each presentation was delivered before our Jury consisting of experts in various fields.
- Based on all the performances, top 2-3 teams were awarded.

- **Accolades**

While judging the presentations, the jury members as well as Anon Global Foundation identified few interns for their unique skills/talents and they were individually awarded with accolades.

Phase 1

Category	Name of the Intern	Recognised for
Undergraduate	Arpita Nagpure	Exemplary Confidence
Senior	Daksh Jain	Outstanding Rap Song
	Aryan Maggo	Outstanding Poem
Junior	Manya Prabhakaran	Outstanding Oration

Phase 2

Category	Name of the Intern	Recognised for
Undergraduate	Anjali Kaushik	Exemplary Confidence
	Avichal Dani	Determination In Adversity
Senior	Divyanshi Agarwal	Outstanding Oration
	Udita Das	Exemplary Confidence
Junior	Goohika Joshi	Outstanding Performance
	Punya	Exemplary Confidence

- Felicitation ceremony was conducted to award the winners.
- Certificate of completion was given to all the participants.
- The top teams from all categories were given an opportunity to present on Facebook live page of YWCA of India and Anon Global Foundation.

INTERNSHIP PROGRAM (PHASE I)

Anon Global Foundation published the following poster in various social media sites as well as sent personal emails to different schools and colleges for PAN India reach.

YWCA **ANON**
GLOBAL FOUNDATION

ONLINE INTERNSHIP PROGRAM

ON PSYCHO-SOCIAL & MENTAL HEALTH

For students of grade 6-12 & undergraduate students

- 15 Working Days
- Free Program
- Limited Seats
- Certificate on Completion

START DATE:
Dec 15, 2020

LAST DATE TO APPLY:
Dec 10, 2020

Email your resume to **ANON Global Foundation (NGO)** at internship@anon.org.in or contact **+91 8448408644**

www.anon.org.in

Teamwork 

Analysis 

Research 

Film Making 



Presentation 


















Mentorship 

[in](#) [▶](#) [f](#) [📷](#) [t](#)

We got an overwhelming response for our internship program, we screened 100 students from 250+ applicants.

Undergraduate Category

 **Congratulations on your selection
in the UG Internship Program** 

 Drishti Jain (Hyderabad)	 Aarohi Jain (Uttarakhand)	 Bhumika Agarwal (Maharashtra)	 Maanya Jain (Himachal Pradesh)	 Indu Verma (Uttar Pradesh)
 Sakshi Khatter (Haryana)	 Isha Kukreja (Delhi)	 Arpita Nagpure (Maharashtra)	 Sanjay Murali Krishnan (Karnataka)	
 Darshneet Kaur (Delhi)	 Chetan Sawwalakhe (Maharashtra)	 Gopika S (Kerala)	 Madhav Deshpande (Maharashtra)	
 Sharon Angel Mathangi (Andhra Pradesh)	 Arunima Pandey (Delhi)	 Lopamudra Sahu (Odisha)	 Akshada Shitole (Maharashtra)	

Senior Category



Congratulations on your selection
in the Senior Internship Program



Janvi Shah
(Maharashtra)



H. Madhavan
(Delhi)



Shambhavi Sharma
(Rajasthan)



Shruti Tembhare
(Madhya Pradesh)



Aanshi Jindal
(Delhi)



Prachi Atri
(Jammu & Kashmir)



Bhaskar Gupta
(Delhi)



Sarthak Singhal
(Uttar Pradesh)



Manya Arora
(Delhi)



Pranjal Shrivastava
(Rajasthan)



Niki Hassani
(Telangana)



Simran Behl
(Delhi)



Maanvi Jain
(Rajasthan)



Shuvangi Chakraborty
(West Bengal)



Aryan Maggo
(Delhi)



Aashima Jain
(Rajasthan)



Varuni Singh
(Uttar Pradesh)



Niyamut Kaur
(Uttar Pradesh)



Ayishath Thameeza
(Kerala)



Manveen Kaur
(Delhi)



Tamanna Singhal
(Delhi)



Gauri Maheshwari
(Delhi)



Yashika Madhukar
(Rajasthan)



Guneet Malik
(Punjab)



Sarthak Datta
(Delhi)

Senior Category



Congratulations on your selection
in the Senior Internship Program



Ishaan Kalra
(Delhi)



Taheli Bhaduri
(West Bengal)



Khwahish Bahri
(Rajasthan)



Armaan Sood
(Delhi)



Namrata Sharma
(Punjab)



Praisya Daffodil
(Tamil Nadu)



Divyansh Mishra
(Uttar Pradesh)



Ahana Bajaj
(Delhi)



Diya Sher
(Haryana)



Manasvi Verma
(Delhi)



Sakshi Pandey
(Delhi)



Shalini Talukdar
(Assam)



Yashika Mehendiratta
(Delhi)



Prajal Akbari
(Gujarat)



Pranathi Kavuri
(Telangana)



Thirusa Tk
(Uttar Pradesh)



Daksh Jain
(Delhi)



Gaurav Jain
(Assam)



Garima Jain
(Delhi)



Kriti Sood
(Delhi)



Swastik Singh
(Delhi)



Gayatri Madan
(Haryana)



Rehaan Raj Bajaj
(Delhi)



Sanya Ahuja
(Delhi)

Junior Category



Congratulations on your selection
in the Junior Internship Program



ANON
GLOBAL FOUNDATION



Aarush Arora
(Delhi)



Yash Lashkary
(Rajasthan)



Panache Madan
(Delhi)



Ojas Kapoor
(Delhi)



Shambhavi Madan
(Haryana)



Shaurya Sethia
(Delhi)



Anahita Gupta
(Delhi)



Manya Prabhakaran
(Delhi)



Rudraksh Khanna
(Haryana)



Aanya Sharma
(Delhi)



Vansh Dawar
(Delhi)



Badrish M Aithal
(Karnataka)



Yashvi Virmani
(Delhi)



Yashmehar Kaur
(Delhi)



Manvi Jain
(Delhi)



Hitamsh Daga
(Delhi)



Poorvi Gulati
(Delhi)



Uday Sood
(Delhi)



Debopriya Gupta
(Delhi)



Haniya Kukreja
(Delhi)

JURY PROFILES

YWCA

ANON
GLOBAL FOUNDATION

Good wishes to all the interns from Jury Members!

JURY MEMBERS
(Online Internship Program)

Ms. Aparna Sahay
Retired Civil Servant, Activist,
Championing the cause of Gender
Equality and Sustainable
Development

Dr. Alka Saxena
Deputy Director (Health & Wellness),
Blue Bells Group of Schools,
Gurgaon, Life Skills Education Trainer
and Parenting Coach

Ms. Rashima Vaid Varma
Secondary Principal,
Prometheus School, Noida

Dr. Jyoti Bajaj
Special Educator and Counselor,
Delhi Public School, Rohini

Dr. Namita Sharma
Administrator and Head of School

Ms. Payal Uppal
PCT English,
Blue Bells Model School

Undergraduate Category

1. Aparna Sahay

A retired civil servant and an activist, championing the cause of Gender Equality, Good Governance and Sustainable Development. Area of Specialization : Environment, Gender, Education, and Governance Education : M. A (Political Science), MBA. Currently working as Secretary, Sandhan: Society for Study of Education & Development, a Technical Resource Institution with pan-India presence. Chairperson of SARA & Manthan: NGOs in Rajasthan involved in social action for rural advancement through natural resource management. Also, involved with MAUSAM: Beyond Copenhagen Network of NGOs in India, working on Climate Change implications.

2. Dr. Alka Saxena

Dr. Alka Saxena earned her MBBS from Lady Hardinge Medical College, New Delhi. An insightful learner and an avid advocate of socioemotional wellbeing of children, she is a Life Skills Education

and Adolescence Education Trainer and a Parenting coach. She has behind her 25 years experience of working in Health and Wellness sector and educational institutions. She has worked as a Resource Person with Expressions India, Macmillan publishers and is working with CBSE, Times of India NIE and NGOs AACCI (Association of Adolescent and Child Care in India) and Mittika. She is currently working as the Deputy Director (Health and Wellness), Blue Bells Group of Schools, Gurugram.

Senior Category

1. Ms. Rashima Vaid Varma

She has been teaching international curriculum since 2005. Has worked in prominent schools such as Shri Ram School, Pathways etc. Currently principal secondary at Prometheus School in Noida.

2. Dr. Namita Sharma

Dr. Namita is a dynamic Administrator and Head of School with over 24 years of teaching and 14yrs of administrative experience in Senior Secondary Schools of high repute of New Delhi and Haryana. She has been one of CBSE inspection committee Members for accord of Affiliation and performed the responsibility as Centre Superintendent.

Junior Category

1. Dr. Jyoti Bajaj

Jyoti Bajaj is a Gold Medalist Special Educator from Lady Irwin College, Delhi University & Gold Medalist Physiotherapist from Kurukshetra University. She is working as Special Educator and Counselor with DPS, Rohini since last 5 years. She excels in promoting mental health awareness and training and has

conducted several training programs, webinars and interactive sessions with students, parents and teachers on the subject.

2. Ms. Payal Uppal

Ms. Payal has 18 years of expertise in educating & effectively communicating with students from diverse backgrounds. Motivated average students to fully explore their potential and produced the highest individual score tally in the district in English – CBSE Higher Secondary Boards. She has also Nurtured Talent as the Chief Editor of the School Magazine & Newsletter for the last 18 years. Ms Uppal has Sharp Organizational and Managerial skills, executed as a member of the organizing committee for various Annual functions & events.

MENTOR PROFILES

Undergraduate Category

1. Uma Balan

Uma Balan has a Science, Commerce and Management background. She has worked as a Systems Engineer and the paradigm shift in education over the years, having functioned as a Head of Department, Headmistress, Deputy Director, Project Manager (Training), Head-Training and Development and is trained as a Career Coach. Uma's training include areas of Pedagogy, Life Skills, English Communication and Cyber Safety. She has contributed extensively towards building strategic relationships for the organizations where she has worked. As the Project Manager (Training) in an NGO, Uma has been the Implementation partner with organizations like CBSE, EQFI, NIOS, SCERT, IGNOU, MSDF, Infosys, Google, Intel, McAfee, Microsoft (for School Leaders), British Council, Adobe, HP Life, Honda for school development.

2. Shammi Proothi

She is a dynamic professional with over 17+ years of rich experience in leadership position in Jr Wing of well-known Private schools. She is post graduate in English literature from M.D. University and has done MSc. Educational Studies from University of Glasgow. She has worked both as teacher and administrator in leading schools of Faridabad. She has comprehensive experience in Admission process, Induction program for parents and newly admitted students. With expertise in curriculum planning and content development, also performed cross functional activities with various subject experts for growth and development of Jr wing staff. Extensive exposure to innovative methods of teaching learning activities for Kindergarteners and has successfully set up and established new ventures. She has also done Dissertation Research in Re-Envisioning Education in India which includes A

Roadmap to Sustainable Well-Being (Proposing K-12 Curriculum for Sustainable Well-Being for Indian Schools).

3. Amya Madan

Founder, Écrivons- You write, We discover. She is a certified Handwriting and Signature analyst. She is a graduate in Psychology Hons. from Delhi University and she is currently pursuing MBA (Innovation & Entrepreneurship) from SIBM, Pune. Council Member of WICCI, India-Malaysia Business Council. She has also completed her Advanced Diploma in French from Delhi University. My Venture, Écrivons- You write, We discover aims at providing personality Profile to individuals through Handwriting and Signature analysis.

Senior Category

1. Shiksha Jain

She is from Guwahati. She has completed her graduation in Psychology and currently pursuing her Masters in Psychology. She has her own venture of Career Planning and Mentoring in the name of Mind Prism. She has done various internships, attended various workshops and webinars. She is really interested in the field of psychology and is driven to do something extraordinary in this field.

2. Raaina Jain

She is a class 12th student from Mumbai. Currently studying commerce, she aspires to be a student of Journalism and Mass Communication in future. She is a published poet and writer in the beginning phase of this journey with a wish to express her thoughts, emotions and beliefs through words; words that would hopefully make people think. She also has a blog where she usually writes about things relevant to the present times. Before being a mentor with ANON Global Foundation for their Psycho-Social and

Mental Health Program, she was also an intern during their October 2020 School Internship Program.

3. Nishtha Madan

She is a final year student of BA (Hons) Applied Psychology. Studying this subject broadens her view point and helps her pay attention to different thought processes of people.

4. Palak Khatter

She is an enthusiastic psychology student who's currently pursuing BA. (Hons) Applied Psychology from Delhi University. As a psychology student, social work has been instilled in her because of being empathetic to everything possible. She loves mentoring, teaching and spreading her knowledge so people can become more aware of themselves. She is a leader who likes to take on responsibilities as it gives her more control and makes her less helpless in certain situations and it gives her the power to make a change in the world.

5. Jasmeet Kaur

She is from Faridabad, India. She is currently a B.Com program student in second year from Sri Guru Tegh Bahadur, Delhi University. She has keen interest in social work and public speaking. She is a part many Non Profit Organisations and serve them.

6. Luvkumar Sharma

He is currently a 2nd year student pursuing B.Tech in Computer Science Engineering. Apart from this technical course, he has a keen interest in exploring various non-technical fields so as to broaden his field of vision and think upon a particular topic with all the technical and non-technical aspects involved. He see himself as a very practical and realistic thinker and likes taking decisions which are backed with proven logical facts. Also his current goal is

to become self-sufficient enough so that he can also help others to the best way possible to make them self-sufficient as well, so he thinks that the best way of investment is investing in self and then investing in others when we start getting returns from the skills that we have invested in.

7. Riya Arora

She is a French language educator. She has chosen it as her profession as her passion is to impart her knowledge to others. Making others learn and learning from others is what she prefers as a responsible individual. She is a highly motivated, enthusiastic and dedicated educator who wants all children to be successful learners. She makes her students aware about different life skills which are actually important for them for confronting upcoming challenges of their lives. She is a social worker, she teaches students who don't have enough money to spend on their education as she believes social service is like a band-aid on the festering wounds of the society.

8. Iliina Arya

She is from New Delhi, India. She is currently studying in 12th grade in Delhi Public School, R.K. Puram. She is very passionate about Theatre, debating, writing, and social responsibility. All of her ECs, in fact, revolve around social work - nukkad natak on social awareness topics, writing about injustices in the society, and debating on socio-political issues! She also filed a petition to the Ministry of Women & Child Development on Change.org to criminalize marital rape in India and she is happy to have received the amount of support that she has.

9. Abha Sahay

As a project, content and social media sector professional, Abha has worked on various content-related themes including Hospitality, Business Success, Tourism and Sustainable Development with a

wide range of platforms including Private organizations, start-ups, NGOs, and freelance. Her experience comes from working for over 4 years across India, from the grassroots to project initiation and content design levels. She has a sound understanding of project management right from researching and writing content (website & social media) to strategizing content for social media platforms, websites with marketing monitoring stages. She is well versed with the latest management, content trends, SEO, team structuring and writing skills. Some of the major organizations supported by Abha include C.K.Birla Hospitals, TEDx Jaipur, PRISM Brain Map (India), Tanirikka (Twx Travels), V Resorts, and ANON Global Foundation. Abha provides a clear content strategy, drawing from her experience to any organization looking at executing a project, by developing and writing a precise content approach in delivering goods or services.

10. Anashwara Ravi

She has completed her MA Clinical Psychology from Amity University, she was working as a civic counselor under DCPCR.

Junior Category

1. Punya Chawla

She is in The Indian School. She is in 11th class. She has a lot of interest in debating and digital work like researching on new topics, movie making etc. Her favourite subject is accountancy. She is good in writing content on topics as well. She loves experiencing new things and taking up new challenges.

2. Hanisha Proothi

She is in 11th class. She did an online school internship program with Anon Global Foundation, after a great experience she did 2

mentorships in collaboration with YWCA of India. She has seen a lot of difference in her knowledge, speaking skills and behaviour.

3. Khanak Lashkari

She is in 11th grade who is keen about exploring different fields of study. She is currently Deputy Head Girl of her school and she likes to take initiatives. She has been with ANON since October and started as an intern but eventually landed up being a mentor. Currently she is developing interest in Entrepreneurship and she has two ventures coming up- 1) Umpteen Treasure focused on highlighting 21st century skills and 2nd one called CogniAce focused on niche related to humanities, social sciences, financial literacy etc.

4. Devansh Chaudhary

He is in 12th grade. He was the senior intern in October phase of the internship by Anon and chose to mentor junior interns, which he did twice. His entire journey with Anon was worth investing the time. He is a passionate programmer and junior tech entrepreneur. He loves to do social work, which forced him to start an organization for the same.

5. Palak Khatter

She is an enthusiastic psychology student who's currently pursuing B.A. (Hons) Applied Psychology from Delhi University. As a psychology student, social work has been instilled in her because of being empathetic to everything possible. She loves mentoring, teaching and spreading her knowledge so people can become more aware of themselves. She is a leader who likes to take on responsibilities as it gives her more control and makes her less helpless in certain situations and it gives her the power to make a change in the world.

TOPICS SELECTED AND ITS' SYNOPSIS

Let's take a sneak peak into the underlying objectives of each topic.

Undergraduate Internship Topics:

1. Gender Respect and Sensitivity

Gender sensitivity facilitates awareness of and reflection on personal gender biases, beliefs and attitudes. Being gender sensitive makes one appreciative and considerate of other gender's feelings and developing a sense of respect for them. This topic provided young people an opportunity to raise their awareness about the factors contributing to women subordination and their low participation in society. They were encouraged to contemplate personal beliefs and gendered roles in society, understand how women are treated as a neglected resource, often overburdened and undervalued. They were encouraged to build their knowledge on techniques and methods for achieving equitable integration and mainstreaming women, address patriarchy and global inequalities and enhance gender respect and sensitivity.

2. The Art of Saying No

Saying No isn't always easy, but it's sometimes necessary. It often takes courage to say No for the fear of rejection, anger or upsetting people. The topic The Art of Saying NO encouraged young people to not perceive NO as a negative mindset and understand that a No is as important as a Yes. It also acted as a stimulant to cultivate integrity by aligning their thoughts, words and actions and inculcate the power of a positive No. It encouraged them to stand their ground, set

healthy boundaries and say no with grace while focussing on their own priorities and values. It encouraged them to develop techniques and strategies of negotiations and learn the subtle art of saying no, thus, striking a chord with people and situations.

3. Is Digitally Connected Making You Socially Disconnected?

The explosion of digital and social media has opened up a new world of content, connections and networking, thereby, fundamentally changing the way we connect. This constant digital connectivity has resulted in a parallel increase in social disconnect, distanced people from one another and undercut the emotional benefits of face-to-face interactions. This topic encouraged young people to explore the world of digital media that offers one-way communication and connections that are shallow, superficial and lack empathy. It also encouraged them to analyse how bridging social capital diminishes bonding social capital, advances quantity over quality and impacts our wellbeing. It encouraged them to set priorities and device strategies to minimise digital addiction and switch over to healthy choices and meaningful relationships.

4. Decision making and Problem Solving

The key skills of decision making and problem solving are closely linked and require creativity and critical thinking. Problem solving is at the core of human evolution and utilizes decision making process. This topic offered young people the opportunity to understand the importance of these key skills and develop competencies to navigate through everyday life more effectively and efficiently. It also encouraged them to understand the criteria to make right decisions in life and

characteristics of good decision makers. It helped them to learn different approaches such as logical and methodical, creative or lateral thinking and academic or knowledge-based for effective problem solving. It also encouraged them to adopt strategies for good decision making and problem solving.

Senior Internships Topics:

1. One hour of mindful learning is better than ten hours of labour

Mindful learning is an effective tool to enhance students' awareness of learning and flexibility towards new ideas in learning. Engaging in mindful learning not only helps students avoid forming limiting mindsets, managing stress and minimising learning time, but also lengthens attention spans, enhances cognitive abilities and facilitates performance. This topic offered students an opportunity to comprehend the approach of mindful learning and its positive impacts on the social-emotional and academic growth of the learner. It helped them understand that mindful learning expands the ability to organize, prioritise and decide rather than limit and condense as in the case of long hours of mindless diffused learning. It encouraged students to ponder and rationalize how long hours of mind wandering learning undermines their performance. It further aimed to stimulate students to align all learning mindfully to enhance performance and minimise learning time.

2. Manage Your Emotions

Emotion management is the ability to be aware of and constructively handle both positive and challenging emotions. Through this internship topic, the young people were encouraged to enhance their emotional intelligence or EQ. This topic sensitised the young people that learning to react well or choosing how and when to express the emotions in productive ways is a choice and requires practice. It allowed them to learn that emotional management is a process to manage a range of emotions and the situations that trigger emotions. It encouraged them to explore skills and techniques to either effectively transform or release any negative emotion and develop a sense of understanding when it's best to speak out or wait before acting on what they feel. This topic also helps them to understand that emotional reactions influences not only other people but also the way they feel about themselves. Hence, this topic aimed to equip the young people with skills of emotional balance.

3. Reframing your Negative Thoughts

Depressive, anxious or negative thoughts are often a barrier to positive thinking and happiness and is detrimental to mental health. Reframing distorted and limiting thoughts requires mindful shift of perspectives and turns negatives into positives and failures into stepping stones of success. This topic allowed students to analyse the relationship between thoughts, feelings and behaviour. It aimed to sensitise the students that by paying attention to our thought process and challenging the unhealthy, negative mind traps can help break the cycle of negativity and replace them with positive thoughts. It encouraged them to discover strategies to shift their automatic thoughts and transform their health

outcomes and overall quality of life. Thus, this topic was chosen to empower students and encourage them to adopt healthy and positive thought patterns.

4. Listen to Learn

This topic allowed the young people to decipher the art of conversation and understand that conversation is both hearing and being heard. It helped them understand that art of listening is floundering in these days of reducing attention spans and compassionate connections; distinguish between hearing and listening; and benefits of active listening. It also encouraged students to make connections between good listening skills and great leaders of the world. It encouraged the students to explore small steps in our everyday life that can build listening skills with deliberate effort and practice and in turn build connections with others and self.

5. Impact of Media

With technology here to stay, the impact of Media has gone from being an entertainment extra to a fully integrated part of nearly every aspect of everyday life for many. This topic focused on the evolving impact of Media and to understand its wide array of influence on individuals and on macro-level entities such as the public, society and institutions. It encouraged the students to explore the beneficial and harmful effects of media on people, especially the young people's mental and physical health. It also aimed to encourage the young people to identify ways and techniques to promote healthy use of media among people and communities.

6. Handling Peer Pressure

Young minds are hypersensitive to the opinions of others and their place in social groups. Research suggests that areas of the brain associated with reward are more active when they are with peers - observing, interacting, participating or receiving feedback from others. Thus, they learn more quickly and are easily influenced in the presence of their peers. Keeping this in mind, the topic Handling Peer Pressure was chosen to encourage students to identify the overt and covert influences of their peers and identify the values of their social groups. It also encouraged them to understand the importance being associated with positive peers and learning strategies to handle or disassociate themselves from negative peer pressure. This topic also hoped to encourage students to themselves foster positive interests and values for others to emulate and seek out social groups that engage in positive or growth building and are goal-oriented.

7. Transforming Anger to Success

Successful people acknowledge and harness their full spectrum of emotions, including anger to achieve their goals. The topic Transforming Anger to Success encouraged the young people to embrace anger as an essential trial emotion and allow themselves to express it calmly and constructively. It also encouraged them to harness the positive powers of anger and transform it by cultivating a high emotional IQ through success breeding habits, routines and practices. It hoped to help them understand that holding on to anger and malice takes energy and effort and contaminates the mind; hence focusing on cultivating the strategies to use anger as a driving force and transforming anger can help them adopt

habits and practices to harness their will power and reach the pinnacle of success.

8. Cultivating the Winner Attitude

Teenagers view attributes such as intelligence, wealth and physical appearance as the most important ingredient for success. Whereas, people with experience and wisdom cite attitude as the most important attribute for success. Qualities such as integrity, commitment to excellence, resilience and positivity are choices grounded in attitudes and are a precursor to success in any field. The topic Cultivating the Winner Attitude hoped to encourage the young people to take an honest and closer look at what it takes to be a winner and shift perspectives from tangible materialistic tendencies to building beneficial attitudinal orientation from an early age; make mindful choices in everyday life to cultivate the winner attitude in themselves and set examples for the people around them.

9. Meet Yourself: Creating your Best Self

Becoming one's best self is not a distant aspiration or an unattainable dream, but, a journey paved with small steps and healthy habits; overcoming the limiting stresses and challenges and optimising all areas of one's life. The topic Meet Yourself: Creating your Best Self encouraged the young people to discard self-limiting mind traps and adopt evolving mindsets that promote positive thinking and the ability to be the best version of oneself. It encouraged them to understand that being one's best self is not an overnight transformation, but rather, a series of daily actions that lead to a healthier and happier life. It helped them to decode simple, yet powerful steps to eliminate the barriers, minimise

the limiting noise and expand the horizons to create the best version of themselves with ease and confidence.

10. The Magic of Yet

'Yet' is a powerful metaphor coined by Carol Dweck for perseverance and growth mindset - to turn a negative into a positive and cope with the inevitable and untried that poses as a challenge. The topic 'The Magic of Yet' offered the young people an opportunity to understand that every individual has the ability and power to improve and grow. It also helped them to comprehend that it's the beliefs that facilitate or impede one's ability to flourish. It encouraged them to inculcate the power of yet in their lives to bring hope, ignite a can-do attitude and be willing to learn from mistakes and setbacks. It also helped them to understand that patience, belief in self and not giving up creates an encouraging environment, helps one to persist beyond odds, hones the skills and unfolds the magic within self to make dreams a reality.

Junior Internship Topics:

1. Sleep - the Magic Potion for Well-being

This topic offered the students to explore the benefits of quality sleep for restoring energy, repairing cells and releasing essential hormones or for optimum functioning of human body. Studies prove that unhealthy sleeping patterns and lifestyles lead to deteriorating physical, mental and emotional health and cognitive decline of the youth. This topic encouraged the students to understand the impact of

this essential component of their health and set their priorities at an early age.

2. My Parents are My Superheroes

Children are always fascinated by the silver-screen superheroes - Spiderman and the Batman etc. with their superpowers and extraordinary strength to rise above odds. This topic encouraged the young children to look closer home and recognise the versatile roles that the parents play in raising their children - juggling responsibilities, being resourceful, having moral strength and being courageous to make impossible happen for their children. This topic helped children introspect and distinguish between reel-heroes and real-life heroes - the parents and realise the often overlooked, but significant role parents play in the overall development of children.

3. The Importance of Vitamin N (Nature)

Everything humans need to survive, and thrive, is provided by the natural world around us. Children especially have a natural affinity with nature. Yet, we have easily disconnected ourselves from the natural world. The rise of digital distractions has not changed our reliance on the natural world. This topic gave the young people an opportunity to understand the symbiotic relationship between humans and the ecosystem and also to investigate the reasons of decreasing affinity between the two. It also motivated children to recognise the co-relation between nature and children's overall development and their cognitive abilities.

4. Success Redefined- Happiness the New Currency

This topic encouraged the young people to decode the mantra of success. The conventional definition of success in terms of wealth and possessions might not necessarily bring happiness. The students were encouraged to explore and focus on what's important, meaningful and authentic that brings deep joy from within. The topic was meant to bring about a shift in perspective from desiring a standard of living defined by wealth to a quality of life defined by meaningful relationships, experiences and genuine well-being.

5. Etiquettes - the Science of Living

Etiquettes are the customs or rules governing behaviour that is regarded as correct or acceptable in social life. Through this topic, the young people were encouraged to reflect upon the importance of cultural norms, generally accepted ethical codes and the rules of treating each other. Sensitising children to inculcate etiquettes at an early age would enable them to earn respect and appreciation in the society, become more responsible, kind and compassionate and value relationships.

TEAM DETAILS

Undergraduate Category

Team: Egalitarians

Topic: Gender Respect and Sensitivity

Mentor: Uma Balan

S.NO.	INTERNS	STATE
1.	Drishti Jain	Odisha
2.	Sakshi Khatter	Haryana
3.	Aarohi Jain	Uttarakhand
4.	Darshneet Juneja	Delhi

Team: Say-No-Rita

Topic: The Art of saying “NO”

Mentor: Shammi Proothi

S.NO.	INTERNS	STATE
1.	Isha Kukreja	Delhi
2.	Sanjay Murali Krishnan	Karnataka
3.	Chetan Sawwalakhe	Maharashtra
4.	Gopika S	Kerala
5.	Arunima Pandey	Delhi

Final Presentation Session

Team Egalitarians

Topic : Gender Respect and Sensitivity



Drishti Jain Odisha
Darshneet Juneja Delhi
Sakshi Khatter Haryana
Aarohi Jain Uttarakhand



UMA BALAN (DELHI)

Join Zoom webinar
Monday, 4th January | 4.00 – 4.55 PM
Webinar ID :96059903703 | Passcode : 1234

Final Presentation Session

Team Say-No-RITA

Topic : The art of saying “NO”



Gopika S Kerala
Chetan Sawwalakhe Maharashtra
Arunima Pandey Delhi
Sanjay Murali Krishnan Karnataka
Isha Kukreja Delhi



SHAMMI PROOTHI (DELHI)

Join Zoom webinar
Monday, 4th January | 5.00 – 5.55 PM
Webinar ID :96059903703 | Passcode : 1234

Good luck for your presentation! May your efforts yield a positive outcome.

Team: Socially United

Topic: Is Digitally Connected Making you Socially Disconnected?

Mentor: Amya Madan

S.NO.	INTERNS	STATE
1.	Akshada Sunil Shitole	Maharashtra
2.	Madhav Deshpande	Maharashtra
3.	Maanya Jain	Himachal Pradesh
4.	Indu Verma	Uttar Pradesh

Team: Desi Beans

Topic: Decision Making and Problem Solving

Mentor: Amya Madan

S.NO.	INTERNS	STATE
1.	Arpita Nagpure	Maharashtra
2.	Bhumika Agarwal	Maharashtra
3.	Lopamudra Sahu	Odisha
4.	Sharon Angel Mathangi	Andhra Pradesh

Final Presentation Session
Team Socially United
Topic : Is Digitally connected making you Socially Disconnected?
Mentor: AMYA MADAAN (DELHI)
Join Zoom webinar
Tuesday, 5th January | 3.00 – 3.55 PM
Webinar ID :92023474975 | Passcode : 1234

Final Presentation Session
Team Desi Beans
Topic : Decision Making & Problem Solving
Mentor: AMYA MADAAN (DELHI)
Join Zoom webinar
Tuesday, 5th January | 4.00 – 4.55 PM
Webinar ID :92023474975 | Passcode : 1234

Good luck for your presentation! May your efforts yield a positive outcome.

Senior Category

Team: Mindspace

Topic: One hr. of Mindful learning is better than 10 hrs. of labour

Mentor: Anashwara Ravi

S.NO.	INTERNS	STATE	SCHOOL NAME
1.	Madhavan. H	Delhi	St. Mark's Sr. Sec. Public School
2.	Shuvangi Chakraborty	West Bengal	South Point High School
3.	Bhaskar Gupta	Delhi	RPVV D-1
4.	Janvi Shah	Maharashtra	GG International School
5.	Sarthak Datta	Delhi	Mahavir Sr. Model School

Team: Inside Out

Topic: Manage your Emotions

Mentor: Raaina Jain

S.NO.	INTERNS	STATE	SCHOOL NAME
1.	Shruti Tembhare	Madhya Pradesh	Sanmati H.S. School
2.	Prachi Atri	J & K	JK Public School
3.	Simran Behl	Delhi	Summer Fields School
4.	Aanshi Jindal	Delhi	Indraprastha World School
5.	Aashima Jain	Rajasthan	Subodh Public School

Final Presentation Session

Team Mindspace

Topic: One hour of Mindful learning is better than 10 hours of labor

MENTOR: Anashwara Ravi (Delhi)

Join Zoom webinar
Sunday, 3rd January | 06.00 – 06.55 PM
Webinar ID : 96059903703 | Passcode : 1234

Good luck for your presentation! May your efforts yield a positive outcome.

Final Presentation Session

Team Inside Out

Topic: Manage your Emotions

MENTOR: Raaina Jain (Maharashtra)

Join Zoom webinar
Monday, 4th January | 2.00 – 2.55 PM
Webinar ID : 96059903703 | Passcode : 1234

Good luck for your presentation! May your efforts yield a positive outcome.

Team: The Altruists

Topic: Reframing your Negative Thoughts

Mentor: Shiksha Jain

S.NO.	INTERNS	STATE	SCHOOL NAME
1.	Sarthak Singhal	Uttar Pradesh	GD Goenka World School
2.	Guneet Malik	Punjab	Shifaly international School
3.	Niki Hassani	Telangana	Aga Khan Academy Hyderabad
4.	Niyamut Kaur	Uttar Pradesh	K.D.B. Public School

Team: Frequency

Topic: Listen to Learn

Mentor: Nishtha Madan

S.NO.	INTERNS	STATE	SCHOOL NAME
1.	Ishaan Kalra	Delhi	K.R.Manglam World School
2.	Gayatri Madan	Haryana	Scholars Rosary Sr. Sec. School
3.	Yashika Mehendiratta	Delhi	Mahavir Senior Model School
4.	Garima Jain	Delhi	Mahavir Senior Model School
5.	Sanya Ahuja	Delhi	Mahavir Senior Model School

Final Presentation Session

Team The Altruists

Topic: Reframing your negative thoughts

MENTOR

Shiksha Jain (Assam)

Join Zoom webinar
Monday, 4th January | 12.00 – 12.55 PM
Webinar ID : 96059903703 | Passcode : 1234

Good luck for your presentation! May your efforts yield a positive outcome.

Final Presentation Session

Team Frequency

Topic: Listen to Learn

MENTOR

Nishtha Madan (Delhi)

Join Zoom webinar
Monday, 4th January | 3.00 – 3.55 PM
Webinar ID : 96059903703 | Passcode : 1234

Good luck for your presentation! May your efforts yield a positive outcome.

Team: Fourth Estate
Topic: Impact of Media
Mentor: Palak Khatter

S.NO.	INTERNS	STATE	SCHOOL NAME
1.	Pranjal Shrivastava	Rajasthan	Subodh Public School
2.	Maanvi Jain	Rajasthan	Subodh Public School
3.	Ahana Bajaj	Delhi	Modern School
4.	Tamanna Singhal	Delhi	Mahavir Senior Model School
5.	Manya Arora	Delhi	Bal Bharati Public School, Pitampura

Team: Pressurizing Agents
Topic: Handling Peer Pressure
Mentor: Ilina Arya

S.NO.	INTERNS	STATE	SCHOOL NAME
1.	Armaan Sood	Delhi	K.R. Mangalam World School
2.	Khwahish Bahri	Rajasthan	Subodh Public School
3.	Thirusha Tk	Delhi	St. Joesph School
4.	Diya Sher	Haryana	Modern Vidya Niketan
5.	Manasvi Verma	Delhi	Mahavir Senior Model School

Final Presentation Session

Team Fourth Estate
Topic: Impact of Media
MENTOR: Palak Khatter (Delhi)

Interns: Manya Arora (BAPS, Delhi), Pranjal Shrivastava (Subodh Public School, Rajasthan), Maanvi Jain (Subodh Public School, Rajasthan), Ahana Bajaj (Modern School, Delhi), Tamanna Singhal (Mahavir Senior Model School, Delhi)

Final Presentation Session

Team Pressurizing Agents
Topic: Handling Peer Pressure
MENTOR: Ilina Arya (Delhi)

Interns: Thirusha Tk (St. Joseph School, Delhi), Armaan Sood (K.R. Mangalam World School, Delhi), Khwahish Bahri (Subodh Public School, Rajasthan), Manasvi Verma (Mahavir Senior Model School, Delhi), Diya Sher (Modern Vidya Niketan, Haryana)

Join Zoom webinar
 Tuesday, 5th January | 12.00 – 12.55 PM
 Webinar ID : 92023474975 | Passcode : 1234

Good luck for your presentation! May your efforts yield a positive outcome.

Team: The Goal Diggers

Topic: Transforming Anger to Success

Mentor: Riya Arora

S.NO.	INTERNS	STATE	SCHOOL NAME
1.	Shambhavi Sharma	Rajasthan	Jayshree Periwal High School
2.	Aryan Maggo	Delhi	Laxman Public School
3.	Ayishath Thameeza	Kerela	Kunil Educational Institute
4.	Gauri Maheshwari	Delhi	Prabhu Dayal Public School
5.	Yashika Madhukar	Rajasthan	Jayshree Periwal High School

Team: Conquerors

Topic: Cultivating the Winner Attitude

Mentor: Luvkumar Sharma

S.NO.	INTERNS	STATE	SCHOOL NAME
1.	Praisya Daffodil	Tamil Nadu	Ebenezer Matriculation Higher Secondary School
2.	Taheli Bhaduri	West Bengal	Kendriya Vidyalaya Barrackpore (Army)
3.	Divyansh Mishra	Uttar Pradesh	Ewing Christian Public school
4.	Varuni Singh	Uttar Pradesh	Delhi Public School, Varanasi
5.	Manveen Kaur	Delhi	Amity International School, Mayur Vihar

Final Presentation Session
Team The Goal Diggers
MENTOR
 Topic: Transforming Anger to Success

Participants: Shambhavi Sharma (Rajasthan, Jayshree Periwal High School), Aryan Maggo (Delhi, Laxman Public School), Ayishath Thameeza (Kerela, Kunil Educational Institute), Gauri Maheshwari (Delhi, Prabhu Dayal Public School), Yashika Madhukar (Rajasthan, Jayshree Periwal High School).

Riya Arora (Delhi)

Join Zoom webinar
 Monday, 4th January | 6:00 – 6:55 PM
 Webinar ID : 96059903703 | Passcode : 1234

Good luck for your presentation! May your efforts yield a positive outcome.

Final Presentation Session
Team Conquerors
MENTOR
 Topic: Cultivating the Winner Attitude

Participants: Praisya Daffodil (Tamil Nadu, Ebenezer Matriculation Higher Secondary School), Taheli Bhaduri (West Bengal, Kendriya Vidyalaya Barrackpore (Army)), Divyansh Mishra (Uttar Pradesh, Ewing Christian Public school), Varuni Singh (Uttar Pradesh, Delhi Public School, Varanasi), Manveen Kaur (Delhi, Amity International School, Mayur Vihar).

Luvkumar Sharma (Maharashtra)

Join Zoom webinar
 Tuesday, 5th January | 2:00 – 2:55 PM
 Webinar ID : 92923474975 | Passcode : 1234

Good luck for your presentation! May your efforts yield a positive outcome.

Team: Awakening

Topic: Meet Yourself: Creating your Best Self

Mentor: Jasmeet Kaur

S.NO.	INTERNS	STATE	SCHOOL NAME
1.	Namrata Sharma	Punjab	Chitkara International School
2.	Sakshi Pandey	Delhi	Mahavir Senior Model School
3.	Rehaan Raj bajaj	Delhi	Modern School
4.	Gaurav Jain	Assam	Delhi Public School, Guwahati
5.	Daksh Jain	Delhi	Mahavir Senior Model School

Team: Young Change Makers

Topic: The Magic of Yet

Mentor: Abha Sahay

S.NO.	INTERNS	STATE	SCHOOL NAME
1.	Pranathi Kavuri	Telangana	St. Anns Junior College for Girls
2.	Prajal Akbari	Gujarat	St. Mark's Higher Secondary School
3.	Kriti Sood	Delhi	Mahavir Senior Model School
4.	Swastik Singh	Delhi	Mahavir Senior Model School
5.	Shalini Talukdar	Assam	Don Bosco School

Final Presentation Session

Team Awakening
Topic: Meet yourself: creating your best self

MENTOR
Jasmeet Kaur (Haryana)

Team Young Change Makers
Topic: The Magic of Yet

MENTOR
Abha Sahay (Rajasthan)

Team Awakening Interns: Sakshi Pandey (Mahavir Senior Model School, Delhi), Namrata Sharma (Chitkara International School, Punjab), Daksh Jain (Mahavir Senior Model School, Delhi), Rehaan Raj Bajaj (Modern School, Delhi), Gaurav Jain (Delhi Public School, Assam).

Team Young Change Makers Interns: Pranathi Kavuri (St. Anns Junior College for Girls, Telangana), Kriti Sood (Mahavir Senior Model School, Delhi), Shalini Talukdar (Don Bosco School, Assam), Prajal Akbari (St. Mark's Higher Secondary School, Gujarat), Swastik Singh (Mahavir Senior Model School, Delhi).

Zoom Webinar Information:
 - **Team Awakening:** Tuesday, 5th January | 5.00 – 5.55 PM | Webinar ID : 92023474975 | Passcode : 1234
 - **Team Young Change Makers:** Tuesday, 5th January | 6.00 – 6.55 PM | Webinar ID : 92023474975 | Passcode : 1234

Good luck for your presentation! May your efforts yield a positive outcome.

Junior Category:

Team: Inception

Topic: Sleep-the Magic potion for Wellbeing

Mentor: Khanak Lashkari

S.NO.	INTERNS	STATE	SCHOOL NAME
1.	Aarush Arora	Delhi	Delhi Public School
2.	Yash Lashkary	Rajasthan	Subodh Public School
3.	Panache Madan	Delhi	Delhi Public School
4.	Ojas Kapoor	Delhi	Amity International School

Team: Our Lifeline: Our Parents

Topic: My Parents are my Superheroes

Mentor: Devansh Chaudhary

S.NO.	INTERNS	STATE	SCHOOL NAME
1.	Shambhavi Madan	Haryana	Scholars Rosary Senior Secondary School
2.	Hitamsh Daga	Delhi	The Soveriegn School
3.	Uday Sood	Delhi	Mahavir Senior Model School
4.	Poorvi Gulati	Delhi	Prabhu Dayal Public School

Final Presentation Session

Team Inception
Topic: Sleep- the magic potion for Wellbeing

MENTOR
Khanak Lashkari (Rajasthan)

Join Zoom webinar
Monday, 4th January | 9:00 – 9:55 AM
Webinar ID :96059903703 | Passcode : 1234

Good luck for your presentation! May your efforts yield a positive outcome.

Final Presentation Session

Team Our Lifeline : Our Parents
Topic : My Parents are my Superheroes

MENTOR
Devansh Chaudhary (Uttar Pradesh)

Join Zoom webinar
Monday, 4th January | 10:00 – 10:55 AM
Webinar ID :96059903703 | Passcode : 1234

Good luck for your presentation! May your efforts yield a positive outcome.

Team: The Eco Minions

Topic: The Importance of Vitamin N (Nature)

Mentor: Hanisha Proothi

S.NO.	INTERNS	STATE	SCHOOL NAME
1.	Debopriya Gupta	Delhi	Mahavir Senior Model School
2.	Badrish M Aithhal	Karnataka	Podar International School
3.	Shaurya Setia	Delhi	Mahavir Senior Model School
4.	Anahita Gupta	Delhi	Mahavir Senior Model School

Team: The Bankers of Happiness

Topic: Success Redefined: Happiness the New Currency

Mentor: Punya Chawla

S.NO.	INTERNS	STATE	SCHOOL NAME
1.	Manya Prabhakaran	Delhi	Veda Vyasa DAV Public School
2.	Rudraksh Khanna	Haryana	Manav Rachna International School
3.	Aanya Sharma	Delhi	Mahavir Senior Model School
4.	Vansh Dawar	Delhi	Delhi Public School

Final Presentation Session

Team: The Eco Minions

Topic: The importance of vitamin N (nature)

MENTOR: Hanisha Proothi (Haryana)

Interns: Shaurya Setia (Mahavir Senior Model School, Delhi), Anahita Gupta (Mahavir Senior Model School, Delhi), Debopriya Gupta (Mahavir Senior Model School, Delhi), Badrish M. Aithhal (Podar International School, Karnataka)

Join Zoom webinar
Monday, 4th January | 1.00 – 1.55 PM
Webinar ID :96059903703 | Passcode : 1234

Good luck for your presentation! May your efforts yield a positive outcome.

Final Presentation Session

Team: The Bankers of Happiness

Topic: Success Redefined: Happiness the New Currency

MENTOR: Punya Chawla (Delhi)

Interns: Rudraksh Khanna (Manav Rachna International School, Haryana), Aanya Sharma (Mahavir Senior Model School, Delhi), Vansh Dawar (Delhi Public School, Delhi), Manya Prabhakaran (Veda Vyasa DAV Public School, Delhi)

Join Zoom webinar
Tuesday, 5th January | 10.00 – 10.55 AM
Webinar ID :92023474975 | Passcode : 1234

Good luck for your presentation! May your efforts yield a positive outcome.

Team: Life Learners

Topic: Etiquettes: the Science of Living

Mentor: Palak Khatter

S.NO.	INTERNS	STATE	SCHOOL NAME
1.	Haniya Kukreja	Delhi	Monfort School
2.	Yashvi Virmani	Delhi	Mahavir Senior Model School
3.	Yashmehar Kaur	Delhi	Mahavir Senior Model School
4.	Manvi Jain	Delhi	Mahavir Senior Model School

Final Presentation Session

Team Life Learners

Topic: Etiquettes: the science of living

MENTOR

Palak Khatter (Delhi)

Join Zoom webinar
Tuesday, 5th January | 11.00 – 11.55 AM
Webinar ID :92023474975 | Passcode : 1234

Good luck for your presentation! May your efforts yield a positive outcome.

ORIENTATION PROGRAM

- Orientation Program held for junior and senior internship program on 14th Dec, 2020 at 6 pm.



- Orientation Program held for UG internship program on 14th Dec, 2020 at 8pm.



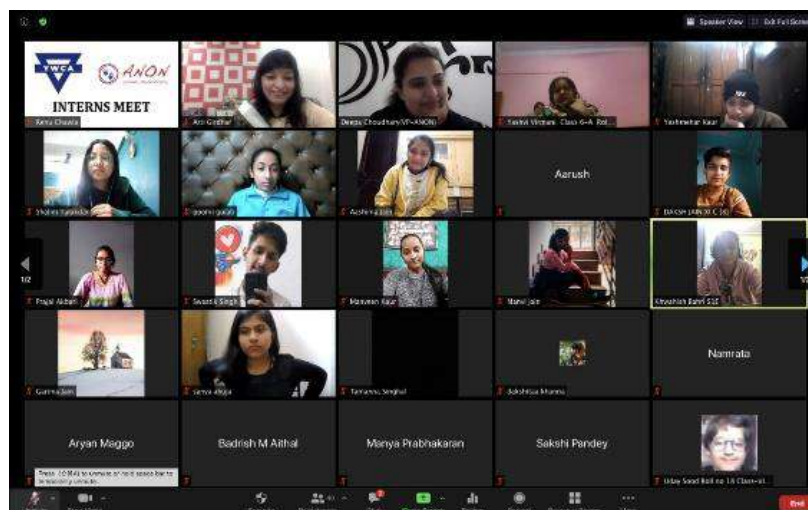
- All the interns and mentors were guided about the procedure of the internship through a presentation.
- In this meeting, the interns were divided into the groups according to their interest and preferred topic. Each group was appointed with a mentor to guide and assist them.
- These groups were sent in breakout rooms in zoom meetings to interact with their team members and identify their interesting name of team related to their topic.
- Mentors were guided to co-ordinate with their teammates time to time and help them to overcome the difficulties they were facing.
- They were given options for the dates of the presentation.

INTERNS, MENTORS AND JURY MEET

- Weekly meetings held with the junior mentors on 16th Dec, 2020 at 3:30 pm.
- Weekly meetings held with the senior mentors on 17th Dec, 2020 at 3:30 pm.



- Weekly meetings held with the junior interns on 21st Dec, 2020 at 05:00 pm.
- Weekly meetings held with the senior interns on 21st Dec, 2020 at 05:00 pm.



- Weekly meetings held with the junior mentors on 21st Dec, 2020 at 06:00 pm.
- Weekly meetings held with the senior mentors on 21st Dec, 2020 at 06:00 pm.
- A Mentors Meet was scheduled in order to be informed about their team's updates and progress and if there were any difficulties the mentors were facing with the interns.
- Mentors were guided to let the interns have their own meetings without the involvement of the mentor could work as what matters at the end is their work.
- A few directions and reminders were given to the mentors. All the mentors had to make/record a video for approximately one minute while the mentor and team members were interacting so that it could be shared with the interns on the day of the felicitation ceremony.
- The schedules for the final presentations were also shared in the meeting.
- The mentors were asked to convince their teams to be available during the time slots appointed to them as changes will be difficult and also to confirm the entire team's availability.
- Anon team asked the mentors about ideas & approaches being applied by them for their projects.
- The mentors shared their confidence & worries about their teammates.

SCHEDULE

Final Presentations by Junior, Senior and UG groups: 04th Jan and 05th Jan, 2021.

You are Invited for Final Presentations of Internship Program

Monday, 04th Jan 2021

TIMINGS	GROUPS
09:00 – 09:55 am	#JR 1: Sleep-the Magic potion for Wellbeing
10:00 – 10:55 am	#JR 2: My Parents are my Superheroes
11:00 – 11:55 am	#SR 1: One hour of Mindful learning is better than 10 hours of labour
12:00 – 12:55 pm	#SR 2: Reframing your Negative Thoughts
01:00 – 01:55 pm	#JR 3: The Importance of Vitamin N (Nature)
02:00 – 02:55 pm	#SR 3: Manage your Emotions
03:00 – 03:55 pm	#SR 4: Listen to Learn
04:00 – 04:55 pm	#UG 1: Gender Respect and Sensitivity
05:00 – 05:55 pm	#UG 2: The Art of saying "NO"
06:00 – 06:55 pm	#SR 7: Transforming Anger to Success


 ID: 96039903703
 Passcode: 1234

You are Invited for Final Presentations of Internship Program

Tuesday, 05th Jan 2021

TIMINGS	GROUPS
10:00 – 10:55 am	#JR 4: Success Redefined: Happiness the New Currency
11:00 – 11:55 am	#JR 5: Etiquettes: the Science of Living
12:00 – 12:55 pm	#SR 5: Impact of Media
01:00 – 01:55 pm	#SR 6: Handling Peer Pressure
02:00 – 02:55 pm	#SR 8: Cultivating the Winner Attitude
03:00 – 03:55 pm	#UG 3: Is Digitally Connected Making you Socially Disconnected?
04:00 – 04:55 pm	#UG 4: Decision Making and Problem Solving
05:00 – 05:55 pm	#SR 9: Meet Yourself: Creating your Best Self
06:00 – 06:55 pm	#SR 10: The Magic of Yet


 ID: 92023474975
 Passcode: 1234

Undergraduate Presentations

Slot No.	Team	Topic	Date	Timing
#UG 1	Egalitaria -ns	Gender Respect and Sensitivity	04-01-2021	4:00 PM
#UG 2	Say-No- Rita	The Art of saying "NO"	04-01-2021	5:00 PM
#UG 3	Socially United	Is Digitally Connected Making you Socially Disconnected?	05-01-2021	3:00 PM
#UG 4	Desi Beans	Decision Making and Problem Solving	05-01-2021	4:00 PM



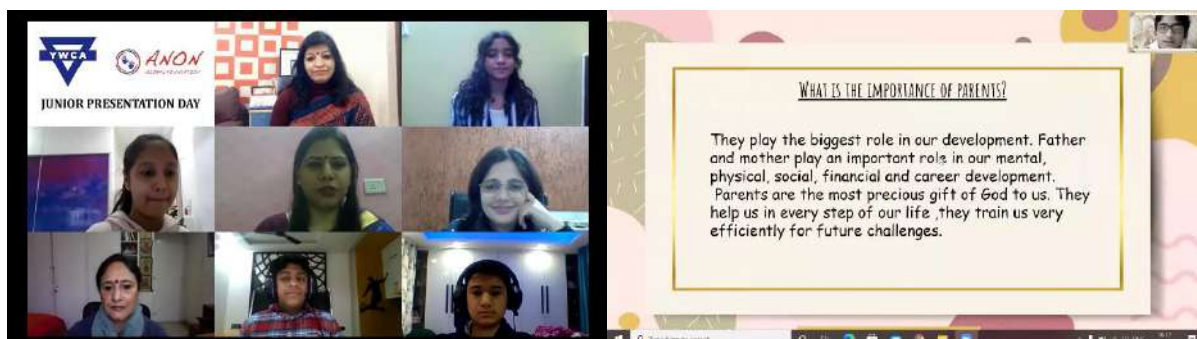
Senior Presentations

Slot No.	Team	Topic	Date	Timing
#SR 1	Mindspace	One hour of Mindful learning is better than 10 hours of labour	04-01-2021	11:00 AM
#SR 2	The Altruists	Reframing your Negative Thoughts	04-01-2021	12:00 PM
#SR 3	Inside Out	Manage your Emotions	04-01-2021	2:00 PM
#SR 4	Frequency	Listen to Learn	04-01-2021	3:00 PM
#SR 7	The Goal Diggers	Transforming Anger to Success	04-01-2021	6:00 PM
#SR 5	Fourth Estate	Impact of Media	05-01-2021	12:00 PM
#SR 6	Pressurizing Agents	Handling Peer Pressure	05-01-2021	1:00 PM
#SR 8	Conquerors	Cultivating the Winner Attitude	05-01-2021	2:00 PM
#SR 9	Awakening	Meet Yourself: Creating your Best Self	05-01-2021	5:00 PM
#SR 10	Young Change Makers	The Magic of Yet	05-01-2021	6:00 PM



Junior Presentations

Slot No.	Team	Topic	Date	Timing
#JR 1	Inception	Sleep-the Magic potion for Wellbeing	04-01-2021	9:00 AM
#JR 2	Our Lifeline : Our Parents	My Parents are my Superheroes	04-01-2021	10:00 AM
#JR 3	The Eco Minions	The Importance of Vitamin N (Nature)	04-01-2021	1:00 PM
#JR 4	The Bankers of Happiness	Success Redefined: Happiness the New Currency	05-01-2021	10:00 AM
#JR 5	Life Learners	Etiquettes: the Science of Living	05-01-2021	11:00 AM



JURY FEEDBACK

Undergraduate Presentations

1. Gender Respect and Sensitivity

Dr. Alka complimented the team for their well-researched presentation and for going into various aspects of the topic. She asked them to edumbrate on gender mainstreaming.

Arohi answered how all the genders should be treated at par thereby aiming for no discrimination.

Despite the goodness, there were some flaws. Dr. Alka recommended them to bring in a flow in their presentation as they run through one subtopic to another. She noticed a lack of teamwork. She also advised them to mention the sources of their research.

Ms. Sahay expressed her views on how tough the topic was. Merely gender equality would've been easier. She said that incorporating LGBTQ in their presentation was commendable. She gave beautiful insights on the topic which took up most of the time of the question-answer session.

2. The Art of saying "NO"

Ms. Sahay opened the question-answer session by asking whether the females were different from males in regards to saying "no" and did girls say 'Yes' more often than the latter. One of the interns replied that 72% participants were girls who said say yes more often. The reason for this roots back to Indian girls' background and culture of how they shouldn't go against the wishes of their family which, in turn, represses

their rebellious nature. Another intern expounded further on how men are considered bolder, they know what they want with life.

Consequently Dr. Alka felicitated them for the swift flowing presentation made coupled with their terrific teamwork. She asked them to provide positive effects of peer pressure. An intern answered how she's a person who needs a push to achieve something. Her friend suggested her the internship at Anon and pushed her to do it saying learning never stops. The intern couldn't be more grateful for the peer pressure.

She complimented the team for relating their topic to real life. She further enquired for examples from today's time about saying "No"

One of the interns mentioned Greta Thunberg, how she stood against climate change, and how her voice spoke so many volumes that it reached platforms like United Nations.

Ms. Aparna Sahay exalted the team for their excellent presentation. She was giving her closing remarks as she elucidated how saying no on a digital platform is umpteen necessary and that all should learn this life-skill in a tender age. Thus, it marked a fruitful end of the final presentation session.

3. Is Digitally Connected Making you Socially Disconnected?

Miss Aparna presented her views about the presentation as the presentation was excellent and the team's understanding of the concept was crystal clear, the survey could've been better, but the movie was unfortunately not audible. She questioned the team that as they had but a lot of light in the pandemic context but the digital connection was there even

before the pandemic so what were the things which were bothering the team before the pandemic. Akshada Shitole, an intern presented her views well-defined followed by Manya Jain.

Next Dr. Alka put up her perspective about the session, she congratulated the students and the mentor for putting up the presentation well, the deep research done was completely visible, the thing she inquired about was who was the person that the team followed when they were given this topic, how did they distribute the work to be done and how did the team come to the same page for deciding the subtopics. Madhav Deshpande from the team explained his answer painstakingly. Next, she mentioned the flaws which could've been improved in the presentation which were the lack of connecting the topic when the team was shifting members as well the mentioning of the resources in the presentation and the solutions to the problems. She also asked the team who coined the internet addict term. Indu Verma from the team mentioned that no one from the team was much addicted to the internet. She asked the adults to observe how frequently they looked at their devices as 40% of the adults look up their devices every 10 mins. She shared a few facts about their topic which were indeed relatable to the team. She mentioned that the team might have added meditation or mindfulness exercise in the presentation to make it more interactive and connected with the jury. Ms. Arpana added her experience which was delightful.

The amount of work and time that was put into the making of the presentation was enthralling and much appreciated. The presentation was very well received by everyone. The information in the presentation and the additional reference material provided was both fascinating and timely.

4. Decision Making and Problem Solving

Aparna Sahay begins with saying she expected a bit more, the whole project revolved around more of gender basis analysis on decision making. They missed their film/short movie in their presentation. They have covered mental health point of view, managerial point of view rather than a “life management point of view”. Planning has to be done or rather is being done in our every-day life, in small or big aspects, which we are not aware of. At every stage of life we have certain decisions. She asks the mentor why her team had a different point of view compared to how the framework was set. She replies that the analysis was mainly done in a age group of women who were married and their project mainly concentrated on girl-power, education, whether they really make decisions for themselves. She emphasizes on the point of self-awareness regarding decision making.

Ms. Alka Saxena starts with saying that she loved the slides, the clarity they portrayed and the point-format in which they were presented. She further states that their questionnaire had deviated a bit from main point, so what was their objective or aim they tried to convey through this presentation. The mentor defines the three parts of the questionnaire and the mental health part of the girl child – education in the society. It would have been better if they stuck to lesser number of points and the questionnaire was a bit shorter. She further asks them a few questions on problem solving. She too mentions that self-awareness is very important and apart from that, critical and creative thinking are also important which was not a part of this presentation.

Senior Presentations

1. One hour of Mindful learning is better than 10 hours of labour

Dr. Namita starts with saying that this is a very interesting topic, and especially students of this age will find it very relatable to their own life. She adds on that, the members were constantly saying that they suffered from certain tech-glitches, it is a team-work, if one member is not present, others have to take on that part and cover-up completely. Though the effort put in was truly remarkable by the students. She asks the members what they really meant by effects of practising yoga and meditation to help learn mindfully. One of the members was asked to define the topic in his own words and Ms. Namita found it really good, since the students had really learnt and understood the topic well.

Ms. Raashima Verma asks to whom the surveys were sent. The answer came that the survey was mainly done between students of high school. She continues that the pie chart or the diagrams had different colours for yes and no, if they had been visually consistent it would have been easier for the audience. She adds on that there was better scope for analysis of the data. Over all the presentation could be better and later she points out some spelling errors found too.

2. Reframing your Negative Thoughts

Ms. Namita Sharma was pleased with the students' performance, remarking it as a "good job". She admired the understanding of the deep topic by the young minds and appreciated the "abundant" content presented by them and the depth of the research. She applauded their examples and

the tools used by them. Motivating them to do better, she pointed out that they could have used more examples to make the presentation more practical and encouraged them to have proper structuring of the content.

Ms. Shammi Proothi presented her outlook on the presentation by stating it as a 'wonderful' presentation and was inspired by the great message conveyed by the movie. She complimented the examples presented by them, especially the 'rice and water' experiment, which she could relate to her day-to-day life. She proposed a question to the students, asking for their judgement on why they thought that this problem of negativity is prominent in today's generation, to which one of the students replied that she thought that it was because of the undying desire of today's generation. Ms. Shaami added to it further by saying that it could be an adverse effect of social media.

Ms. Arti Girdhar commended the students' performance and the improvements made by them since their last performance. She appreciated the participants' good insight. She did, however, ask them to work on their hand gestures to interact with the audience more.

Overall, the presentation was a success and really insightful for the audience as well as the jury. The unique ideas and approach towards tackling the problem of negativity put forward by the students was truly appreciable.

3. Manage your Emotions

Dr. Namita Sharma was dazzled with the beautiful work and the transition used by the team. She admired the videos put in and the use of simple language. She even praised the topic,

calling it the 'call of the hour' and even proposed that we are rather spiritual beings instead of human beings. Dr. Namita raised a few questions, one of them being the relation between balance and emotion. One of the interns replied that if a person is not emotionally balanced, then it affects the body. The second question was whether EQ is more important or IQ. The answer given was that EQ is more important to have a cordial relation with others and a good social life. The last question was that if somehow one is triggered emotionally, should he/she act or react. The intern answered confidently saying that when you act logic exists, but a reaction is impulsive and it's reflex.

Ms. Shaami Proothi cherished the presentation. She added that if we correct our insides, the outside becomes even prettier. She recommended that venting out healthily is a good habit. She put up a question to the team, asking about the difference between emotion and feeling. One of the interns answered beautifully to it, saying that emotion and feeling are two different sides of a coin. Emotions can be measured while feelings are a mental aspect.

By and far, the presentation was an enlightening experience for the jury members as well as the audience. The jury was truly impressed by the team's work and their approach towards the topic.

4. Listen to Learn

Dr. Namita Sharma complimented the team's artistic and quirky approach towards the topic and the beautifully woven concept of marathon and listening. She was impressed with the interns' presentation, the analysis and the distinctive way in which they conducted the survey. She posed two questions

to the team, first being how can the habit of listening be developed and second, what is the relation between silence and listening. The team answered confidently to both the questions saying that to be a good listener, one has to be curious and interested in the discussion and has to catch the words by heart and not ears. For the second question, one of the interns replied that silence and listening have a deep relationship. Silence is the key to success and forces a person to listen.

Ms. Shaami Proothi, too, admired the marathon analogy presented by the interns and the amount of research done by them. Even she raised a question, enquiring about the importance of body language in a conversation. One of the interns answered it saying that it is, indeed, important. Gestures like eye contact with the speaker, having a keen position and sitting straight leads to a good conversation. To this, Ms. Shaami added that nodding and smiling also act as inviting gestures.

On the whole, the presentation was truly a success, owing to its peculiarity and the efforts put in by the interns. Their concept of marathon truly stood out and was one to remember.

5. Impact of Media

Dr. Namita was impressed by the introductory video of the team. She strongly objected how team showed sex education in movies as good but drug education was not considered right. She added that personal views or judgements should not be included in a presentation. She asked a question about how sex and drug education should reach the viewers. The mentor, Palak Khatter, answered by saying the education

should be incorporated in school curriculum so that the students perceive it in correct manner.

The next question asked by her was how can impact of media be controlled on the new generation. Intern, Manvi answered the question saying firstly awareness of how media can impact us is necessary and secondly restrictions should be placed. Palak added to this and said discussion with peers can also help.

The question that followed was, how much freedom of expression should be there? Team member Manvi said that freedom of expression is important as it is the basis of democracy but one's freedom of expression should not harm other people's emotions.

Ms. Rashima said the topic was interpreted in a nice way and many good aspects of it were picked up by the time. She was fascinated by the data analysis and the takeaways of the team from it. According to her one thing that could have been added to the presentation was solutions to cope up with the negative impact of media.

The team learned many new things about media which is absolutely needed in the world where social media has become an important part of life.

6. Handling Peer Pressure

According to Dr. Namita, the team caught the attention of everyone in the very starting and the most interesting part of the presentation was the impactful introduction that made everyone sit through the presentation. She was impressed by the way team picked the topic up.

According to her, what was missing in the presentation was a solution of handling peer pressure, love yourself. The whole presentation revolved around loving yourself but the keywords were missing.

The question she asked was "Is anyone in one's life important enough to impact us or enter our inner space?"

Team members Diya Sher and Khwahish Bahri answered the question saying no-one should be allowed to take decisions for you because you are what you have in the end. The answers gave the impression that the team has learnt from the presentation.

Ms. Rashima loved how the team reflected the topic perfectly and presented it wonderfully. One question posed to the team was if one kind of peer pressure is stronger than the other (direct and indirect).

Interns Armaan Sood and Khwahish Bahri and the mentor Ilina Arya all answered the question differently. According to Armaan and Ilina, direct pressure is stronger while according to Khwahish, it depends on the person dealing with it. Ms. Rashima said that emphasis should have been laid on which pressure is harder to resist.

Another question asked by her was the reason why peer pressure is felt most during teen years. Diya Sher tackled the question by saying it was because of the hormonal changes.

The jury mentioned how peer pressure in adults was not included anywhere in the presentation. Even though there were a few points that were missed, the jury loved the presentation and found it engaging. The team gained a new viewpoint of the topic peer pressure which is quite necessary

in this world full of people trying to force others to involve in activities of their choice.

7. Transforming Anger to Success

Dr. Namita started by praising the commendable job of mentor, Riya Arora. She said that the presentation was very interesting and the team presented it wonderfully. She asked the team that whether silence can help with anger. Intern Thameeja answered by saying absolutely because it doesn't necessarily mean being quiet, it means cutting off distractions and toxicity.

Mam, then asked the team about their take on leaving the past and not worrying about the future. Intern Shambhavi Sharma said that we should learn from our past but not worry about it and we should plan our future. Thameeja added to this by saying that mediation can help in everything. Gauri added said that even in Mahabharata, Shri Krishna said that we should not worry about our past and future because what we have in our hand is present.

Shaami Mam found the presentation engaging and she absolutely loved the ending by Aryan Maggo. She corrected the team's statements about controlling anger by saying that anger is an energy that should be transformed and not controlled.

The question she asked was "Is anger genetic or is learnt and is it gendered?" Shambhavi Sharma responded that anger is not genetic but is learnt after interaction with the environment. And that boys tend to get angrier because of the hormone testosterone. To this, Yashika added that the patriarchal nature of societies is also the reason behind the

angrier nature of boys. Ms. Shaami absolutely loved the answer. The team learned some valuable lessons about anger management while researching and also improved their life skills.

8. Cultivating the Winner Attitude

Dr. Namita Sharma opened her remarks by quoting the 30 minute long presentation as a “Good Takeaway” for them. Following this, honorable jury member appreciated the various quotes such as “Instead of WHY ME, say TRY ME” used by the Team during the course of the presentation. Ms Namita then appreciated the Teams effort and also complimented the expressiveness by which each intern presented. After her remarks, Ma’am put forward a question to the “Conquerers” and asked what should be the step forward if after following all the steps of Winners attitude, an individual still faces setbacks.

To this, intern- Varuni replied that identifying the aspect holding us back from achieving victory, and working upon it may lead us to success. Dr Namita added by saying that winning attitude is about learning and moving ahead in life rather than dwelling on failures. With this, Dr. Namita closed her remarks.

Ms Rashima started by noting the vastness of the topic and the difficulty that the team might have faced to accommodate their research in a crisp presentation. However, respected panelist added to the feedback by saying that the Team could have added some famous research work done by theorists such as the Marshmallow Experiment. She further briefly explained the experiment and made sure that the interns

realize the significance of exploring the science behind a topic.

The remarks of the jury closed by giving the interns constructive criticism and positive encouragement, which would definitely prove to be instrumental in their growth and improvement.

9. Meet Yourself: Creating your Best Self

Dr Namita, began her remarks on the presentation by acknowledging the team's successful attempt to initiate an awakening process, especially in her. Further, she appreciated the way the team commenced their presentation with a very interesting comparison drawn between Humans and Machines. However, Dr. Sharma did note that presentation wasn't well connected whilst commending the beautiful slides made by the team.

Dr. Namita closed her remarks by applauding the commendable efforts done by the mentor, Jasmeet Kaur in helping the team with researching.

Dr. Namita put forward a question to the team and asked how self-sabotage and pride hamper the process of bringing out the best selves in us. To this, the team replied that self-sabotage hampers growth of a human being and pride prevents learning.

Ms Rashima commenced her feedback by applauding the team's efforts. Henceforth, she commented that the presentation was too "broad" and covered too many aspects, making it not too well contained. Following this, Ms Rashima asked all interns to give a brief description of the learning that they had while researching on their topic. The answers ranged from acceptance of strengths and weaknesses to

choosing your own path. This closed the presentation on a positive note.

10. The Magic of Yet

Dr. Namita commenced her review by appreciating the Team's commendable efforts and immense and thorough research done on the given topic. She further critiqued that the presentation somehow derailed from the original topic and covered aspects which were unrelated. Dr. Namita noted that the presentation lacked solutions to the problems described by the team.

Ms Rashima appreciated the way the team began their presentation but again noted that the presentation wasn't a holistic one. She further complimented the in depth research done by the interns, however, stressed on the fact that the topics weren't connected with each other. Ms Rashima asked the team to explain the relation of the questions taken up in the presentation to the topic given. The mentor, Abha Sahay then explained that the connection and relevance of the different aspects which were taken up.

With a brief discussion on the various interpretations of the given topic, the jury feedback came to a close.

Junior Presentations

1. Sleep-the Magic potion for Wellbeing

Miss Payal Uppal presented her views and mentioned that the presentation had been completed with a tremendous amount of research which was praise worthy. She also appreciated Anon Global Foundation for precisely choosing the topics for the internship, she admired the mentor, Khanak Lashkari for mentoring and guiding the interns so well. She investigated to the young minds that someday or the other we go to bed early but our body is still asking us to sleep. Ojas Kapoor, an intern explained his views on the questions in a very exhaustive manner followed by Aarush Arora. She also enquired about how does the young mind balance out the corporate time zone culture which indeed had been crashed out onto which Aarush Arora presented a thorough answer into which Ojas Kapoor and Panache Madan added his views.

Next Miss Jyoti Bajaj put her perspective about the presentation as her experience was very lively especially admired each and every intern for the best of their efforts and complemented the mentor and their dedication towards their work. She interrogated that what according to the team were the major causes of difficulty in falling asleep with primary focus on teenagers. Panache Madan expressed her thoughts painstakingly onto which Ojas Kapoor, Yash Lashkary and Aarush Arora, all of them added their opinions. Ms. Jyoti emphasized on the significance of vacating the electronics at least 2 hours before sleeping. She also wanted the team to present their perspective if its important to have a fixed sleep schedule. Each member of the team disclosed their views. Both the jury acknowledged the hard work the team put in.

The amount of work and time that was put into the making of the presentation was enthralling and much appreciated. The presentation was very well received by everyone. The information in the presentation and the additional reference material provided was both fascinating and timely.

2. My Parents are my Superheroes

Miss Payal Uppal presented her views and mentioned that how lovely the morning was when they were talking about gratifying emotions and feeling blessed with the best parents and really our parents are superheroes in every perspective. She mentioned that the presentation session was full of emotionally connected research which showed colors and each member attempt to bring in the picture of their parents in front was much understood and appreciated. She was curious to know the team's views on generation gap between the children and parents and how do they reassure that parents indeed are there for us, behind us, with us and eventually in front of us. The question was meticulously responded by Poorvi Gulati, intern and further followed by Devansh Chaudhary, Mentor by elaborating it with a beautiful example.

Miss Jyoti Bajaj admired the hardwork and efforts put into the presentation. She put on a different perspective, the harsh reality of the topic and wanted the young minds' take on the fact of separated or abusive parents where the children don't agree to the thing that parents are our superheroes. Uday Sood expressed his explicated views on the particular question into which the mentor added his views. Both the jury acknowledged the hard work the team put in. The only thing which the judges panel found missing was that someone from the team would drag their parents into the frame which

would create a more emotionally connected environment. The interns also had a few questions to the jury which was much appreciated.

The amount of work and time that was put into the making of the presentation was enthralling and much appreciated. The presentation was very well received by everyone. The information in the presentation and the additional reference material provided was both fascinating and timely.

3. The Importance of Vitamin N (Nature)

Ms. Payal Uppal appreciated the children and praised of being very 'futuristic' children. She was sure that the children did an excellent job in their research and presentation .She loved their positivity and adds on that nature has winded up us, so it is our ethical duty to protect it. Two terms "logical literacy" and "social/natural activist". A slogan "there is enough for everybody's need but not for everybody's greed", by Gandhiji is common; she asked the team members' opinion on it. She got a satisfying answer and again praised the students on their hard work.

Ms. Jyoti Bajaj also remarked the that the team had worked really hard and appreciated the fact that the topic was so diverse , it was amazing to see the amount of content they had put up in their slides from bio-diversity , ecological balance , ways of conservation to human interaction with each of them specifically. The way they had made the slides with the content summed up everything beautifully .She asked the interns about 'e-waste; its causes and the ways to reduce it' which was followed by an appropriate answer , she added that there are many organizations dealing with this at present and helping recycle them to preserve the environment. She

felt very heart-warming as she got answers from the team members. She asks the interns to spread the message and create awareness on this issues and she also asked along with that the positive effects on nature during this pandemic and what communicating with nature really means. She advices everyone to appreciate and express gratitude towards nature which has nurtured us and also spend time conserving nature and protecting it as a return. Finally she again says that the team had really done a good job, with the whole content and every specification of their topic in details and also being well-informed about them in along with it.

Shaami Ma'am expresses her view that the interns had uphold the fact that rather than joining eco-clubs we should volunteer, a harsh reality in today's life. She asks the interns that how can they manage volunteering in this pandemic when they cannot go out of their house frequently .An intern suggests the process of composting and waste segregation , which are some easy practices we can do in our home itself , she found the answer fantastic and praised the interns of doing their fabulous job.

Overall the jury members loved this whole presentation and wished them the best of their luck for their future.

4. Success Redefined: Happiness the New Currency

Ms. Payal Uppal enlightened the students by wishing them their credits would increase. While praising students for their detailed research on the topic, she also incremented a point that joy isn't peripheral; it starts with you. She demonstrated it is not in things around you; it is in you. Also, one shouldn't have to try to be happy; he/she should understand where happiness comes from; when we are trying to be happy, we

are just macerating. Happiness is an attitude - what we are feeling within. She gave an example of her jolly father, who entertains others and himself by making jokes about him to explain her point more effectively. Her question to the student was should they compromise their happiness for others? The answer to this question was given by Manya Prabhakaran, who stated that when we are compromising our happiness for others, we will still feel happy seeing them joyful, she went on saying that a sense of satisfaction also comes from the betterment of others, and hence, it is obvious to be happy seeing others. Another question posed by Ms. Payal was do expecting too much happiness ends happiness? Rudraksha agreed with the question and responded that happiness is usually overpowered by greed in this kind of situation. Aanya also put forth her point by saying that the hunger for happiness is never-ending, hence in the end, it will not necessarily end as happiness.

Ms. Jyoti Bajaj especially loved the point that happiness is relative. She explained it more clearly by stating that the thing that makes you happy doesn't need to make her happy and vice versa. According to her, happiness should be defined in the contextual matter, considering subjective well-being, mental-emotional state, joy, or contentment. While explaining this, she asked the interns to present one open strategy to deal with failures and still be happy. Rudraksha stated that one should turn failure into a learning opportunity to succeed next time. Manya also added to it by asserting that losses are as much necessary as a success because if we keep becoming happy, the hunger to achieve more will reduce; accordingly, she proposed that instead of taking failure negatively, we should just learn something from it and use the same knowledge to succeed in subsequent times. Ms. Jyoti loved both answers and motivated interns by saying, "Those

who dare to fail miserably can achieve greatly." Another question by Ms. Jyoti was, what one change do you wish to see in the world to make it a happier place. Rudraksha answered that people shouldn't be running after materialistic happiness and should be contented with what they have instead of thinking about what they don't. Aanya also added that we shouldn't think much about the future and preferably focus on the present.

The presentation was edifying and flawless; it provided everyone with a new way of living where success isn't money or materialistic anymore. It taught us to use the currency of happiness to determine our success, and that's was what the presentation about.

5. Etiquettes: the Science of Living

Miss Payal Uppal presented her views and mentioned that the team's name was very nice, she appreciated the mentor for nurturing the interns so well that she could observe a very genuine bond with the young ones. She appreciated the enthusiasm present with all the dramatic skills displayed was amazing. The one thing that she found was missing to make the session wholesome was inclusion of etiquettes on social media, as she was missing their views on the same she asked the team to present their views. Haniya Kukreja from the team presented her views delightfully. She interrogated the team about safety along with etiquettes, Haniya elaborate her experience regarding the same into which Palak Khatter, mentor added her perspective.

Next Miss Jyoti Bajaj put her perspective about the presentation as she was overwhelmed by the little girls talking about the theory of the topic. She treasured the

wonderful presentation and mentioned that the animation was really good. She inquired the team about any etiquette in Indian culture they thought was missing in the ppt. she wanted the whole team to answer turn by turn starting with Haniya and Manvi Jain added her perspective. Both the jury acknowledged the hard work the team put in.

The amount of work and time that was put into the making of the presentation was enthralling and much appreciated. The presentation was very well received by everyone. The information in the presentation and the additional reference material provided was both fascinating and timely.

EVALUATION SHEET

Undergraduate Category

SLOT NO.	TOPIC	UNDERGRADUATE JUDGEMENT CRITERIA						
		CONCEPT & CONTENT FLOW	CREATIVITY & EXPLANATION	TEAM WORK & COORDINATION	DATA COLLECTION & ANALYSIS	MOVIE MAKING	Q & A	TOTAL
		20	20	20	20	20	20	120
#UG 1	Gender Respect and Sensitivity	15	12	10	15.5	17.5	11	81
#UG 2	The Art of saying "NO"	17.5	17.5	17.5	14	17.5	16	100
#UG 3	Is Digitally Connected Making you Socially Disconnected?	14	14	11	11	11	11	72
#UG 4	Decision Making and Problem Solving	14	15	13	14	12	11	79

Senior Category

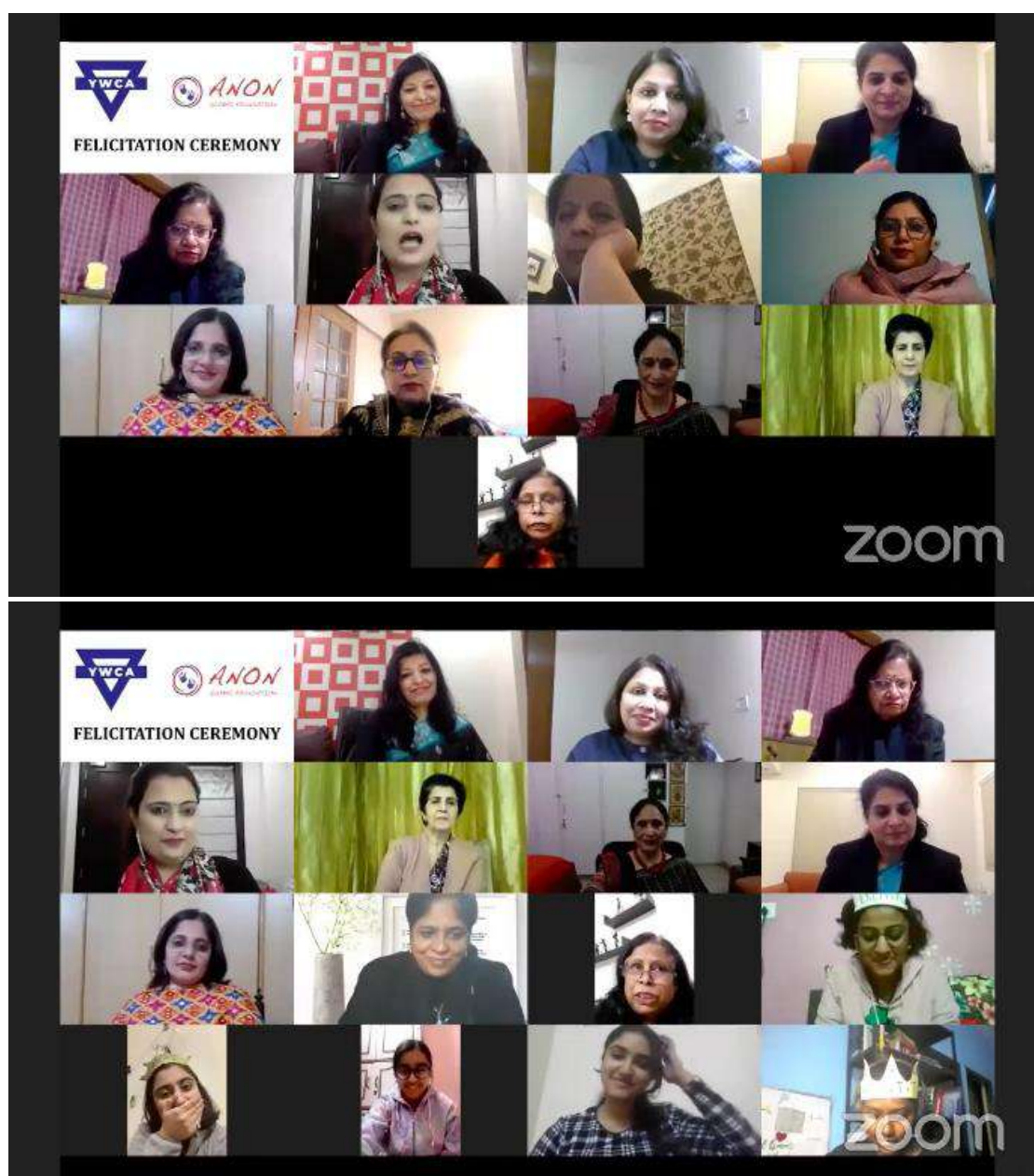
SLOT NO.	TOPIC	SENIOR JUDGEMENT CRITERIA						
		CONCEPT & CONTENT FLOW	CREATIVITY & EXPLANATION	TEAM WORK & COORDINATION	DATA COLLECTION & ANALYSIS	MOVIE MAKING	Q & A	TOTAL
		20	20	20	20	20	20	120
#SR 1	One hour of Mindful learning is better than 10 hours of labour	10	10	12	10	11	11	64
#SR 2	Reframing your Negative Thoughts	16	17	17	18	16	16	100
#SR 3	Manage your Emotions	15	18	19	17	17	16	102
#SR 4	Listen to Learn	18	16	16	17	17	15	99
#SR 7	Transforming Anger to Success	14	15	16	16	15	15	91
#SR 5	Impact of Media	17	18	17	15	18	17	102
#SR 6	Handling Peer Pressure	17	16	19	17	17	19	105
#SR 8	Cultivating the Winner Attitude	17	17	16	16	16	17	99
#SR 9	Meet Yourself: Creating your Best Self	13	16	13	15	17	15	89
#SR 10	The Magic of Yet	10	9	17	6	8	10	60

Junior Category

SLOT NO.	TOPIC	JUNIOR JUDGEMENT CRITERIA						
		CONCEPT & CONTENT FLOW	CREATIVITY & EXPLANATION	TEAM WORK & COORDINATION	DATA COLLECTION & ANALYSIS	MOVIE MAKING	Q & A	TOTAL
		20	20	20	20	20	20	120
#JR 1	Sleep-the Magic potion for Wellbeing	16	14	17	17	13	17	94
#JR 2	My Parents are my Superheroes	16	16	16	15	14	16	93
#JR 3	The Importance of Vitamin N (Nature)	14	16	16	14	14	13	87
#JR 4	Success Redefined: Happiness the New Currency	13	14	13	14	13	14	81
#JR 5	Etiquettes: the Science of Living	15	15	16	15	15	15	91

FELICITATION CEREMONY

Anon Global Foundation in association with **YWCA India** holds 3 weeks charge less internship programs for students from PAN India on topics related to our Mental Health for the welfare of the society. Internship Phase 1 was organized from 15th December 2020 to 5th January 2021 for which the Felicitation Program was held on 6th January 2021 from 7pm-8pm via the Zoom Platform. A large group of people, including Team Anon, the students and more attended the ceremony.



CHIEF GUEST PROFILE AND VIEW

Online Internship Program

CHIEF GUEST

Ms. Atishi Marlana
Educator, Political Activist
and MLA from Delhi

FELICITATION CEREMONY

7 PM
Wednesday
6th January, 2021

Zoom
ID: 92822681893
Passcode: 1234

(Teachers, Families and Friends of Participants are Invited)

Atishi Marlana is an educator, political activist and MLA from Delhi. She is a member of the Political Affairs Committee of Aam Aadmi Party.

Atishi graduated in history from St. Stephen's College, Delhi in 2001. She went to the Oxford University and she completed her master's degree in History in 2003 on a Chevening scholarship. In 2005, she went to Magdalen College, Oxford as a Rhodes Scholar. Atishi spent some time teaching at Rishi Valley School in Andhra Pradesh. She has also worked with the non-profit organisation Sambhavana Institute of Public Policy. She served as Advisor to the Deputy Chief Minister of Delhi, Manish Sisodia, primarily on education, from July 2015 to April 2018. She is currently an elected MLA from Kalkaji constituency of South Delhi.

Some valuable words by the esteemed Chief Guest

Socio Emotional Learning

Ms. Atishi commenced by congratulating Team Anon on doing a great work for the society of educating the youth about Socio Emotional Learning, which is a prime affair not talked about or attained in schools and colleges. In our 14-16 years of education cultivation, we are not trained about many challenging things in our lives; how to maintain relations as a child/ sibling/ friend/ boss, etc. or get a sense of self-confidence, even though they play a vital role in our day-to-day lives.

Happiness Curriculum

Being an educationist with such high qualifications, Ms. Atishi follows a “Happiness Curriculum” in Government Schools, Delhi. Instead of teaching moral science, the day for the lakhs of Government Schools’ students of classes Nursery – 8th std. begins with sharing life situations for them to think, express and discuss. This builds up a component of mindfulness, which is important for one and all as it helps us look inwards, inside us, in our thoughts, our emotions and thus being care free about the world outside and its botherations. During this exercise, students share their negative thoughts due to home environment or other issues and find various other reasons to be Happy.

A 7th std. student shared her experience:

Upon reaching home after school, in the evening her father came back home angry. Seeing her father stressed and annoyed she offered him help to cope with his stress but it didn't turn out to be fruitful. But, the essential point is that the child had the confidence to overcome the stress and anger even for others.

Hence, Socio Emotional Learning is a need because it is about Self Work, about Self Esteem!

Whether a kid, adult, or senior citizen, this is something everyone struggles with at every age. Such questions should be explored because they affect us in a major way as we move forward in life. Currently, during this time of Covid, Socio Emotional Learning plays a vital role as we all are restricted to our homes, and the stress & pressure on the family has become grown.

Message to the Parents

It is parents who need to learn how to relax. As parents we put a lot of pressure on kids, right from the time of their admissions in schools.

Example: – a known person shared his story; he was never good in studies and so his father was always worried. He said, “I will open a shop for you” and they were all set for that. In between, the boy came to Delhi for some work and someone from an ad agency randomly reads his write up, and asks him to work with the company. Now he is a well-known journalist in a popular ad agency. Going back, thinking about his father, less marks in school means life ends there and that pressure gets passed on the kids. But the kids have their own talents that need to be explored – a chef, a writer, a dancer, etc. Therefore, ***Kids need space.***

Their emotional well-being gets disturbed unknowingly by us which puts a long-term effect on them. So, be friends with your kids; communicate with them; friendship with them.

Open communication is the basis of the long term stability of emotions, health and confidence for the kids.

ANNOUNCEMENT OF WINNERS

Undergraduate Category

WINNER

Mentor: Shammi Proothi

Isha Kukreja
Sanjay Murali Krishnan
Chetan Sawwalakhe
Gopika S
Arunima Pandey

TEAM
Say-No-RITA

The Art of saying "NO"

Internship Programme (Phase I) Results
Undergraduate Category

Congratulations

ANON GLOBAL FOUNDATION

YWCA INDIA

Winner

Isha Kukreja

Sanjay Murali Krishnan

S Gopika

Chetan Sawwalakhe

Arunima Pandey

ANON GLOBAL FOUNDATION

YWCA INDIA

Undergraduate Category



RUNNER UP

TEAM
Egalitarians

Mentor: Uma Balan
Darshneet Juneja
Drishti Jain
Sakshi Khatter
Aarohi Jain

Gender Respect and Sensitivity

Internship Programme (Phase I) Results
Undergraduate Category

Congratulations



Runner UP



Darshneet Juneja



Aarohi Jain



Sakshi Khatter



Drishti Jain

Senior Category



WINNER

Mentor: Ilina Arya

Armaan Sood
Khwahish Bahri
Thirusha Tk
Diya Sher
Manasvi Verma

TEAM
Pressurizing Agents

Handling Peer Pressure

Internship Programme (Phase I) Results
Senior Category

Congratulations



Winner



Ilina Arya



Khwahish Bahri



Diya Sher



Thirusha Tk



Manasvi Verma

Senior Category

ANON
GLOBAL FOUNDATION

YWCA
INDIA

FIRST RUNNER UP

Mentor: Palak Khatter

Pranjal Shrivastava
Maanvi Jain
Ahana Bajaj
Tamanna Singhal
Manya Arora

TEAM
Fourth Estate

Impact of Media

Internship Programme (Phase I) Results
Senior Category

Congratulations

ANON
GLOBAL FOUNDATION

YWCA
INDIA

First Runner Up

Palak Khatter

Maanvi Jain

Manya Arora

Pranjal Shrivastava

Senior Category

ANON
GLOBAL FOUNDATION

YWCA
INDIA

FIRST RUNNER UP

Mentor: Raaina Jain

Shruti Tembhare
Prachi Atri
Simran Behl
Aanshi Jindal
Aashima Jain

TEAM
Inside Out

Manage your Emotions

Internship Programme (Phase I) Results
Senior Category

Congratulations

ANON
GLOBAL FOUNDATION

YWCA
INDIA

first Runner up

Raaina Jain

Aashima Jain

Shruti Tembhare

Senior Category



SECOND RUNNER UP

TEAM
The Altruists

Mentor: Shiksha Jain

Sarthak Singhal
Guneet Malik
Niki Hassani
Niyamut Kaur

*Reframing your
Negative Thoughts*

Internship Programme (Phase I) Results
Senior Category

Congratulations



Second Runner Up



Shiksha Jain



Niyamut Kaur

Junior Category

ANON
GLOBAL FOUNDATION

YWCA
INDIA

WINNER

Mentor: Khanak Lashkari

Aarush Arora
Yash Lashkary
Panache Madan
Ojas Kapoor

TEAM
Inception

Sleep: the Magic potion
for Wellbeing

Internship Programme (Phase I) Results
Junior Category

Congratulations

ANON
GLOBAL FOUNDATION

YWCA
INDIA

Winner

Khanak Lashkari

Aarush Arora

Ojas Kapoor

Yash Lashkary

Junior Category



TEAM
Our Lifeline: Our Parents

RUNNER UP
Mentor: Devansh Chaudhary
Shambhavi Madan
Hitamsh Daga
Uday Sood
Poorvi Gulati

My Parents are my Superheroes

Internship Programme (Phase I) Results
Junior Category

Congratulations



Runner UP



Uday Sood



Shambhavi Madan



Poorvi Gulati



Hitamsh Daga

FACEBOOK LIVE OF WINNING TEAMS

All the winners of Phase 1 were given a unique opportunity to present Live on the Facebook pages of Anon Global Foundation and YWCA of India.

Undergraduate Category: 14th January, 2021 at 5PM

Winners of UG Category
Team: Say NO RITA (Senorita)

Topic: The Art of Saying "No"

Ms. Shammi Proothi
(Mentor)

Isha Kukreja
(Delhi)

Sanjay Murali Krishnan
(Karnataka)

Arunima Pandey
(Delhi)

Chetan Sawwalakhe
(Maharashtra)

S Gopika
(Kerala)

"Covid Crisis Response Initiative"

Thursday, 14th Jan 2021, at 05:00 pm

Senior Category: 10th January, 2021 at 5PM

Winners of Senior Category
Team: Pressurizing Agents

Topic: Handling Peer Pressure

Mentor: Ilina Arya
(Delhi)

Thirusha TK
(UP)

Armaan Sood
(Delhi)

Khwahish Bahri
(Rajasthan)

Diya Sher
(Haryana)

Manasvi Verma
(Delhi)

Senior Category: 02nd February, 2021 at 7:30PM



**First Runner Up of Senior Category
Topic: Impact of Media**



Team: Fourth Estate

Mentor



**Palak Khatter
(Delhi)**



**Manya Arora
(Delhi)**



**Pranjal Srivastava
(Rajasthan)**



**Maanvi Jain
(Rajasthan)**



**Ahana Bajaj
(Delhi)**



**Tamanna Singhal
(Delhi)**



@anonglobalfoundation
@YWCAIndia



Tuesday, 02nd Feb 2021, at 07:30 pm

“Covid Crisis Response Initiative”

Junior Category: 11th January, 2021 at 7PM



**Winners of Junior Category
Team: Inception**



Topic: Sleep- the magic potion for wellbeing



**Aarush Arora
(Delhi)**



**Ojas Kapoor
(Delhi)**



**Yash Lashkary
(Rajasthan)**



**Panache Madan
(Delhi)**



**Mentor
Khanak Lashkari
(Rajasthan)**



@anonglobalfoundation
@YWCAIndia

“Covid Crisis Response Initiative”

Monday, 11th Jan 2021, at 07:00 pm

DISPATCH OF CERTIFICATES AND AWARDS



FEEDBACKS

Undergraduate Category



ANON
GLOBAL FOUNDATION

YWCA
INDIA

“
I would like to thank Team Anon Global Foundation and YWCA of India for this amazing opportunity of a lifetime for letting me be a part of this internship. Thank you all for being so helpful, supportive and friendly throughout this internship. I really had a fantastic time and learnt so much along the way. The things that I have learnt will be invaluable to my future placements and career.



DARSHNEET JUNEJA
(DELHI)



ANON
GLOBAL FOUNDATION

YWCA
INDIA

“
I am really glad to be a part of this internship programme. This fifteen days journey was enriching. The learning that we had from this internship is for lifelong. I learnt life skills like team work, leadership skills and time management. 'Art of saying NO' is a life skill which everyone should learn and practice in their life. I'd like to extend my heartfelt gratitude to our loving mentor and an amazing team. It was a delightful experience. Thank you team Anon Global Foundation and YWCA India for providing such opportunity.



ISHA KUKREJA
(DELHI)



ANON
GLOBAL FOUNDATION

YWCA
INDIA

“
I'm really very glad to be a part of this internship and I feel fortunate to be a small part of Anon Global Foundation and YWCA of India. I have learned a lot during this programme and enjoyed it too.



AAROHI JAIN
(UTTRAKHAND)



ANON
GLOBAL FOUNDATION

YWCA
INDIA

“
I would like to thank Team Anon Global Foundation and YWCA of India for letting us learn and add something more to our knowledge. I've learned to work well with a team. I'm grateful to be a part of these organizations and my hearty thanks for providing me this opportunity.



SAKSHI KHATTER
(HARYANA)



“

I would like to extend a heartfelt gratitude to ANON Global Foundation and YWCA of India for this beautiful surprise and honor. I am really grateful to Arti Maam and the entire ANON team for considering me worthy enough for this wonderful opportunity as the Mentor during the internship and also for giving me so many platforms across schools pan India to conduct workshops as a Speaker. Thank you So much. Looking forward to more such achievements together



AMYA MADAN
(DELHI)



“

I cannot find words to express my utmost gratitude to ANON Global Foundation and YWCA India for providing me with a life changing internship in just 15 days. I received things that are so much important than an award or a certificate - Experience, Friends, Knowledge and precious memories. I hope that whatever I have learned in this 15 day journey can be put out to greater use. Thank you ANON



S GOPIKA
(KERALA)



“

I would like to thank and extend my sincere gratitude to Anon Global Foundation and YWCA India for providing me with this opportunity. It was a great learning experience and allowed me to make network, building confidence and teaching me life skills. I would also like to thank my team and our mentor for their constant support and lastly I would like to thank Anon team for being so cheerful and encouraging at all times.



DRISHTI JAIN
(ODISHA)



“

I would like to thank ANON Global Foundation and YWCA of India for providing me a such a wonderful experience of internship. The most important thing I learnt was team work and communication. I would also thank our mentor who helped us in every way possible. Overall it was a wonderful experience.



MADHAV DESHPANDE
(MAHARASHTRA)



“

First and foremost, I would like to thank ANON Global Foundation and YWCA of India for this opportunity! I've learnt quite a few things during the 15 days of my internship. My communication skills have improved immensely and I've learnt to respect everyone's precious time. This was an experience I'll carry with me in the future and I'm extremely grateful to ANON Global and YWCA!

Thank you!



SANJAY MURALI KRISHNAN
(KARNATAKA)



“

Thank You So Much Anon Global Foundation & YWCA India For Giving Me Such Wonderful Opportunity To Improve My Life Skills & Confidence. I Hope In Future Anon Global Foundation & YWCA India Organise Such Wonderful Activities & I Am Also Part Of It. I Am Also Thankful To Fantastic Mentor Miss Shammi Ma'am. I Have Said Many Times But I Would Like To Say Once Again That " You Are One Of The Best Mentor I Have Ever Met". & I Finish Up With Thanking To All My Teammates. I Really Enjoyed This Past 15 Days. I Look Forward To Our Paths Crossing Again.



CHETAN SAWWALAKHE
(MAHARASHTRA)



INDIA



It was a wonderful experience to do internship for the Anon Global Foundation and YWCA of India. I learnt many things from this program and while researching on our topic. I got knowledge which I can implement to improve myself and to use in decision making and problem solving. The team was Co-operative and our Mentor Ms. Amya Madan really helped us in every aspect either moral or technical. I learnt a lot from this program. I feel more valuable now and gained confidence about my speaking and interaction skills. It was an amazing experience.

Thank you



**ARPITA NAGPURE
(MAHARASHTRA)**



INDIA



I am extremely grateful to Anon Global Foundation and YWCA for providing me the opportunity to be a part of this internship programme. This programme taught me a lot of things. The learning was not confined to technical skills. The life skills I learnt, like communicating, cooperating and time management, would pave way for later success in my life. After completing this internship I felt a sense of accomplishment after a long time. The amazing experience was turned into the beautiful journey with the presence of a loving mentor and the company of my incredible friends. I can not thank ANON Global Foundation enough for creating this platform.



**ARUNIMA PANDEY
(UTTAR PRADESH)**



INDIA



I would like to thank ANON GLOBAL FOUNDATION in collaboration with YWCA of India for organizing such an interactive, interesting and informative internship program. I learned a lot from this whole session. The topic which has given to us was " Decision making and problem solving " which is indeed a great topic to learn from and to use it in my day today life. I would also like to thank My mentor Miss Amya ma'am who was really informative ,creative and polite towards us... As well as my teammates who helped me a lot in every part of this learning session. Specially my team rep. Arpita Nagpure for managing the team very well.

Thank you for giving this opportunity and exposing from our comfort zones. During the research studies of our topic I got to know about many new things and made new friends. It was a great experience to be apart of this internship. Looking forward for more such internships with more beautiful topics with u.



**LOPAMUDRA SAHU
(ODISHA)**

Senior Category



“

I just wanted to thank ANON Global Foundation for such an overwhelming exposure and some outstanding lessons, which I am going to use all my life. ANON provided me with a huge platform to showcase my skills and it gave me immense pleasure to learn from other students too. I still remember the day, when I was being interviewed, it was truly a wonderful experience. I not only got to know about certain topics which our society has to deal with, but could easily relate to them with my day to day life. I am extremely thankful to ANON and YWCA of India for giving me this special award, it really means a lot. Once again thank you so much ANON Global Foundation.

ARYAN MAGGO
(DELHI)



“

First of all i want to thank ANON Global Foundation and YWCA of India for giving us this wonderful opportunity. I am glad to be a part of this internship. I have got to learn a lot of things and most importantly my communication skills got improved.

Looking forward to grab more such opportunities and to stand up to the expectations of my team and respected mentors.

PRANJAL SHRIVASTAVA
(RAJASTHAN)



“

The journey of 15-days was truly insightful. This program helps the interns gain life skills and strengthen pre-existing abilities. It also enabled me to build friendships with students of other parts of India. The frequent interactive sessions were really amazing to inculcate knowledge beyond the themes assigned. I'd like to thank my mentor and the entire Anon Global Foundation team and YWCA of India for giving me this opportunity.

MANYA ARORA
(DELHI)



“

It's been an amazing journey, the internship in itself has provided great opportunities for me as an individual to grow, interact and learn along the way. It has instilled in me values like professionalism, team spirit, patience, acknowledgement of others' works for which I am eternally grateful. These 15 days might just be the best blend of working, learning, exploring, and interacting that I've ever experienced. Thank you so much for presenting this wonderful opportunity!

MAANVI JAIN
(RAJASTHAN)





“

I want to express my heartfelt gratitude to ANON Global Foundation and YWCA, India for giving me this opportunity to experience being a mentor. It has not only taught me skills associated with the topic but also helped inculcate leadership and effective communication qualities. I am also grateful for working with amazing people (my team) who made collaborative learning easier.

Lastly, I would want to extend sincere appreciation to these organisations for working in this direction and enabling students like us to make a little difference in society.



RAAINA JAIN
(MAHARASHTRA)



“

Thank You Anon Global Foundation and YWCA for this opportunity. It is always great working here, it gives so much of exposure, learning and skills which always helps me become a better version of myself. So grateful to be a part of this NGO. Also, really appreciate the efforts of my mentees who always make me proud.
Gratitude



SHIKSHA JAIN
(ASSAM)



“

Thank you so much ANON Global Foundation and YWCA of India for making this awesome journey more exuberant. It makes my heart light as a feather to even think about how much energetic it felt to just be a part of this. My parents say, "Keep it up".

And I want to, just looking forward for more opportunities like this.



NIYAMUT KAUR
(UTTAR PRADESH)



“

Thanks a ton to Anon Global Foundation and YWCA of India for such a wonderful internship experience. Time management skills, leadership skills, efficiency, critical thinking and friendships are just few of the things this internship has given me.

Also, would like to mention that receiving an actual certificate after receiving e-certificates throughout lockdown is a real joy!

Thanks a lot again



MANVEEN KAUR
(DELHI)



“

I would like to thank ANON GLOBAL ORGANIZATION and YWCA of India for the wonderful opportunity to learn new things and improve my skills. I met new people and got to learn something from everyone.

Thank you for increasing the level of my confidence and improving my skills.



KHWAHISH BAHRI
(RAJASTHAN)



“

Thank you Anon Global Foundation and YWCA of India! So happy and proud to have been a part of this internship.

Looking forward to more of them.



DIYA SHER
(HARYANA)



INDIA

“

First of all I'd like to thank ANON and YWCA for giving me this fantastic 15 days of experience and knowledge. It was a wonderful opportunity and helped me in my personal growth. Over the course of the internship, I learned to manage my emotions in a better way, made so many amazing friends and learned so much more. I was so comfortable, it didn't feel like we were strangers at all. It was incredibly rewarding to be a part of the internship. We had so much fun! Our mentor's advice and experience have been tremendously helpful throughout the whole journey and I truly appreciate the confidence you showed in me by giving me this internship. Thank you again for this spectacular opportunity!



SHRUTI TEMBHARE
(MADHYA PRADESH)



INDIA

“

Everything associated with this internship is my first experience. First time working with an amazing mentor and a wonderful team. I am grateful to the team for their cooperation, the team spirit they shown throughout this internship and for all the experiences they have provided me with. I am thankful once again to Anon and YWCA for giving us an opportunity to voice our opinions and views in the form of this internship.



PRANATHI KAVURI
(TELANGANA)



INDIA

“

My special thanks goes to the selfless team of ANON Global Foundation and YWCA India for helping us students to learn the importance of lifeskills through this programme. We cannot WIN each and everyday but surely can LEARN many things from it and that's what a true winner's attitude is all about. Also I would like to thank my lovely interns for making this programme so fruitful. I am really glad to get a chance to be a small part of this wonderful family. Thankyou



LUVKUMAR SHARMA
(MAHARASHTRA)



INDIA

“

Thank you ANON and YWCA of India for this wonderful opportunity, learned a lot from all this. From Research to analysis, movie making and editing, teamwork, presentation, leadership and of course made new friends and created lifelong memories in just 15 Days. Hope to work again with you and these wonderful people, looking forward to again work with you.



BHASKAR GUPTA
(DELHI)



INDIA

“

Thank you Anon Global Foundation and YWCA of India for giving me this opportunity. It was my first internship and I had a wonderful experience. I really learned a lot of things from this 15 day internship. It was a true relief from our mundane life of online classes and submitting our assignments on time. Thanks once again.



SHUVANGI CHAKRABORTY
(WEST BENGAL)



INDIA

“

Never in a million years had I imagined that I will be mentoring people of almost my age. I have learned a lot from this internship & my team members. I have grown as a person in these two weeks and I had a great time. Thank you YWCA of India and Anon Global Foundation for this wonderful opportunity! And, congratulations to all the interns and mentors, who were a part of this program - we'all have done fantabulously well!



ILINA ARYA
(DELHI)



Anon global foundation and YWCA of India has given me a platform where I can grow and become a better version of myself. It also gave me an opportunity to spread my knowledge with others which is the purest form of social work. I am grateful to Anon and YWCA of India for thinking of me as someone capable to do this. I am proud to be a part of such a project and I look forward to continue working with anon.

With all my gratitude :)



PALAK KHATTER
(DELHI)



Thank you so much ANON Global Foundation and YWCA of India for giving me such an amazing opportunity of learning new things and meeting with really talented people. This is a great platform where I could get a chance to showcase my skills.



MANASVI VERMA
(DELHI)



I want to thank Anon Global Foundation and YWCA of India for giving me the opportunity to serve as intern in Online Senior Internship Program. I have gained valuable insight into presentation. This internship has definitely increased my interest to learn about things. Thank you again for this wonderful experience.



SHALINI TALUKDAR
(ASSAM)



I am so grateful to Anon Global Foundation and YWCA of India for giving me this opportunity. I learnt so many skills in this internship like data analysis, research, etc. It was such a fun and wholesome experience because my team and mentor were so good and supporting. I look forward to working with Anon and YWCA more in the future. Thank u so much.



YASHIKA MADHUKAR
(RAJASTHAN)



Thank you ANON Global Foundation and YWCA of India. I really admire the idea of putting covid crisis response initiative on the certificate. It will be valuable for future references.

Thank you @Arti Girdhar ma'am.



ABHA SAHAY
(RAJASTHAN)



Thanks you so much team Anon Global Foundation and YWCA of India for giving a chance to have such a wonderful learning experience even in these tough times.

It was a pleasure working with people from different geographical areas together and having to interact with them.



NISHTHA MADAN
(DELHI)



“

I would like to thank Anon Global Foundation and YWCA of India for the wonderful opportunity to learn new things and building up my skills. I met new friends and slowly but surely started to overcome my fears.

Thank you.



NAMRATA SHARMA
(PUNJAB)



“

Thank you Anon Global Foundation and YWCA of India for this wonderful opportunity which shaped me as a person looking.



THIRUSHA TK
(UTTAR PRADESH)



“

I am so grateful to have been able to take part in this internship program. I learned so much which I'm sure will come in handy throughout my career and my experiences with life. Thank you Anon Global Foundation and YWCA for this opportunity that helped me so much to sharpen my skills, I look forward to putting my newfound knowledge into action.



JASMEET KAUR
(DELHI)



“

I would like to thank Anon Global Foundation and YWCA of India. I learnt a lot from this internship. And the life skills that I learnt during this internship will helping me a lot in achieving my future goals... Thanks a lot



DIVYANSH MISHRA
(UTTAR PRADESH)



“

This internship was indeed a blessing in disguise. It helped me to grow and I'm excited to grow further. I solemnly thank Anon Global Foundation and YWCA of India for the providing the kickstart of my journey.



TAHELI BHADURI
(WEST BENGAL)



“

I thank ANON Global foundation and YWCA of India for this amazing internship. This was like a trip of learning for me where I learnt many things and got an opportunity to showcase my talent . I really enjoyed a lot with my mentor and team. Thank you so much for this special award.



DAKSH JAIN
(DELHI)



“

I thank Anon Global Foundation and YWCA of India for giving me this opportunity from which I was able to learn many skills and also for giving us the best mentor Luv Kumar Sharma Bhaiya as he is really understanding.



VARUNI SINGH
(UTTAR PRADESH)



“

I Thank Anon Global Foundation and YWCA of India for giving me this opportunity and letting me know more about myself and to be optimistic. It was a great journey which will be useful forever. Thanks for giving us a great mentor and overall we loved everything and wish to see more.
Thankyou!!!!



PRAISY DAFFODIL
(TAMIL NADU)



“

My sincere appreciation to team Anon and YCWA of India for providing me with this life time opportunity. My heart is full of gratitude and solemn joy because of the experience I had during those 15days intership. It indeed provided a platform to showcase my skills and polish them aswell. I have received my certificate and I am super happy to share that this intership programme helped me gather so much knowledge. Again thank you so much Anon for finding the potential in me.



YASHIKA MEHENDIRATTA
(DELHI)



“

I would like to thank ANON Global Foundation and YWCA of India for giving me the opportunity of 15 day fruitful and beneficial intership program. It enhanced my skills and knowledge . Over the course of this intership, you were shove in some compliments and helped me accomplish shove in accomplishments.



KRITI SOOD
(DELHI)



“

It was really great working with all the new people. I am very grateful for ANON and YWCA of India for providing me this opportunity. This intership has taught me many things and gave me a chance to interact with new people from different parts of the country. It encouraged, taking up a professional approach for me, it enhanced my attitude towards criticism. I cannot thank you enough



TAMANNA SINGHAL
(DELHI)



“

Anon Global Foundation and YWCA of India has given me a platform where I can grow and become a better version of myself. It also gave me an opportunity to spread my knowledge with others which is the purest form of social work. I am grateful to anon for thinking of me as someone capable to do this. I am proud to be a part of such a project and I look forward to continue working with anon.
With all my gratitude!!



GARIMA JAIN
(DELHI)



“

I have received my certificate and I am dead chuffed to get this opportunity to be a part of this internship. 15 days program and a life time lesson. I am overwhelmed with gratitude to learn such values at this young age. I want to thank you with my whole heart and soul for gifting me this life time experience.

Working with people I have never met, not known before on a big project was such a new and beautiful journey to me. Even my mentor, she is a real sweetheart.

Again, thank you so much for providing me with this opportunity. I will always be grateful to ANON Foundation and YWCA of India for it.



SANYA AHUJA
(DELHI)



“

I would like to thank Anon Global Foundation and YWCA of India for providing me with such a great opportunity.



GAYATRI MADAN
(HARYANA)



“

I am extremely grateful to Anon Global Foundation and YWCA of India for providing me the opportunity to expand my horizons in this COVID crises. This mentorship journey has been truly insightful for me as well as my interns. My mentorship was not only a guiding process but also a learning one. I have truly learnt various technical and creative things from my interns. This internship has helped me to achieve a lot and overcome my anger issues. I am not only thankful for providing me this prestigious platform but also, the work Anon and YWCA of India are doing , to educate the youth about various life skills and helping them to cope up their fears, is just amazing and extremely appreciable.

Thank you for believing in me and upgrading my skills in every way. It is a lifelong experience and I would definitely like to work with Anon in future as well.



RIYA ARORA
(DELHI)



“

I just wanted to express my gratitude towards ANON Global Foundation and YWCA for giving me this wonderful opportunity, an immense disclosure and magnificent lessons that I will never forget. At first I was not at all good with many skills but now I have changed in a positive way, this platform helped me to showcase my talent and discover myself. I was nervous in the starting and was not confident about myself ANON gave me this confidence that I can face my emotions without fear now. I learned team work, made new friends we work not only work buddies we are friends till now, even when we were from different states we made the best bond. Our mentor was so humble and her positive vibes always motivated us, she was a constant source of energy. Thanks for considering me capable, and believing in us.



AASHIMA JAIN
(RAJASTHAN)



“

Those 15 days have been an amazing journey that I will cherish for my entire life. I am so humbled to have such an amazing team, who are so supportive and were willing to help each other. Thank you so much guys. And my mentor, Riya Mam, who is so sweet and friendly. She was so helpful and so understanding during these days. She used to encourage us a lot and always motivated us and has been a great help. I don't have much words to describe her.

The best part of this internship was, I was given an exposure to learn about the positive sides or the positive possibilities of an emotion that is generally considered as a negative emotion. I randomly chose this topic, and when this was given to me, I was a little worried. Because, I was a short tempered person and this topic didn't make sense to me! But, now, when I look back, this was the best choice! I got so many valuable lessons which I would never have learnt from anywhere! In these journey, I learnt and evolved a lot as an individual. I acquired so many life skills that can really make me a better person. I am extremely grateful. I don't even know if I could do justice to express my gratitude to Anon Global Foundation and YWCA for arranging such a wonderful Internship Program.



AYISHATH THAMEEZA AN
(KERALA)

Junior Category



“

I have the urge to pinch myself for this moment seems unbelievable. I am at a loss of words. I would like to begin by extending a thank you to all my dear teachers who have considered me to be worthy of this acknowledgement. Without them, I would not have been able to achieve what I have been awarded for today. Moving on, I would like to thank Anon Global Foundation and YWCA of India for taking out some time from their extremely busy schedule and holding this thoughtful initiative. I can't really express how much this certificate means to me. This acknowledgement is something that I will cherish throughout my life and would always look upon in times!

Thank you once again



**POORVI GULATI
(DELHI)**



“

I had a wonderful time interning at Anon Global Foundation and YWCA India. This opportunity enhance my leadership skills. Interacting with younger children, I learnt new creative ways of presenting out topic. Talking about the topic, It made me realize how we underestimate the importance of happiness in our lives and give preference to monetary gains. I hope we are able to change this mindset of people.

I feel participating with Anon foundation is an ongoing learning experience. So I'll suggest all age groups do participate once. You'll feel lucky after doing so.



**PUNYA CHAWLA
(DELHI)**



“

Dear Anon Team & YWCA of India
I would like to express my heartfelt gratitude for giving this once in a lifetime opportunity.

In this tenure of 15 days I not only learned presentation and analytical skills but also made friends for life.

I sincerely look forward for many more such endeavours and I feel this is just the beginning of my relationship with ANON team & YWCA of India.



**AARUSH ARORA
(DELHI)**



“

Dear Team ANON & YWCA of India,
Thank you so much for a wonderful experience during the tenure of this internship. I'm incredibly grateful for the special award I received, it was very unexpected and brought me so much joy. Researching, and contributing towards the presentation with my team was a very fun learning experience, and I'm very grateful to ANON & YWCA of India for providing me this experience



**MANYA PRABHAKARAN
(DELHI)**



“

Team Anon & YWCA of India
Thanks for providing such a wonderful opportunity. I am glad that I have participated in such a fun thing. I had spend most amazing 15 days of my pandemic here.
I have learned a lot of things like teamwork, research work and most importantly I learned how to have fun while working.
Wish this internship could be of more then 15 days.



YASH LASHKARY
(RAJASTHAN)



“

I would like to start by saying that my gratitude towards ANON and YWCA's wonderful teams cannot be expressed in words as this program has taught me so much in such a less period of time that I will cherish forever.
This internship program is structured so well and in a way that allows every intern to learn something and present their skills. I cannot emphasize enough on the fact that it teaches us so many things that our schools unfortunately fail to and for that I truly love and enjoy being a part of Anon Global Foundation.
Thank you once again to my fabulous team (Team Inception) for showing incredible team work and putting hardwork into every single task and to Anon Global Foundation and YWCA India.



KHANAK LASHKARI
(RAJASTHAN)



“

Anon's methodology is quite interesting and thought provoking.

The selection of topics is relevant as well as useful for the developing mind.

It definitely equips the child to see things in the right perspective and take life's challenges positively.

Thank you Anon and YWCA of India for enlightening and empowering me by honing my life skills.



UDAY SOOD
(DELHI)



“

It was my pleasure to be a part Anon Global Foundation and YWCA OF INDIA. This tenure of 15 days was tenure of excitement and learning.
The topics were so relevant and thought provoking . In last I would like to thank Anon Global Foundation for honing my skills.



YASHMEHER KAUR
(DELHI)



“

I would like to extend my grateful gratitude towards Anon Global Foundation and YWCA of India for providing me such a great platform where I could understand and work on my abilities.!!



SHAMBHAVI MADAN
(HARYANA)



“

Thank you Team Anon and YWCA of India for making us shine in life. You made an evident difference in all of us youngsters. The topics had deep meanings and really helped us in life.

Thank you once more



HANIYA KUKREJA
(DELHI)



“

This experience was much more helpful than I thought earlier. I got to enhance my knowledge by just interacting with my friends and mentor. Thank you ANON Global Foundation and YWCA, INDIA for giving me such a wonderful opportunity.



OJAS KAPOOR
(DELHI)



“

I am very happy that I got this opportunity to participate in this internship. It's increase my skill, my confident to speak and to work with other members . I am so happy to spend my 15 days in gaining some new knowledge. Many new things I am able to gain which I didn't knew before.

Thank you ANON and YWCA of India for this opportunity



DEBOPRIYA GUPTA
(DELHI)

REPORTS OF WINNING TEAMS

Undergraduate Category

ANON GLOBAL FOUNDATION and YWCA India

15 Day UG Internship Program TEAM 'Say NO RITA' presents THE
ART OF SAYING "NO"

PROJECT REPORT

Mentor: Ms. Shammi Proothi

Team members

Arunima Pandey Chetan Sawwalakhe S Gopika

Isha Kukreja

Sanjay Murali

INDEX

1. Research
2. Survey analysis
3. Survey Questions and Objectives
4. Team members experience/views
5. References and links

THE ART OF SAYING NO

Introduction to NO

A person has encountered the word NO hundreds of times since his/her childhood. Whether it is about going near the gas stove or about getting a new hairstyle, the word NO has given them too many bitter memories. Hearing no from such an early age can have a greater impact on their life.

Neurology of Yes and No

1) The Amygdala

It is a small part of the central brain that does the part of connecting a memory to its corresponding emotions. So if you flash the word NO in front of a person for even a small fraction of a second, the result would be a sudden release of stress producing hormones and neurotransmitters. If you are vocalizing your negativity or even a slight frown when you say “no”, more stress chemicals will be released not only in your brain, but in the listener’s as well.

2) Valence Hypothesis

The two halves of the brain are believed to play different roles in emotional processing, but the specific contribution of each hemisphere continues to be debated. The valence hypothesis states that hemispheric asymmetry for expression and perception of emotions depends on emotional valence; the right hemisphere is dominant for negative emotions and the left hemisphere is dominant for positive emotions (Hellige, 1993).

Meaning of NO

Majority of us after hearing no feel that we are not loved and cared for by our parents and are given lesser importance by friends and family and often feel that we are neglected and rejected all the time. And this makes our mind register the word NO as something negative.

Why do you say yes when you really want to say no?

- Desire to please
- Fear of hurting
- Guilt
- Duty
- Reciprocation
- Need for power

Impact of saying YES when you wanted say NO

1. Other people's priorities will take precedence over ours.
2. Mere acquaintances-people we barely know- will crowd your time and the important people like family and very close friends will be left out.
3. We will have no time to rest and rejuvenate.
4. We will end up stressed and frustrated.
5. We won't be able to say yes to the really important things.

How to Say No effectively

1. Cushion it with a kindness

Example: This sounds like a great opportunity, but I have to pass. Thank you for considering me!

2. Saying No with reason

Example: I can't handle the meeting for you this afternoon, I have an assignment to finish.

3. Be brief, but not brusque

Example: Instead of saying a blunt no you can say. Sadly, I'm afraid I can't help with that

4. Leave the door cracked

Example: Thanks—I'd love to speak at your event, but the timing this year is no good. Would you please keep me in mind for next year's event?

5. No with an alternative

Example: I can't pick up the weekend shift for you this time, but I can cover for you Monday if you need a day to recover afterward.

RITA: The Subtle Art of Saying NO

R: Reflect I: Integrate T:Trust A:Act

REFLECT

Through deep thought and consideration, which is how reflecting is defined, it is possible to become more aware of ourselves. In order to reflect on our actual thoughts, one should follow the three P's of:

- Pause
- Ponder
- Prioritize

Pause

Pause is the simple process of stopping everything and giving yourself a timeout. Our mind can be visualised as a traffic road and

it is blocked by the unwanted thoughts. So, to clear all the traffic out to relax and to know what one really wants, taking a pause is important.

Ponder

Ponder helps a person in filtering out the choices or the people we are having. The first question to ask oneself is “to whom are you saying NO to?” In order to make it easier to ponder one has to divide the people they know into two sets

1. If it is one’s Family, then the second question that is to be asked is “Will it matter to me 5 year down the line?”

2. If it is to one’s friends, colleagues, acquaintances and one’s unhealthy habits, then these are the questions to be pondered

- What does my intuition say?
- Does it align with my values?
- Does it fit with my goals?
- Do I have the time to do this?
- if I do this work, what will I not be doing?

SAYING NO TO A BIGGER REASON- Against Injustice

● The increasing cases of domestic violences in the households only shows how a person is not being allowed the Right to Stand up for themselves.

- NO completely means NO!
- Never be afraid to raise your voice against injustice. If we Will not raise our voice against injustice, then who will?

Prioritize ACTIVITY

First, place four to five large rocks in the jar. These represent the major time commitments in our lives: family, health, careers, major work projects, and (often most overlooked) sleep.

Accordingly, these rocks take up the majority of space in the jar.

Next, pour a handful of pebbles into the jar. Imagine them filling in the spaces between the larger rocks. These pebbles represent other time commitments that are relatively less important than the large rocks. Depending on the individual, these pebbles represent things like catching up with friends, brunch, hobbies, exercising, and/or volunteering. At this point, the jar looks quite full. Between the rocks and the pebbles, there is considerably less empty space in the jar.

The next addition is sand, which fills the jar to the brim. The sand fills the nooks and crannies between the rocks and pebbles. Sand represents all the distractions in our lives— busy work, idle web surfing, filling out expense reports or time cards, unproductive meetings, booking personal or work travel, circular email chains, and daydreaming. These distractions have the propensity to fill every gap of “free” time throughout our day.

This analogy highlights that you must fit your work life and personal life all in the same jar. The challenge lies in maintaining a fragile balance by prioritizing your work life in a way that creates space for the rocks, pebbles, and sand to all fit.

Now revisit our original jar, filled with rocks, pebbles, and sand. It may seem too full for any further additions. However, let’s a cup of coffee and pour it in. No matter how full the jar originally was, the liquid finds a way to find and fill in all the gaps, even between the sand. The lesson here? No matter how full your life may seem, you always have room to share a coffee with a friend.

INTEGRITY

Integrity is when what you think and say is congruent with what you feel and believe also with what you do. But it is always a problem that people face, that their heart and brain may not

always agree with each other. Our heart goes for emotion and our brain goes for logic. That is the main reason why people face peer pressure.

Peer Pressure

Everyone can relate to what peer pressure is all about. There can be a positive impact and a negative impact but most of us succumb to the negative side of peer pressure.

- **DIP IN SELF ESTEEM:** Peer pressure can take a normally self-confident child and make him/her someone who is not sure about themselves and has low self-esteem.
- **POOR ACADEMICS:** For teenagers, it is important they be accepted by their peer group. This in turn has a direct effect on their academics cause they think a study oriented student won't look cool in other's eyes and they end up in poor grades.
- **DANGEROUS HABITS:** The next thing is that they can easily adopt dangerous habits. Extreme forms of peer pressure propagate bad habits such as alcohol consumption, smoking, drug abuse. At this point of time, long term consequences don't really occur to them. And by the time the realisation hits it may be too late.
- **DISTANCING FAMILY:** At times it is common for teenagers to think that nobody understands them and that the whole world is against them. They shut themselves off from their family and fall into bad company.
- **SELF HARMING THOUGHTS:** Sometimes the impact of peer pressure on teenagers is so bad that they can hardly stand to be in their own skin. They become depressed and anxious. In such instances the teenager undergoing such pressure may try to harm themselves physically or mentally.

Peer-pressure cannot be avoided and nor should children be wrapped in cotton wool and kept away like precious figurines. Children have to be taught how to maintain healthy boundaries and that saying NO is not bad.

TRUST

- Believe in YOURSELF
- Overcome Dependency

- Listen to your INNER VOICE
- Know your STRENGTHS
- Don't get caught in MIND TRAPS
- Don't be Afraid to make MISTAKES
- Own your DECISIONS

ACT

It is easier to preach than to practice. After practicing the 3C's one will have the confidence to say NO.

3C's:

1. Clarity -Clarity means that one is clear as to their journey. They have an understanding that they want to be. They have Clarity of purpose, Clarity of mission, Clarity of goals, thus they spend no time running in circles covering the same old ground, over and over.

2. **Courage-** Courage mandates that one make every single minute matter. While a fair amount of good old fear, uncertainty and doubt may exist, Courage enables one to ACT in spite of it.

3. **Conviction-** Conviction, having a firm belief in one's self, is crucial in the journey to achieve Greatness. Conviction is needed and must be absolute. Unwavering Conviction indicates that one is doing the RIGHT thing and is on the right path.

NO's that created History

1. Jhansi Rani
2. Bhagat Singh
3. Mahatma Gandhi
4. Nelson Mandela
5. Guru Gobind Singh Ji and his Char Sahibzaade

All these people have one thing in common is that they said no to a bigger reason. To injustice. They trusted their gut. They saw the benefits and the greatness that could be achieved through a small no. this is what we urge today's youth through this presentation.

Key Takeaways

- A 'NO' for now isn't necessarily a 'NO' forever.
- Respect someone's priorities and boundaries of their time
- Look at the long game. Everything in life is about relationships.
- 'NO' is a complete sentence
- It's important to respect that the person on the other end is entitled to answer as they please.
- Kindness goes a long way.

Survey Analysis

Background and objective:

This survey is a component of a research project taken up by Team 'Say NO RITA' (Senorita), as a part of an internship program conducted by Anon Global Foundation in collaboration with YWCA INDIA . This questionnaire aims to assist us in exploring 'The Art of Saying No' and the rationale which makes it formidable/desirable in our everyday life.

Sub objectives:

1. To understand the struggles faced while saying NO.
2. To understand the way one responds to NO.
3. To infer the level of awareness about healthy boundaries.

Methodology:

The survey was distributed to people from all age groups and gender residing in any part of the world. The participants were selected through a random sampling method.

The survey was conducted online through google forms.

The survey contains 17 questions divided in 4 sections:

Section 1: Understanding the struggle faced while NO
Section 2: Understanding the way one responds to NO.
Section 3: Situations
Section 4: Understanding healthy boundaries

The survey contained multiple choice questions.

Majority of questions were close ended. Three of them had an option for open ended response. The survey received a total of 200 responses, hence, the sample size was 200.

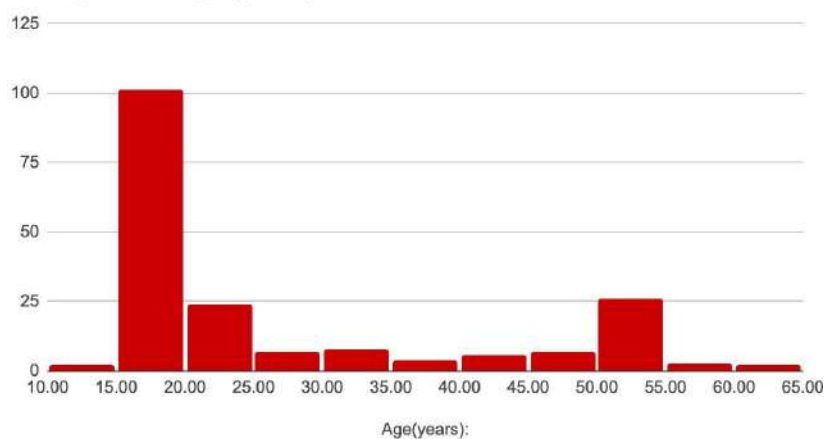
Summary:

We conducted a survey on the topic “The Art of Saying NO”. It was created through google forms and conducted online. 200 hundred responses were received. The study aimed to help us understand more about the struggles faced while saying and receiving NO. The results indicated that the majority of people struggle to say no and that the word NO is often perceived as negative.

Detailed Analysis:

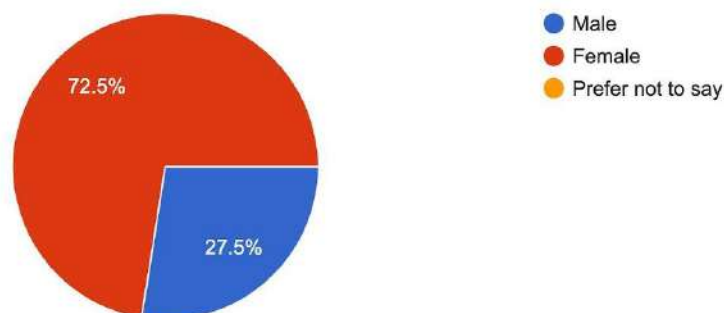
Age (years):

Histogram of Age(years):



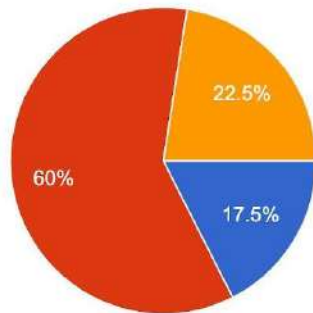
Gender:

200 responses



1. You identify yourself as an-

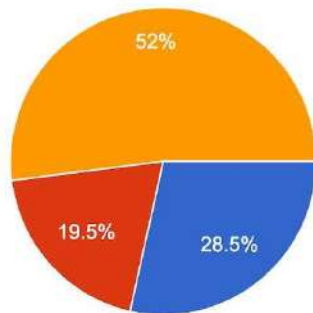
200 responses



- Introvert
- Ambivert
- Extrovert

2. Do you struggle to say 'NO'?

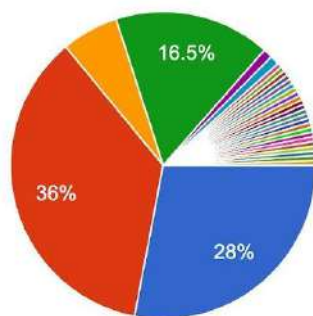
200 responses



- Yes
- No
- Sometimes

3. What does the word 'NO' mean to you?

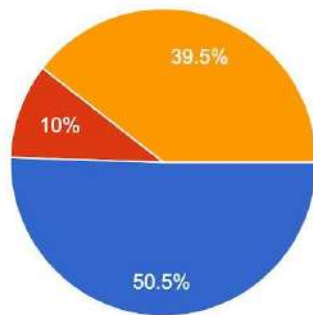
200 responses



- Rejection
- Denial
- Negativity
- Protective Sheild
- To hurt someones feelings
- All of these
- It mean that the person is uncomforta...
- Depends upon the situation

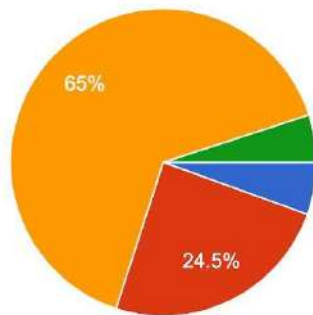
▲ 1/4 ▼

4. Which 'NO' is better-
200 responses



- Polite 'NO'
- Straightforward 'NO'/ Blunt 'NO'
- 'NO' with an alternative

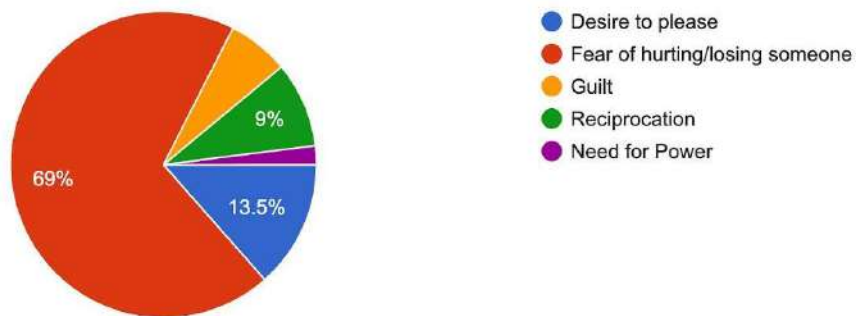
5. How often do you say 'YES' when you want to say 'NO'?
200 responses



- Always
- Often
- Sometimes
- Never

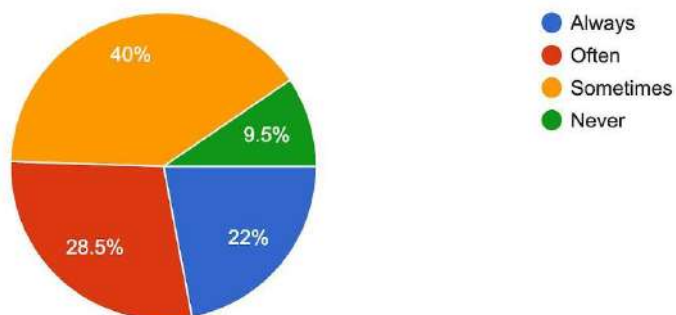
6. Why do you say 'YES' when you want to say 'NO'?

200 responses



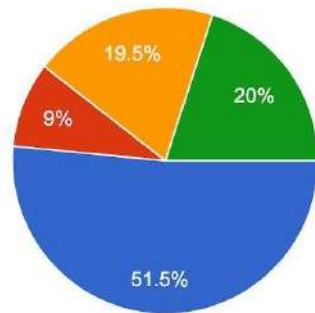
7. Do you find it easy to say 'NO' to someone who often declines your request?

200 responses



8. After saying 'NO' to someone, you:

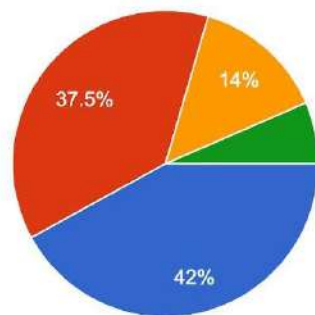
200 responses



- Overthink
- Regret
- Relax
- Not Concerned

9. Which is harder? Saying 'NO' to

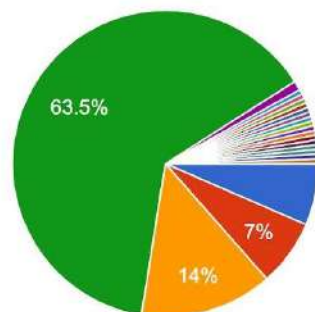
200 responses



- Family
- Friends
- Co-workers
- Strangers/Others

10. How do you feel when someone says 'NO' to you?

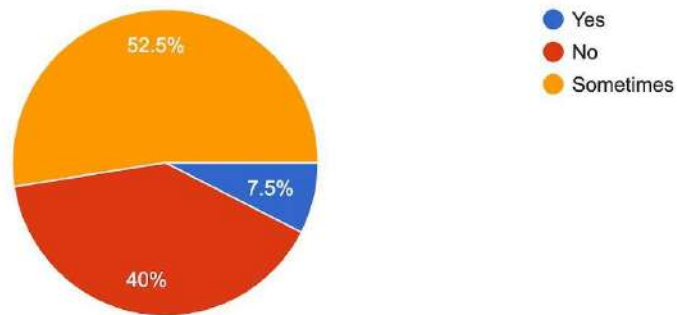
200 responses



- Angry
 - Depressed
 - Uncared
 - Understanding
 - Depends on the situation
 - Hurt
 - Sometimes bad
 - Sometimes angry many a times i unde...
- ▲ 1/3 ▼

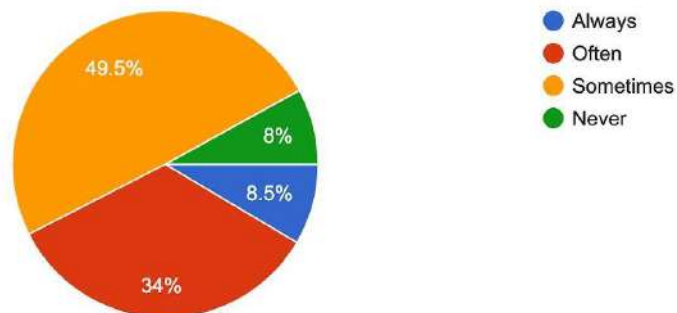
11. Do you consider the other person who rejects your request as arrogant?

200 responses



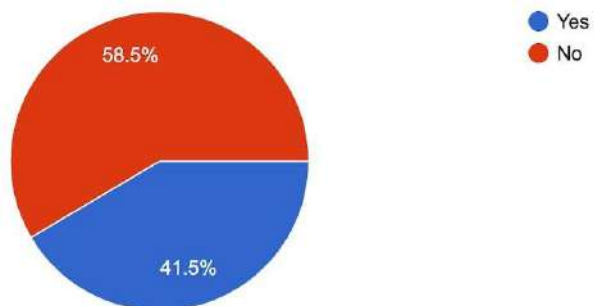
12. How often do you find yourself stressing over the work which is not your responsibility?

200 responses



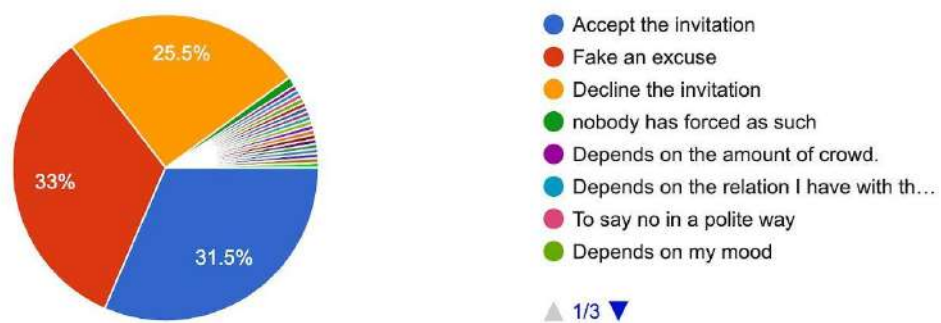
13. Are you tired of coworkers, friends & family members demanding your time and expecting you to give it to them?

200 responses



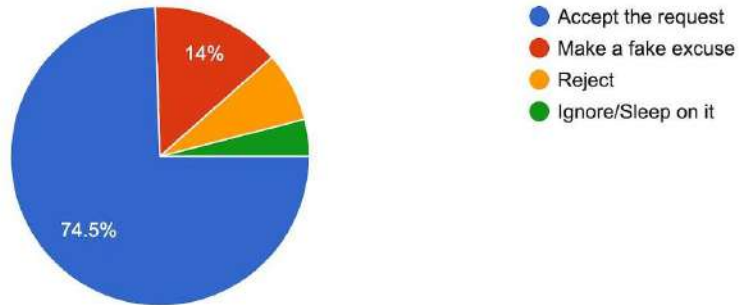
14. During the pandemic, your friends/relatives are forcing you to join a get-together. You:

200 responses



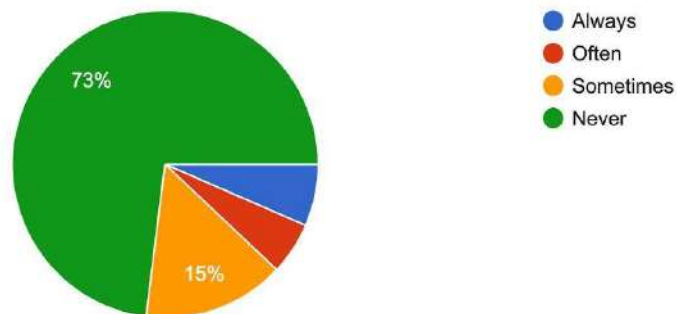
15. You have decided to relax on the weekends after a long productive week. A colleague calls you up with a request to help him with a project during your free time. You:

200 responses

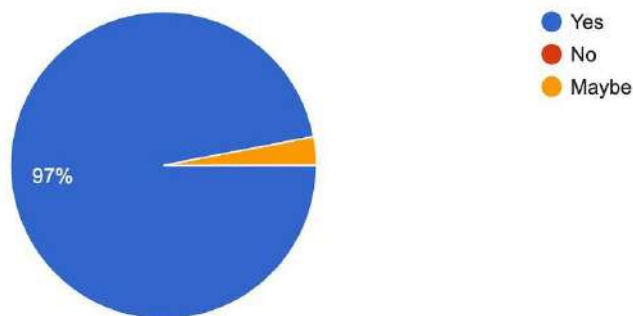


16. How often do you accept the unethical offer or smoking and drinking time with your friends?

200 responses



17. Do you think children should be taught how to maintain healthy boundaries from the start?
200 responses



Conclusion:

- Majority of people face difficulty while saying NO.
- The desire to please others and fear of losing and hurting our loved ones are the main reason most people struggle to say NO.
- NO is often related to negative feelings.

Survey Questions and Objectives

General Questions

1)Name:

2)Age:

3)Gender:

Section 1: Understanding the struggle faced while NO

1. You identify yourself as an-

- A. Introvert
- B. Ambivert
- C. Extrovert

Objective: To identify the social traits of the respondents and rule out biased responses i.e. to make sure the responses are not from the perspective of an extremely shy or outgoing person.

2. Do you struggle to say 'NO'?

- A. Yes
- B. No
- C. Sometimes

Objective: To find the percentage of the respondents who struggle to say NO.

3. What does the word 'NO' mean to you?

- A. Rejection
- B. Denial
- C. Negativity
- D. Protective Shield
- E. Other:

Objective: To find out how NO is perceived by the majority.

4. Which 'NO' is better?

- A. Polite 'NO'
- B. Straight forward 'NO' / Blunt 'NO'
- C. 'NO' with an alternative

Objective: To find out the preferred way of saying/receiving NO.

5. How often do you say 'YES' when you want to say 'NO'?

- A. Always
- B. Often
- C. Sometimes

D. Never

Objective: To find out the percentage of respondents who struggle to say NO

6. Why do you say 'YES' when you want to say 'NO'?

A. Desire to please

B. Fear of hurting/losing someone

C. Guilt

D. Reciprocation

E. Need for Power

F. Other:

Objective: To find out the reason people struggle to say NO

7. Do you find it easy to say 'NO' to someone who often declines your request?

A. Always

B. Often

C. Sometimes

D. Never

Objective: To find out whether reciprocation is involved in the art of saying NO.

8. After saying 'NO' to someone, you

A. Overthink

B. Regret

C. Relax

D. Not Concerned

Objective: To find out to consequences of saying NO

9. Which is harder? Saying 'NO' to

- A. Friends
- B. Family
- C. Co workers
- D. Strangers/Others

Objective: To know about the group of people and reasons which make saying NO hard.

Section 2: Understanding the way one responds to NO.

1. How do you feel when someone says 'NO' to you?

- A. Angry
- B. Depressed
- C. Uncared
- D. Understanding
- E. Others:

Objective: To find out how people react to NO.

2. Do you consider the other person who rejects your request as arrogant?

- A. Yes
- B. No
- C. Sometimes

Objective: To find out how one reacts to NO.

Section 3: Situations

1. How often do you find yourself stressing over the work which is not your responsibility?

- A. Always
- B. Often
- C. Sometimes
- D. Never

Objective: To find out the percentage of respondents who struggle to say NO.

2. Are you tired of coworkers, friends & family members demanding your time and expecting you to give it to them?

- A. Yes
- B. No

Objective: To find out the percentage of respondents who want to say NO but find it hard to do so.

3. During the pandemic your friends/relatives are forcing you to join a get-together. You:

- A. Accept the invitation
- B. Fake an excuse
- C. Decline the invitation
- D. Others:

Objective: To find out the percentage of respondents who struggle to say NO, the preferred way of saying no and verify previous responses.

4. You have decided to relax on the weekends after a long productive week. A colleague calls you up with a request to help him with a project during your free time. You:

- A. Accept the request
- B. Make a fake excuse
- C. Reject
- D. Ignore/Sleep on it

Objective : To find out the percentage of respondents who struggle to say NO, the preferred way of saying no and verify previous responses.

5. How often do you accept the unethical offer or smoking and drinking with your friends?

- A. Always
- B. Often
- C. Sometimes
- D. Never

Objective: Objective : To find out the percentage of respondents who struggle to say NO and the portion of sample vulnerable to Peer pressure.

Section 4: Understanding healthy boundaries

1. Do you think children should be taught how to maintain healthy boundaries from the start?

- A. Yes
- B. No
- C. Maybe

Team Views

This internship programme has been an enriching journey. This project helped in my overall development. From teaching me effective communication to detailed research and of course, the art of saying no, this programme brushed up a wide range of skills. I can not thank Anon enough to provide me with an opportunity to meet some real-life gems. With a loving mentor like Shammi ma'am and such a fun team, even the late-night meetings were refreshing. Friends and skills, from this internship programme I gained it all.

- Arunima Pandey

The past 15 days of the internship made a lifetime's impact on my life. I believe that THE ART OF SAYING NO is a life skill that everyone should learn, as it has become a rising problem in today's world and I am honoured to be a part of making everyone realise its importance. With the perfect team which never felt like a group of strangers meeting for the first time and the most supporting mentor that one can ask for this internship program turned out to be one of the best themes that I have spent and will forever be grateful to ANON Global Foundation and YWCA India. Ms Shammi Proothi is someone who is above all praises and was our guiding light till the very end and I along with all my friends thank her from the bottom of our hearts.
-Gopika

This internship programme was fulfilling. The learning that we had from this internship is for lifelong. I learnt life skills like Teamwork, leadership skills and time management. 'Art of Saying No' is a skill which each individual needs to practice in their life. I am grateful to team Anon Global and YWCA India for providing me this opportunity. I'd also like to thank our mentor Ms. Shammi Proothi, who supported us in each step. Lastly, I'm thankful for our team Say-NO-RITA(Senorita), extremely grateful to have such team members and friends.

- Isha Kukreja

First and foremost, I would like to thank ANON Global and YWCA for giving me this opportunity to be an intern for the last 15 days. I've had a great experience interning at ANON. I've made a few friends, I've improved my communication skills, I've learnt to respect everyone's time. I had a great team and a great mentor and all of them made this experience a lot more enjoyable and memorable. I would like to work with ANON Global somewhere

down the line again. Once again, Thank you for this Opportunity! I will always be grateful....

- Sanjay Murali

This internship was a really great experience. I got to learn a lot of new things. I have improved a lot of skills and feel a lot more confident after completing this internship programme.

Completing this project gave me a different sense of satisfaction and accomplishment. Our beautiful and charming mentor Shammi ma'am guided us very skillfully, patiently and with unconditional love. According to me, Ms. Shammi is one of the best mentors that I have met in my entire life. Also, my team members were truly amazing. They are really fun to be around. I made friends very easily. It feels really great to have them as my friends. I feel so lucky. It was a delightful experience overall.

- Chetan Sawwalakhe

REFERENCES

1. 6 negative effects of peer-pressure. (2014, August 5). The Teachers Digest. <https://theteachersdigest.com/6-ways-in-which-children-are-negatively-affected-by-peer-pressure/>
2. Babauta, L. (2020, November 19). The gentle art of saying no for a less stressful life. Lifehack. <https://www.lifehack.org/articles/communication/the-gentle-art-of-saying-no.html>
3. Brustein, D. (2019, June 14). 9 things you need to know about being told no. Forbes. <https://www.forbes.com/sites/darrahbrustein/2018/10/21/9-things-you-need-to-know-about-being-told-no/>
4. Getting emotional: How the amygdala learns the difference between good and bad. (2018, December 13). Frontiers for Young Minds. <https://kids.frontiersin.org/article/10.3389/frym.2018.00069>
5. Grzyb, J. E., & Chandler, R. (2008). The nice factor: The art of saying no. Summersdale Publishers LTD - ROW.
6. Frontiers for Young Minds. <https://kids.frontiersin.org/article/10.3389/frym.2018.00069>
7. The lateralization of emotion. (n.d.). Revista "Cerebro & Mente" WWW.

<https://cerebromente.org.br/n14/mente/lateralization.htm#:~:text=The%20valence%>

8. Psychology Today. (n.d.). Psychology Today. <https://www.psychologytoday.com/us/blog/the-right-mindset/201912/ten-mind-traps-dampen-your-happiness-and-create-misery>

9. What is in a word? No versus yes differentially engage the lateral Orbitofrontal cortex. (n.d.). PubMed Central (PMC). <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2443710/>

10. With integrity. (2017, October 30). applied alliance. <https://appliedalliance.wordpress.com/2017/10/30/with-integrity-2/>

11. Raypole, C. (n.d.). Emotional dependency: What it looks like and how to stop it. Healthline. <https://www.healthline.com/health/emotional-dependency#overcoming-it>

12. Should you follow your heart or your head? (2015, October 27). Psychology Today. <https://www.psychologytoday.com/intl/blog/fulfillment-any-age/201510/should-you-follow-your-heart-or-your-head>

13. The right-hemisphere and valence hypotheses: Could they both be right (and sometimes left)? (n.d.). PubMed Central (PMC). <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2569811/>

Anon Gobal Foundation & Young Women Christian Association (YWCA)

15 days Internship Program

Topic:

Handling Peer Pressure

Aim:

Team Pressurising Agents developed a presentation on the topic 'Handling Peer Pressure' to educate all those around them. The primary motive was to inculcate self-confidence, self-belief, and willpower in those who might be facing peer pressure, but are hesitating to stand up to their peers. Team Pressurising Agents is here to tackle one of the most significant types of pressure faced by the entire mankind and empower those in need.

Members:

- Ilina Arya (Mentor)
- Armaan Sood (Intern)
- Diya Sher (Intern)
- Khwahish Bahri (Intern)
- Manasvi Verma (Intern)
- Thirusha Tk (Intern)

INDEX

<u>Topics</u>	<u>Page No.</u>
1. Research	3
2. Case Studies	11
3. Survey Analysis	12
4. Detailed Survey Analysis	13
5. Survey Questions & Objectives	17
6. Team Members' Views	19
7. Citations	20

RESEARCH

Who Are Your Peers?

When you were a little kid, your parents usually chose your friends, putting you in play groups or arranging play dates with certain children they knew and liked. Now that you're older, you decide who your friends are and what groups you spend time with.

Your friends — your peers — are people your age or close to it who have experiences and interests similar to yours. You and your friends make dozens of decisions every day, and you influence each other's choices and behaviours. This is often positive — it's human nature to listen to and learn from other people in your age group.

As you become more independent, your peers naturally play a greater role in your life.

What is peer pressure?

Wanting to feel part of something can put pressure on you to act in certain ways. You could be experiencing peer pressure because you want to be accepted by the people you hang out with. You might be doing something you wouldn't normally do, or *aren't* doing something you want to do.

Peer pressure can influence:

- the way you dress or wear your hair
- the activities you get involved in
- the music you listen to
- your decisions about using drugs and alcohol
- who you're friends with.

According to a publication on peer pressure by Parent Further, only 10 percent of teenagers surveyed said that they had not been influenced by peer pressure. In that same group, 28 percent of teenagers agreed that giving in to peer pressure improved their social standing and nearly half of those surveyed admitted to picking on someone only after a friend picked on that person.

Research shows the **most impressionable age for peer influence seems to be the middle school years**. This is when a child is forming new friendships and choosing an identity among those friends. Peer pressure, or influence, comes in several forms, and these types of peer pressure can have a tremendous impact on a young person's behavior.

TYPES OF PEER PRESSURE

1. Spoken Peer Pressure

Spoken peer pressure is when a teenager asks, suggests, persuades or otherwise directs another to engage in a specific behavior. If this is done in a one-on-one environment, the recipient of the influence has a stronger chance of adhering to his or her core values and beliefs. If, however, the spoken influence takes place within a group, the pressure to go along with the group is immense.

2. Unspoken Peer Pressure

With unspoken peer pressure, a teenager is exposed to the actions of one or more peers and is left to choose whether they want to follow along. This could take the form of fashion choices, personal interactions or 'joining' types of behavior (clubs, cliques, teams, etc.). Many young teens lack the mental maturity to control impulses and make wise long-term decisions. Because of this, many teens are more susceptible to influence from older or more popular friends.

3. Direct Peer Pressure

This type of peer pressure can be spoken or unspoken. Direct peer pressure is normally behavior-centric. Examples of these kinds of behavior would be when a teenager hands another teen an alcoholic drink, or makes a sexual advance, or looks at another student's paper during a test. The other teen is put in a position of having to make an on-the-spot decision.

4. Indirect Peer Pressure

Similar to unspoken peer pressure, indirect peer pressure is subtle but can still exert a strong influence on an impressionable young person. When a teen overhears a friend gossiping about another person and then reacts to the gossip that is indirect peer pressure. Or if a middle scholar learns that the popular kids' parties include alcohol or drugs, that indirect pressure may prompt them to experiment as a way to gain acceptance.

5. Negative Peer Pressure

Asking a young teenager to engage in behaviour that is against their moral code or family values is a type of negative peer pressure. Teens see the actions of other teens with stronger personalities and are put in a position of following the leader or walking away. It's not uncommon for teens with strong morals to find themselves engaging in behaviour that goes against their beliefs, simply because they want acceptance. Young people often lack the skills to come up with an excuse or reason to say no to negative peer pressure.

6. Positive Peer Pressure

A group dynamic can be a positive peer influence if the behaviours are healthy, age-appropriate and socially acceptable. For instance, if a peer group wants to make good grades, a young teen can be positively influenced to study. Or if a popular friend wants to earn money and save to buy a car, a less outgoing teenager may also be influenced to get a job and open a savings account. If members of the football team take a pledge to abstain

from drinking alcohol to focus on staying healthy and having a winning season, other students may adopt the same behaviour.

THE POSITIVE AND NEGATIVE SIDE OF PEER PRESSURE

It is needless to say how influential peer pressure can be on an individual. Peer pressure comes in when we get influenced by the lifestyles and the ways of thinking of our peers. Almost everyone, from different walks of life, must have experienced peer pressure in some way or the other at a given point in time. Some people get positive influence from it whereas others tend to get negatively influenced. An analytical approach towards peer behaviour can be positively impactful for you. On the other hand, blindly following peers and not holding an opinion of your own might leave a negative impact on your life. Let us distinguish the positive and negative sides of peer pressure in detail.

The Positive Side:

Usually, peer pressure is used in a negative context. But there is always another side of the coin. Yes, there is also a positive peer pressure. Peer pressure cannot be termed bad always. It can also lead you to adopt good habits in life. Your peers may teach you some good things about life and encourage you to follow them. For instance, if you see your peers doing something for a noble cause, you may also like to adopt their certain habit. This will help you to change yourself for the better. Adopting good habits of your peers can actually bring about a positive change not only in your life but also your way of thinking. Peer pressure can actually leave a positive impact on your life if you carefully pick certain good habits from your peers. Since there is a huge diversity in human behaviour, exposure to peer pressure will give you a good opportunity to analyse the likes and viewpoint of different people. This will result in getting a chance to choose the best from what the masses have to offer. Peers might even inspire you in some way or the other or even persuade you to bring about a constructive change in your life. Therefore, peer pressure can also

have a positive impact on your life and can actually lead you to make the right choices for yourself.

- Friends tell your teen to study harder so they can get better grades. They decide it's cool to get a good grade on a test.
- A group of friends all get jobs after school, and they convince your teen to get a job too because it's fun to have spending money. It gives your teen the confidence to apply for a job.
- Several of your teen's friends buy their own cars. Your teen becomes motivated to save their money so they can buy their own car too

The Negative Side:

Most of you are well aware how negative peer pressure can influence one's life but we would still like to throw some more light on this aspect. There might be a particular idea, a habit, or a lifestyle which you personally dislike and would not like to accept. However, your peer group would want to compel you to do something which is against your own will. As a result, when you take a wrong decision by succumbing to peer pressure, you may land yourself in deep sorrow and feel remorseful about the whole situation. Similarly, a large number of vices such as smoking, drinking, becoming drug addict etc., are cultivated when teenagers blindly follow their peers, putting aside their own will. Furthermore, you lose your identity by surrendering to peer pressure. You lose your lifestyle and entirely adopt your peers' way of living. You no longer follow your own taste and are forced to like what your peers like and do what they do. This is how peer pressure can yield a wide array of negative outcomes for your life.

Therefore, it is better to learn something from peer pressure by adopting good habits and avoid succumbing to its negative aspect.

- Your teen has sex even though they don't want to because their partner convinces them that it is what all couples their age do.

- Your teen skips school because it's senior skip day and they don't want to get made fun of for showing up.
 - Your teen purchases e-cigarettes online because their friends tell them they can get away with it.
-

CAUSES

Weak personality-

Peer pressure is quite effective on people who have not developed a stable personality yet. The weaker the personality, the easier it is for groups to influence individuals to behave in certain ways. Since character and personality take time to evolve and to grow, teenagers and young adults are at greater risk to be affected by peer pressure compared to older individuals who have more life experience.

Thus, the weaker the personality, the higher the chance that people get affected by peer pressure.

Fear of rejection-

Many people in our society are also quite fearful of rejection and are therefore afraid to have their own opinion. If this fear of rejection is too strong, it may lead to a point where the individual gives up all his values and beliefs just to conform to the attitudes and value systems of a group. Thus, this fear of rejection is a powerful reason for pack behavior and the development of peer pressure.

Social acceptance-

Some people also feel the need to fit into our society and our common cultural and sociological value system in order to be socially accepted. However, fitting in also requires individuals to give up many of their own beliefs and traits. People who are desperate to fit in are easy targets for peer pressure and certain groups of people who understand this may exploit those people and use them for their goals.

Avoidance of bullying-

People who haven't developed a strong character yet are also often victims of bullying activities in school. In order to get out of all of this, people who are afraid to become victims of bullying might join groups or gangs in which they feel safe and protected. However, by joining those gangs, the peer pressure for doing certain things or in the extreme case to commit certain crimes can be quite strong, which may lead to several other issues like going to jail.

Improvements in coolness-

Especially for teenagers or young adults, coolness is a quite important factor and those age groups are often quite concerned about it. Thus, in order to become cooler, teenagers are often willing to change their outfits, their value systems and also to hang out with criminal people in order to improve their level of coolness to impress others and to strengthen their social status in school.

Humans want to be liked-

As humans, we generally want to be liked and valued. However, this is a big weakness that might be exploited by people knowing about this weakness of human nature. If you do everything to be liked, you have to give up most of your personality.

In turn, you may become too weak to reject things out of sheer peer pressure and you may commit crimes or other things you do not actually want to be involved.

Thus, the need for affirmation may make people quite vulnerable to peer pressure and the related adverse effects.

Hormonal reasons-

Especially for teenagers, there might also be hormonal issues when it comes to peer pressure. The hormone system of teenagers is quite complex and hormone levels change quite frequently. Thus, this makes teenagers quite vulnerable to peer pressure since their hormones may weaken their ability to judge certain actions correctly.

Bad parenting-

Parents have a huge influence on the mental development of their children. If parents install self-esteem in their children from an early age on, chances are that those children are less vulnerable to peer pressure since they may have developed a strong enough character to value their own opinion more than the opinion of others.

However, if you have parents who do not care about you too much, chances are that you may suffer from low levels of self-esteem, which may make you quite prone to peer pressure and the related consequences.

Religion-

Religion may also play a significant role in the context of peer pressure. If you grow up in a household where religion is quite important, you may feel the obligation to join those religious beliefs even if you do not even believe in those things at all. Thus, religion may take away your ability to form your own beliefs since the peer pressure around you might just be too strong.

Cultural values-

Similar to religious beliefs, cultural values may also be a significant cause for the development of peer pressure. If you live in a quite conservative environment and there may be strict cultural rules which everyone is obliged to follow from an early age on, chances are that you will be forced into certain actions due to peer pressure and unconscious manipulation.

Personal confusion-

Some people, especially at a young age, may also be quite confused and may feel lost in life. This personal confusion may also make those people quite vulnerable to peer pressure, since those people may be desperate to find people who support them and may eventually end up in gangs or other groups that may use peer pressure in order to control what is going on.

Mental issues-

Mental health issues may also make people vulnerable to peer pressure. If people suffer from mental issues, they may be easy to influence and those people may commit actions or crimes due to peer pressure which they otherwise wouldn't have committed.

MYTHS

a) Peer pressure is always negative.

Too often, we assume that peer pressure is what happens when someone gets gullible, vulnerable, or maladjusted kids to do something bad or risky. Although negative pressure is part of the dynamic, peer influence or pressure is much broader than that.

b) Peer pressure is for the vulnerable/weak personalities.

It is believed that people who are weak or are easily influenced are those who are more prone to peer pressure. It is supposed that they are unable to stand for themselves and don't have control of their lives. But peer pressure is sometimes just a sign of good faith and the trust we choose to place.

RECOGNITION

Admitting -

The first step is admitting. Admitting that it can happen to anyone. It doesn't mean we're weak and easily influenceable. It doesn't mean that we are unable to stand for ourselves or that we don't have control over our lives. Sometimes it's just a sign of the good faith and the trust we choose to place in the people around us. But it's essential to look out for the signs. Having to explain yourself.

Behavior changes-

Look out for changes in your child's behavior, especially when they are around certain groups of friends. Watch for the things they say, the way they act and the things they do; if they seem to change around certain people, this is a sign that they may feel under pressure to behave in a certain way.

Feeling like they don't fit in-

If your teenager talks to you about feeling like they don't fit in, this probably stems from the fact that they feel different in some way to their peers. The reality is that everyone is different, but during the teenage years especially, there is often a desire to fit into a certain mold and if you feel like you're not part of the crowd, this can cause you to feel very isolated.

Trying new things-

Peer pressure often prompts youngsters to try new things, which aren't always positive. Many teens admit to trying smoking and drinking alcohol long before they are legally allowed to and this is often the result of being goaded into it by others or to appear cool in front of friends. Look out for signs of drinking or the smell of cigarette smoke. Often, these things are part and parcel of growing up, but sometimes they can become the start of unhealthy habits and it's best to nip problems in the bud if there is a likelihood that they may get worse. Drugs can also be a danger for teens experiencing peer pressure. You can talk to a London health expert to discuss your problems with drug abuse and the health dangers associated.

Focus on image-

One of the most obvious implications of peer pressure is an obsession with image; this may include the way a child dresses, the clothing they want to buy and the looks they want to copy. If you are suddenly being pestered to buy designer labels or your child wants to take control of their wardrobe and starts to buy things that you perhaps wouldn't approve of, this is probably linked to pressure from peers and also wider pressure from society, which trickles down through social media and outlets such as magazines and television programs.

Making comparisons-

It's human nature to compare yourself to others, but it can be very unhealthy and in younger people, it's often a sign of peer

pressure. Often, teens want to look thinner, taller, more tanned, have different colored hair, dress like so and so, all to please others and to fit in with an image, which is accepted by others. If you hear your teen saying they want what somebody else has got or they wished they looked like somebody else, these are tell-tale signs.

Doing things you don't want to do-

Often, there's a scenario when youngsters get into trouble and the excuse is 'I didn't want to do it' or 'they made me do it' and the truth is that peer pressure can prompt people to do things that they don't want to do. There's often a fear of failure, a fear of looking weak or uncool and a dread of not fitting in with the popular crowd.

Performance at school-

If you have a high flier and grades suddenly drop, there is likely to be a cause and sometimes, this may be peer pressure. Often, intelligence is not seen as being very cool and kids who do make an effort to be attentive in class can be subjected to cruel jibes, which may affect their performance at school. Some may also make a conscious effort to do badly so that they fit in with others.

HOW TO RESPOND TO PEER PRESSURE

1. **Learn to say NO** . The most basic way to respond to peer pressure is to just say 'no.' it sends a clear message that you're not interested. Be firm and make eye contact. This shows that you're not willing to compromise.
2. **Change the subject if you're uncomfortable responding to questions.** Changing the subject, however, will at least buy you some time until you feel ready to respond (or not respond at all).
3. **Make an excuse to leave.** This is a great option if you're feeling shy or intimidated, or if you don't want to come off as being

rude. Come up with some sort of an excuse, apologize, and get away as soon as you can.

4. **Make your own decisions.** Do things that make you happy and make those decisions on your own. While some people might ask you to do something that pushes you outside your comfort zone in a good way, be mindful of any negative consequences that could occur.
5. **Plan a response.** Whether you haven't experienced peer pressure yet or you want to respond better for next time, think of a response you can use if you're ever asked something you don't want to do. Having a response ready will mean you won't feel under pressure if you're asked and you'll already know what to say.
6. **Choose positive friends.** When dealing with peer pressure, start by choosing friends who won't pressure you do things. Your friends should accept you for who you are without wanting to change you. If your friends don't make bad decisions, you're less likely to make them, too.
7. **It's okay to lie.** If you are concerned about angering or upsetting this person, you can lie or make an excuse to create an exit. It may feel wrong to lie, but you are never obligated to remain in a situation that makes you feel uncomfortable, scared, or threatened. Some excuses you could use are: needing to take care of a friend or family member, not feeling well, and having to be somewhere else by a certain time. Even excusing yourself to use the bathroom can create an opportunity to get away or to get help. Whatever you need to say to stay safe is okay—even if it may seem embarrassing at the time.

CASE STUDIES

Arjun Kapoor

Arjun Kapoor, the famous Indian Actor we see today gave into peer pressure once. In our movie we showed how friends pressurise to change appearance directly or indirectly. Same happened with the actor . He was made fun of and bullied because he was fat. Before his debut he lost weight. Though it was healthy for him but it was possible only because of peer pressure.

Hrithik Roshan

Hrithik Roshan, the bollywood star we know today was pressured indirectly. He used to stammer and felt like he doesn't belong with others. He started taking speech therapy, which proved successful for him but was a result of peer pressure

TEAM MEMBERS' VIEWS

My teammates and I would like to thank Anon Global Foundation and YWCA of India for giving us an amazing topic which needs to be discussed and is not talked about enough. this internship made me improve my communication skills and helped me in networking and also helped me keep a schedule. Now that was hard before it.

- Khwahish Bahri

Thank you for such a wonderful opportunity. I have learned so much from this internship. I learned problem solving skills and of course time management.

- Diya Sher

I am grateful for getting such an amazing opportunity which helped me learn empathy and improve interpersonal relationship skills.

- Armaan Sood

The assignments helped me bring my creative side out and show my real talent to all. It has helped in critical thinking

- Manasavi
Verma

After the completion of this internship, I am more confident and have surely improved my decision-making skills.

- Thirusha Tk

As a team, we would like to sincerely thank Anon Global Foundation and YWCA for providing all us for such a wonderful opportunity and being there at each and every step to guide us. We are extremely grateful to you for your cooperation, encouragement, and for providing us with a platform to talk about such an impactful and engaging topic. You have helped us change our lives for the better.

Regards,

Team Pressurising Agents

Citations:

<https://en.m.wikipedia.org/wiki/Wikipedia>

<https://environmental-conscience.com/peer-pressure-causes-effects-solutions/>

<https://resources.uknowkids.com/blog/7-obvious-signs-your-teen-is-suffering-from-peer-pressure>

[https://teens.lovetoknow.com/Statistics on Peer Pressure#:~:text=Teens%20and%20Peer%20Pressure,been%20influenced%20by%20peer%20pressure](https://teens.lovetoknow.com/Statistics%20on%20Peer%20Pressure#:~:text=Teens%20and%20Peer%20Pressure,been%20influenced%20by%20peer%20pressure)

<https://www.talkitoutnc.org/peer-pressure/types-of-peer-pressure/>

Junior Category

Anon Global Foundation and YWCA

15 Days Internship Program

Topic: Sleep: The magic potion of Wellbeing

Report by: Team 'Inception'

Members: Mentor- KhanakLashkari

Interns-

Aarush Arora

Panache Madan

Ojas Kapoor

Yash Lashkary

INDEX

- Research
- Survey Analysis
- Team Members' Views
- References

RESEARCH

What is Sleep?

Sleep is a naturally recurring state of mind and body, characterized by altered consciousness, relatively inhibited sensory activity, reduced muscle activity and inhibition of nearly all voluntary muscles during rapid eye movement (REM) sleep, [1] and reduced interactions with surroundings.

Sleep Cycle

The sleep cycle is an oscillation between the slow-wave and REM (paradoxical) phases of sleep. It is sometimes called the ultradian sleep cycle, sleep–dream cycle, or REM-NREM cycle, to distinguish it from the circadian alternation between sleep and wakefulness.

Importance of Sleep

When you sleep, your body undergoes a series of changes that enable the rest that is vital to your overall health. Sleep allows the brain and body to slow down and engage in processes of recovery, promoting better physical and mental performance the next day and over the long-term.

Few benefits of Sleep

- Get sick less often.
- Stay at a healthy weight.

-Lower your risk for serious health problems, like diabetes and heart disease.

-Reduce stress and improve your mood.

-Think more clearly and do better in school and at work.

-Get along better with people.

How much sleep do you actually need?

Everyone feels better after a good night's rest. But now, thanks to a report from the National Sleep Foundation, you can aim for a targeted sleep number tailored to your age. The foundation based its report on two years of research and breaks it down into nine age-specific categories, with a slight range that allows for individual preference:

Older adults, 65+ years: 7 to 8 hours.

Adults, 26 to 64 years: 7 to 9 hours.

Young adults, 18 to 25 years: 7 to 9 hours.

Teenagers, 14 to 17 years: 8 to 10 hours.

School-age children, 6 to 13 years: 9 to 11 hours.

Preschool children, 3 to 5 years: 10 to 13 hours.

Toddlers, 1 to 2 years: 11 to 14 hours.

Infants, 4 to 11 months: 12 to 15 hours.

Newborns, 0 to 3 months: 14 to 17 hours.

Dr. Walia says there's evidence that genetic, behavioral and environmental factors help determine how much sleep an individual needs for their best health and daily performance. But a minimum of seven hours of sleep is a step in the right direction to improve your health, she says.

What happens when you don't get enough sleep?

1. Lack of alertness- Even missing as little as 1.5 hours can have an impact on how you feel.
2. Excessive daytime sleepiness- It can make you very sleepy and tired during the day.
3. Impaired memory- Lack of sleep can affect your ability to think, remember and process information.
4. Relationship stress- It can make you feel moody and you can become more likely to have conflicts with others.
5. Quality of life- You may become less likely to participate in normal daily activities or to exercise.
6. Greater likelihood for car accidents- Drowsy driving accounts for thousands of crashes, injuries and fatalities each year, according to the National Highway Traffic Safety Administration.

Sleep Psychology

The specialty of sleep psychology studies sleep and evaluates and treats sleep disorders. It addresses behavioral, psychological and physiological factors that underlie normal and disordered sleep across the life span. It develops, tests and applies evidence-based psychological approaches to the prevention and treatment of

sleep disorders and related conditions. Sleep psychology has evolved from a unique merger of psychological science and practice with sleep science and practice.

How to improve sleep?

- 1) Go to sleep at the same time each night, and get up at the same time each morning, even on the weekends.
- 2) Don't take naps after 3 p.m, and don't nap longer than 20 minutes.
- 3) Stay away from caffeine and alcohol late in the day.
- 4) Avoid nicotine completely.
- 5) Get regular exercise, but not within 2-3 hours of bedtime.
- 6) Don't eat a heavy meal late in the day. A light snack before bedtime is OK.
- 7) Make your bedroom comfortable, dark, quiet, and not too warm or cold.
- 8) Follow a routine to help you relax before sleep (for example, reading or listening to music). Turn off the TV and other screens at least an hour before bedtime.
- 9) Don't lie in bed awake. If you can't fall asleep after 20 minutes, do something calming until you feel sleepy, like reading or listening to soft music.
- 10) Talk with a doctor if you continue to have trouble sleeping.

Teens and Sleep

Sleep problems are a special concern for teenagers. The average teen needs about 9 hours of sleep a night. Children and teens who don't get that much may have problems getting along with others. They may feel angry and impulsive, have mood swings, feel sad or depressed, or lack motivation. They also may have problems paying attention, and they may get lower grades and feel stressed.

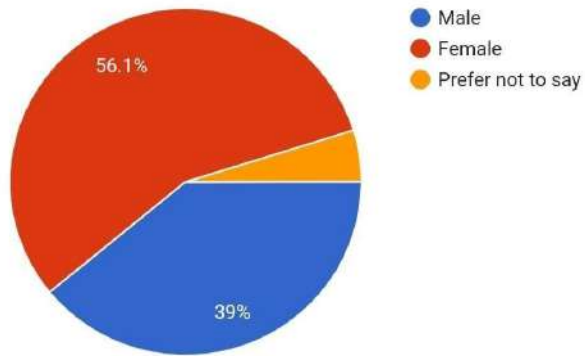
In addition to the sleep tips for adults, teens can also try:

- 1) Avoiding screen time at least an hour before bed.
- 2) Banning all-nighters (Don't leave homework for the last minute!)
- 3) Writing in a diary or on a to-do list just before sleep, to reduce stress
- 4) Sleeping no more than 2 hours later on weekend mornings than on weekday mornings.

SURVEY ANALYSIS

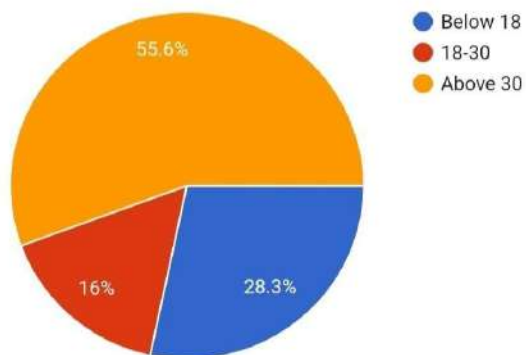
Gender

187 responses



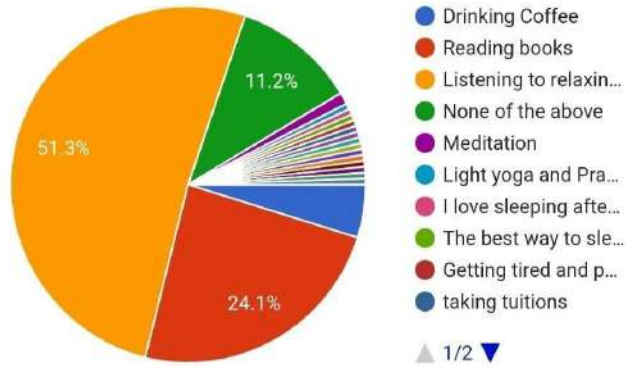
Age

187 responses



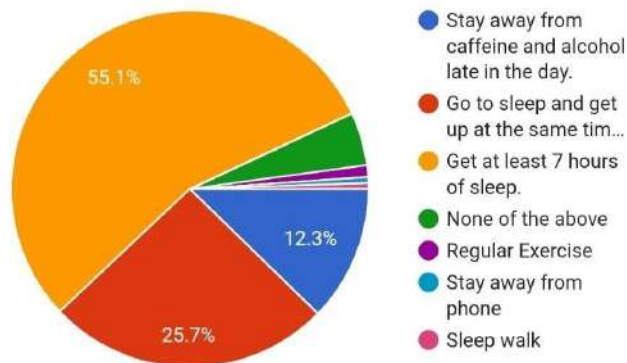
1.What among the following according to you is the best way to fall asleep

187 responses



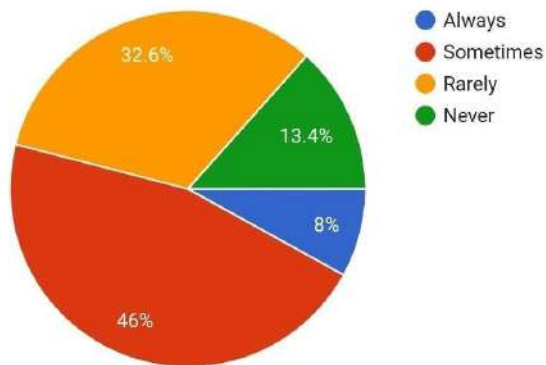
2.What among the following activities you do to ensure a healthy sleep

187 responses



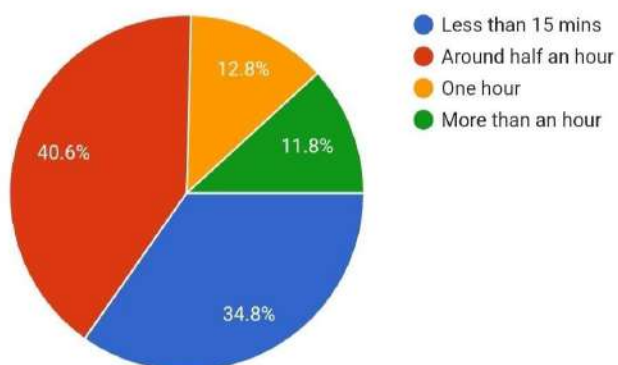
3. How often do you feel sleepy in the day time while working?

187 responses



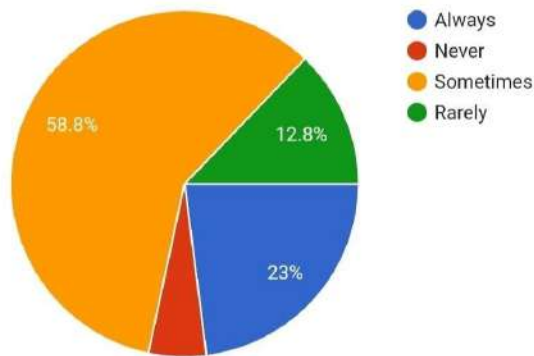
4. How long do you take to fall asleep once you are in bed?

187 responses



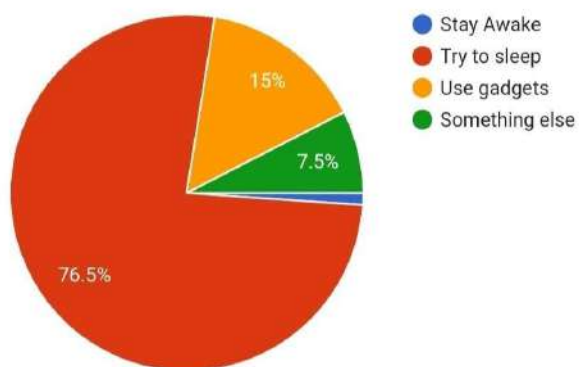
5. Do you have dreams while you are sleeping?

187 responses



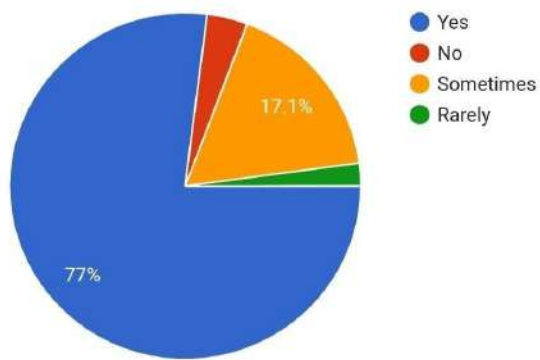
6. What do you do when you wake up in midnight

187 responses



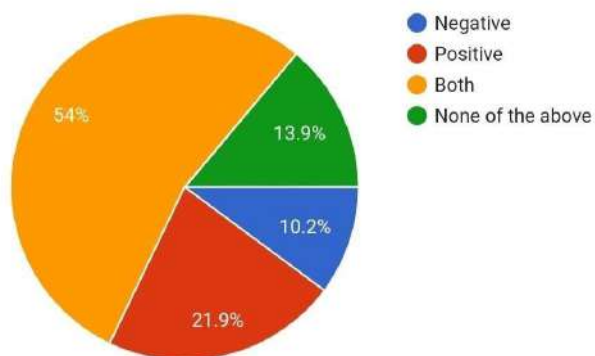
7. Do you think sleep helps you to get healed with stress and anxiety?

187 responses



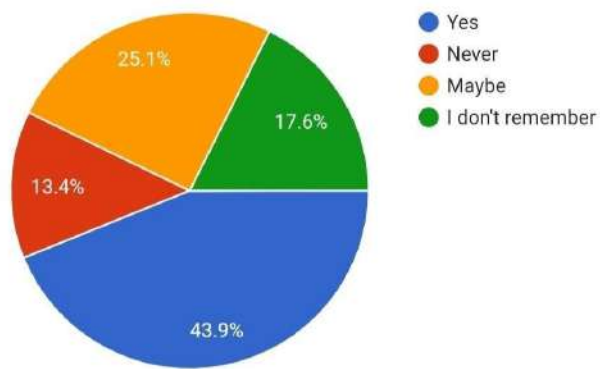
8. Do you have negative thoughts while falling asleep or positive thoughts?

187 responses



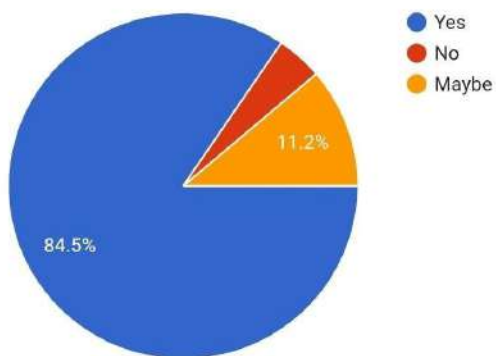
9. Has sleeping ever helped you in finding a solution to a problem?

187 responses



10. Is sleep actually a magic potion of well being according to you?

187 responses



TEAM MEMBER'S VIEWS

Panache Madan

It was a wonderful experience. Thank you Anon for giving me this opportunity. It taught me a lot of values such as team work, productivity, etc. Everyone in our team got equal opportunities and we had fun while we were working. It was nice to know every one in our group. I learnt to handle new things that I didn't know how to do.

Ojas Kapoor

Working on this topic was a boon for me. I learnt so much about the topic Sleep – the magic potion of well being. Even though I knew most of the things, I got to know so many things which were so unexpected that they blew my mind. Like – Having caffeine could actually disrupt our sleep rather than helping in sleeping faster. I learnt so much from this internship. Special thanks to ANON.

Yash Lashkary

I totally enjoyed the 15 days of hard work. The team and I had a lot of fun while being focused. We learnt so many new things which we otherwise would not have. Thank you Anon for this amazing opportunity.

REFERENCES

<http://healthysleep.med.harvard.edu/healthy/science/what>

<https://www.sleepcycle.com/>

<https://health.gov/myhealthfinder/topics/everyday-healthy-living/mental-health-and-relationships/get-enough-sleep>

<https://www.healthline.com/health/healthy-sleep/what-happens-to-your-body-when-you-lose-sleep#:~:text=What%20happens%20if%20you%20don,diabetes%2C%20and%20even%20car%20accidents.>

<https://www.apa.org/ed/graduate/specialize/sleep>

INTERNSHIP PROGRAM (PHASE II)

Anon Global Foundation published the following poster in various social media sites as well as sent personal emails to different schools and colleges for PAN India reach.

YWCA **ANON**
GLOBAL FOUNDATION

ONLINE INTERNSHIP PROGRAM

ON PSYCHO-SOCIAL & MENTAL HEALTH

For students of grade 6-12 & undergraduate students

- 15 Working Days
- Free Program
- Limited Seats
- Certificate on Completion

START DATE:
Jan 15, 2021

LAST DATE TO APPLY:
Jan 05, 2021

Email your resume to **ANON Global Foundation (NGO)** at **internship@anon.org.in** or contact **+91 8448408644**

www.anon.org.in

Teamwork

Analysis

Research

Film Making

Presentation

Mentorship

[in](#) [▶](#) [f](#) [📷](#) [t](#)

We got an overwhelming response for our internship program, we screened 100 students from 450+ applicants.

Undergraduate Category

YWCA Congratulations on your selection in the UG Internship Program **ANON** GLOBAL FOUNDATION



Siddhant Pradhan (Gujarat)	Kajal (Delhi)	Shefali Brahmchari (MP)	Mona Jha (Delhi)	Darshana Sharma (Rajasthan)	Gunreet Kaur (Punjab)	Sukhmani Bhatia (Karnataka)
Pranayee Rachamalla (Telangana)	Dilraj Kular (Punjab)	Shreya Mandal (West Bengal)	Ruby Yadav (Maharashtra)	Richa Thacker (West Bengal)	Vaishnavi Tripathi (UP)	Vijay Chandel (Chhattisgarh)
Neha Prasad (Chhattisgarh)	Vishakha Wavhale (Maharashtra)	Jai Peswani (MP)	Anoushka Rungta (Gujarat)	Anjali Kaushik (Delhi)	Komal Nagar (Haryana)	Rukshana Begum (Tamil Nadu)
Sandesh Mahire (Maharashtra)	Srilaxmi Ragni (Telangana)	Ananaya Kanda (Delhi)	Anahita Verma (Uttarakhand)	Poorvi Chawla (MP)	Avichal Dani (Gujarat)	
Sristi Shikha (Bihar)	Ananya Goyal (Rajasthan)	Deepak Aggarwal (Delhi)	Sanjana Wadhankar (Maharashtra)	Sakshi Tripathi (UP)	Juvairia Fatima (Telangana)	

Senior Category




**Congratulations on your selection
in the Senior Internship Program**



































						
Vanshika Sharma (Delhi)	Nayonika Gupta (Haryana)	Poorvi Agarwal (Rajasthan)	Shloka Mittal (UP)	Dhruv Shah (Maharashtra)	Suraj Bhutani (Delhi)	Indrakshi Chaku (Haryana)
						
Jessica Saini (Delhi)	Divyanshi Agarwal (UP)	Udita Das (Delhi)	Suvali Biswal (Delhi)	Kalyani Sawalakhe (Maharashtra)	Aadya Yadav (MP)	Deep Anand (Delhi)
						
Gaurav Lokchandani (Maharashtra)	Pratishtha Shukla (Delhi)	Fida Shirin (Kerala)	Heera Narayanan (Karnataka)	Disha Ramchandani (Gujarat)	Akanksha Dangri (Delhi)	
						
Aishwarya Pokhariyai (UP)	Lakshay Mittal (UP)	Rishika Goel (Delhi)	Kritika Mishra (Delhi)	Ananya Batra (Delhi)	Diksha Malhotra (Delhi)	
						
Anusha Bhadauria (Delhi)	Ranya Kalkal (Haryana)	Pranjal Shrivastava (Rajasthan)	Architi Dadhwal (Delhi)	Shreen Sharma (Delhi)	Devika Bisht (Delhi)	
						
Tanishka Tyagi (Delhi)	Gary Gulati (Delhi)	Namita Chhabra (Haryana)	Shreshtha Sood (Delhi)	Zeehan Arora (UP)	Laavanya Yadav (Delhi)	

Junior Category



**Congratulations on your selection
in the Junior Internship Program**



						
Shivam Gahlot (Delhi)	Punya (Delhi)	Arjun Singh (Delhi)	Kriday Proothi (Haryana)	Harshil Raheja (Delhi)	Tanya Narula (Delhi)	Aditya Giri (Delhi)
						
Yuvakshi Malhotra (Haryana)	Punish Anand (Delhi)	Panvi Pandita (Delhi)	Goohika Joshi (Haryana)	Parneet Kaur Grewal (Delhi)	Komal Goyal (Delhi)	
						
Arjun Maggo (Delhi)	Saksham Gupta (Delhi)	Kaavya Kapoor (UP)	Akshith Batra (Delhi)	Divyansh Saini (Delhi)	Sristi G. Kaundal (Delhi)	
						
Kamakshi Yadav (Haryana)	Garvvh Chawla (Delhi)	Garima Grover (Delhi)	Priyansha Shrivastava (Rajasthan)	Pragya Bajaj (Delhi)	Yugraj Singh Sekhon (Delhi)	
						
Tejasvi Kapur (Haryana)	Arnav Sharma (Delhi)	Vani Jindal (Delhi)	Avani Choudhary (Delhi)	Nishant Saxena (Haryana)	Tanmay Joshi (Haryana)	

JURY PROFILES

YWCA
INDIA

JURY MEMBERS
(Online Internship Program)

Good wishes to all the interns from Jury Members!

ANON
GLOBAL FOUNDATION

Major Dr. Meeta Singh
Chairperson,
Dignity of Girl Child Foundation

Dr. Namita Sharma
Administrator and
Head of School

Ms. Aparna Sahay
Retired Civil Servant, Activist,
Championing the cause of Gender
Equality and Sustainable
Development

Ms. Ruchika Sukhija
Principal,
Mahavir Senior Model School

Dr. Jyoti Bajaj
Special Educator and Counselor,
Delhi Public School, Rohini

Ms. Payal Uppal
PCT English,
Blue Bells Model School

Undergraduate Category

1. Major Dr Meeta Singh

Major Dr Meeta Singh has been working towards the upliftment of the girl child in Rajasthan for 18 years with at least 3 out of 33 districts showing improvement. She has also worked on several issues – combating violence against women, legal literacy, health, and health policies. Dr Singh serves on various committees of NGOs and the government, including the committee to update and revise the Rajasthan state Policy for Women (2015). She has been honored with several awards including the Outstanding Woman award by the National Commission for Women, Government of India.

2. Dr. Namita Sharma

Dr. Namita is a dynamic Administrator and Head of School with over 24 years of teaching and 14yrs of administrative experience in Senior Secondary Schools of high repute of New Delhi and

Haryana. She has been one of CBSE inspection committee Members for accord of Affiliation and performed the responsibility as Centre Superintendent.

Senior Category

1. Aparna Sahay

A retired civil servant and an activist, championing the cause of Gender Equality, Good Governance and Sustainable Development. Area of Specialization: Environment, Gender, Education, and Governance Education: M. A (Political Science), MBA. Currently working as Secretary, Sandhan: Society for Study of Education & Development, a Technical Resource Institution with pan-India presence. Chairperson of SARA & Manthan: NGOs in Rajasthan involved in social action for rural advancement through natural resource management. Also, involved with MAUSAM: Beyond Copenhagen Network of NGOs in India, working on Climate Change implications.

2. Dr. Jyoti Bajaj

Jyoti Bajaj is a Gold Medalist Special Educator from Lady Irwin College, Delhi University & Gold Medalist Physiotherapist from Kurukshetra University. She is working as Special Educator and Counselor with DPS, Rohini since last 5 years. She excels in promoting mental health awareness and training and has conducted several training programs, webinars and interactive sessions with students, parents and teachers on the subject.

Junior Category

1. Mrs. Ruchika Sukhija

Mrs. Ruchika Sukhija, Principal of Mahavir Senior Model School. A learner at heart and an expert in English and teaching pedagogies, Mrs. Ruchika Sukhija has been a teacher par excellence. She is a Post Graduate (MA) in English and has completed the course of Post Graduate Diploma in School Leadership and Management Master. She is the recipient of Teachers State Award 2015 and has also been honored as Principal Par Excellence by IIHM in the year 2020.

2. Ms. Payal Uppal

Ms. Payal has 18 years of expertise in educating & effectively communicating with students from diverse backgrounds. Motivated average students to fully explore their potential and produced the highest individual score tally in the district in English – CBSE Higher Secondary Boards. She has also Nurtured Talent as the Chief Editor of the School Magazine & Newsletter for the last 18 years. Ms Uppal has Sharp Organizational and Managerial skills, executed as a member of the organizing committee for various Annual functions & events.

MENTOR PROFILES

Undergraduate Category

1. Puneet Arora

He has masters in computer applications from Indraprastha University and has 13 years of work experience.

From last 5 years he is taking care of his family business.

After working extensively for close to a year designing the strategy for Anon, now got the opportunity to mentor young, talented and dynamic students from all over India. An avid reader, he has deep interest in our Hindu Sanatan Dharma, volunteering for social causes, Punjabi by heart and loves traveling.

2. Shweta Camma

She is a trainer from BFSI sector with 18 years of experience. She works with SEBI, NSE, BSE, mutual fund houses, brokerage houses. She is a Micro Master from IIM Bangalore.

3. Ridhi Luthra Arora

She is graduated from Pearl Academy of Fashion. She developed her acumen for life skills through empirical research projects as a part of her O & A level education. These skills were applied to coach kids and conducted workshops, started a kids club Joyride and also worked with wellknown schools such as LaPetite, G D Goenka & Fastrakids. The workshops held, aimed to equip young children with life skills such as public speaking, collaboration, critical and creative thinking and decision making, enhancing their personalities and helping them become an independent and responsible beings. She also

mentored and won award for internships conducted by Anon Global Foundation and YWCA India.

4. Rekha Jha

रेखा झा एक समाज सेविका, लेखिका, मोटिवेशनल स्पीकर, प्राणिक हीलर और टीचर हैं। जिनका मानना है कि समाज में अगर कोई बदलाव लाना है तो सबसे पहले अपने से शुरुआत करनी चाहिए। रेखा झा जिनका जन्म बिहार की पावन भूमि में हुआ जहां माँ सीता भी प्रकट हुई थी। जब ये तीन साल की थी तब से अब दिल्ली में रहती हैं। दिल्ली यूनिवर्सिटी से पोलिटिकल साइयन्स में अपनी post graduation की डिग्री ली, रोहतक से BEd किया। फैशन, ब्यूटी कल्चर, सिवल डिफ़ेन्स की ट्रेनिंग, प्राणिक हीलिंग, संगीत ज्ञान लिया। ये दिल्ली यूनिवर्सिटी की टॉपर भी रह चुकी है, इसके साथ साथ इन्होंने लाइफ़ स्किलस में भी बहुत से स्तर पर ट्रेनिंग ली। ये लगभग 15/20 साल से समाज सेवा से जुड़ी हैं, लेकिन सबसे बड़ी पहचान जो इनको मिली वो लेखनी और वाणी से। रेखा झा ने खासकर लाकडाउन में अपनी कविताओं की मदद से लोगों को प्रेरित किया कि वो हिम्मत ना हारें और कोरोना से कैसे लड़े, अपने आपको कैसे मजबूत बनाये, कैसे अपनी शारीरिक और मानसिक स्वास्थ्य दोनों की देखभाल करें। रेखा जी की कविता की लिस्ट में से -

- १- कोरोना से क्या डरना
- २- लाकडाउन तुझे सलाम
- ३- तुम थोड़ी सी हिम्मत कर लो आज
- ४- हैं पंख नहीं मेरे लेकिन मैं आसमान में उड़ती हूँ
- ५- घरेलू हिंसा

बहुत प्रेरणादायक है, हलाँकि लिस्ट बहुत लम्बी है।

इसके साथ साथ इन्होंने बहुत सारे ग्रुप के साथ जुड़कर live sessions किए और सोशलमीडिया के सहयोग से हजारों लोगों तक अपनी बात पहुंचायी। रेखा जी ने FB पर Soul and Smile, Bharat Vishv Guru,

दो पेज बनाये, यूट्यूब चैनल बनाया और उसपर भी video's बनाये जैसे

- १-पर्यावरण बचाओ
- २- बाल मज़दूरी के खिलाफ़
- ३- कोरोना से कैसे बचना है
- ४- भूकम्प से कैसे बचना है
- ५- घरेलू हिंसा
- ६- नारी शक्ति
- ७-पावर ब्रेन योगा

लिस्ट बहुत लम्बी है, अपने टीचिंग में इन्होंने वैल्यू शिक्षा पे ज़ोर दिया, इनका मानना है बच्चे हमारा भविष्य है इसलिए इन्हें बहुत प्यार से अच्छा वातावरण प्रदान करना चाहिए जिसमें वो उत्तम संस्कार ले सके और खुश रह सकें। इनकी उपलब्धियों को देखते हुए इनको सलाम नमस्ते रेडीओ ने नारी शक्ति का खिताब दिया ओर AB न्यूज़ चैनल ने बहुत कम समय में अपनी पहचान बनाने के लिए अपनी पहचान का खिताब दिया, कर्णधार अवार्ड, स्वमसिद्धा अवार्ड, कोरोना रक्षक, हिंदी मान सम्मान अवार्ड मिला। इनकी दो पुस्तक भी आ गयी है, इनकी लिखी कविता देश के लगभग हर कोने में पहुँच गयी है। रेखा जी का मानना है कि खुदी को कर बुलंद इतना की हर तक्रदीर से पहले खुदा बंदे से ये पूछे बता तेरी रजा क्या है।

5. Anashwara Ravi

She has completed her MA Clinical Psychology from Amity University, she was working as a civic counselor under DCPCR.

6. Shiksha Jain

She is from Guwahati. She has completed her graduation in Psychology and currently pursuing her Masters in Psychology. She has her own work of Career Planning and Mentoring with the name of 'Mind Prism'. She has done

various internships, attended various workshops and webinars. She is really interested in the field of psychology and would like to do something extraordinary in the field. She is also health conscious, and she loves dancing, travelling and meeting new people.

7. Abha Sahay

As a project content and social media sector professional, Abha has worked on various content-related themes including Hospitality, Business Success, Tourism and Sustainable Development with a wide range of platforms including Private organizations, start-ups, NGOs, and freelance. Her experience comes from working for over 4 years across India, from the grassroots to project initiation and content design levels. She has a sound understanding of project management right from researching and writing content (website & social media) to strategizing content for social media platforms, websites with marketing monitoring stages. She is well versed with the latest management, content trends, SEO, team structuring and writing skills. Some of the major organizations supported by Abha include C.K.Birla Hospitals, TEDxJaipur, PRISM Brain Map (India), Tanirikka (TWX Travels), V Resorts, and ANON Global Foundation. Abha provides a clear content strategy, drawing from her experience to any organization looking at executing a project, by developing and writing a precise content approach in delivering goods or services.

8. Manasi Prabhakaran

She is currently pursuing her Bachelors in Applied Psychology from Gargi College, Delhi University, and is based out of Delhi. Manasi is an aspiring writer, a fiesty debater and a Bharatnatyam dancer in training. Her work experience encompasses content writing work, volunteering experience

with NGOs, and internships in the field of Clinical and Forensic Psychology. She has participated in over fifty Model UN conferences, as well as several elocution competitions. Her main interests are psychology, public speaking and academic writing; and she has achieved laurels in the same. She has conducted workshops for adolescents on the topic of Mental Health and also is the core team member of a student run-collective 'Excelencia Symposium'.

Senior Category

1. Arpita Nagpure

She is from Nagpur, Maharashtra. She is an undergraduate hotel management student. She was mentor in Phase 2 which was from 15th January 2021 to 5th February 2021. She is working with so many NGO's like camp diaries etc. Her strength is her attitude where she likes to take up challenges and her thinking to accept both success and failure in a balanced way to move forward. She does not like to say weaknesses, but she wants to say that she does not leave any questions altogether, she believes in herself, the work she does, and she wants fulfilment in everything. Her short-term goal is to find a platform where she can inflate her career and grow with the organization. Her long-term goal is to be the cause of the organization's success. Her philosophy is "I always love to take challenges for my progress and steady growth".

2. Raaina Jain

She is a class 12th student from Mumbai. Currently studying commerce, she aspires to be a Journalism and Mass Communication student in the future. She is a published

poet and writer in the beginning phase of this journey with a wish to express her thoughts, emotions and beliefs through words; words that would hopefully make people think. She also has a blog where she usually write about things relevant to the present times. When she is not studying or working, she likes to travel, dance, draw, journal and read. Before being a mentor with ANON Global Foundation for their Psycho-Social and Mental Health Program, she was also an intern during their October 2020 School Internship Program.

3. Riya Jobson

She is currently pursuing undergraduate in psychology stream. Apart from this her roots are nourished with Certification for English Proficiency in CAE level for Cambridge University. Her passion in psychology, English and teaching has always yielded fruits for her. Had experience working with Anon last year as an intern in undergraduate category and bagged first runner up. Responsibility and commitment can be well expected from her. Apart for professional jargons, she is a free going person who seeks for fun and joy in others.

4. Nishtha Madan

She is a final year student of BA (Hons) Applied Psychology. Studying this subject broadens her view point and helps her pay attention to different thought processes of people. In this internship she and her team worked on the topic 'Listen to Learn'. The reason for choosing this topic was that she on a personal level feel that for a person to be successful in life it is necessary to listen more than speaking. She believes that her knowledge on the subject of psychology has helped her and her team work on this project.

5. Palak Khatter

She is an enthusiastic psychology student who's currently pursuing BA. (Hons) Applied Psychology from Delhi University. As a psychology student, social work has been instilled in her because of being empathetic to everything possible. She loves mentoring, teaching and spreading her knowledge so people can become more aware of themselves. She is a leader who likes to take on responsibilities as it gives her more control and makes her less helpless in certain situations and it gives her the power to make a change in the world.

6. Luvkumar Sharma

He is currently a 2nd year student pursuing B.Tech in Computer Science Engineering. Apart from this technical course, he has a keen interest in exploring various non-technical fields so as to broaden his field of vision and think upon a particular topic with all the technical and non-technical aspects involved. He sees himself as a very practical and realistic thinker and likes taking decisions which are backed with proven logical facts. Also his current goal is to become self-sufficient enough so that he can also help others to the best way possible to make them self-sufficient as well, so he thinks that the best way of investment is investing in self and then investing in others when we start getting returns from the skills that we have invested in.

7. Isha Kukreja

She is a student pursuing B.TECH (CS) from HMRITM College, IP University, Delhi, India. She is a very enthusiastic and a passionate individual who believes in new opportunities as a learning outcome. She first did an

internship at Anon Global and she realized we can gain all skills from outside the world but main life skills in our life helps us to grow as a person and shapes us. As a former intern she was very glad to share her learnings with other and she was offered a mentorship program on the topic: 'Meditation: Key to Wellbeing'. Anon gave an opportunity to mentor four students handpicked from India and learn from these young creative minds as well. Her journey at Anon from a intern to a mentor was fulfilling and helped her to brush upon some skills. It truly gave a new perspective.

8. Madhav Deshpande

He is from Pune, Maharashtra. He is pursuing Hotel management course. He was mentoring a team of 3 members in Phase 2 which was from 15th Jan 2021 to 5th Feb 2021. He loves to take different challenges and those helped him to recognise his skills and bring the best out of him. They somehow make him work outside of his comfort zone which helps him to learn new concepts. Taking on new challenges helps him change or rather develop his way of facing any kind of problems in day to day life.

9. S Gopika

She is a born and brought up Keralite who has roots in Udupi, Karnataka. She completed her 12years of schooling in Kendriya Vidyalaya Pattom, Kerala. She is currently pursuing BA (hons) Economics from Daulat Ram College, Delhi University. She is passionate about music, books and baking. She loves teaching lifeskills and sharing her experience to others, and wish to take it up as a profession in the future.

Junior Category

1. Riya Arora

She is a French language educator. She has chosen it as her profession as her passion is to impart her knowledge to others. Making others learn and learning from others is what she prefers as a responsible individual. She is a highly motivated, enthusiastic and dedicated educator who wants all children to be successful learners. She makes her students aware about different life skills which are actually important for them for confronting upcoming challenges of their lives. She loves dancing and has very good drawing skills. She is a social worker, she teaches students who don't have enough money to spend on their education as she believes social service is like a band-aid on the festering wounds of the society. She is not in it for the Income but surely for the Outcome.

2. Aryan Maggo

He is a 17 year-old high school STEM junior. A young mind always eager to learn something new everyday. He can surely say that the creative side of his is luckily great and has helped him in each of his journeys. Some of his interests include entrepreneurship, photography, theatre, writing, reading, economics, and MUNs. He recently got accepted to the Harvard conference and it was the happiest day of his life. He is also running an organization of his called "Optiverse" and a YouTube channel after his name. He likes to work by the ethic that the harder you work, the luckier you get.

3. Aashima Jain

She is a 11th grader, who loves to read, research, write, explore different things. She doesn't like roaming freely and not having work, she always want to have something to keep herself busy and motivated, she daily comes across some really negative people but now she knows how to handle them, loving herself has now become easy. Her simple philosophy is listen to everyone, learn about our mistakes and try to improve our self if the person is degrading we just keep our dignity and show them who we really are.

4. Hanisha Proothi

She is in 11th class. She did an online school internship program with Anon Global Foundation, after a great experience she did 2 mentorships in collaboration with YWCA of India. She has seen a lot of difference in her knowledge, speaking skills and behaviour.

5. Khanak Lashkari

She is in 11th grade who is keen about exploring different fields of study. She is currently Deputy Head Girl of her school and she likes to take initiatives. She has been with ANON since October and started as an intern but eventually landed up being a mentor. Currently she is developing interest in Entrepreneurship and she has two ventures coming up- 1) Umpteen Treasure focused on highlighting 21st century skills and 2nd one called CogniAce focused on niche related to humanities, social sciences, financial literacy etc.

6. Devansh Chaudhary

He was the senior intern in October phase of the internship by Anon and chose to mentor junior interns, which he did twice. His entire journey with Anon was worth investing the time. He is a passionate programmer and junior tech

entrepreneur. He loves to do social work, which forced him to start an organization for the same.

7. Sarthak Singhal

He is a high school student currently pursuing his IB Diploma. Being an IT professional, he enjoys learning about the breakthrough in technology. He has excellent interpersonal skills, which has helped him carry out the responsibility of leading the meetings with teammates in his previous competitions. He has currently found 2 asteroids across PAN INDIA for which he was certified from IASC and NASA. He is also a python developer and currently working on a project called "FINDING EXOPLANETS IN OUTER SPACE" using the database available on NASA website. Also, he has been a part of many MUN's. He is a social activist working to provide education to the poor children who cannot afford daily expenses such as education and food. He is a part of many running NGO's such as FETE INDIA, GIRL UP MEERUT, SMILECREATORS and EK KOSHISH.

TOPICS SELECTED AND ITS' SYNOPSIS

Let's take a sneak peak into the underlying objectives of each topic.

Undergraduate Internship Topics

1. Boosting your Self-Confidence

What holds one back from pursuing their dreams is the fear of failure and the lack of confidence to face challenges. Boosting self confidence and self-esteem helps one to overcome their fears and pursue their dreams. This topic encouraged young people to understand that taking control of one's self confidence and believing in self helps to break through the wall of fear and builds on the virtuous circle of success and confidence. They were also encouraged to understand that increasing self-confidence is not genetic, but a choice and can be achieved by concrete actions. They explored the secret of making dreams come true lies in believing in one self, having confidence in one's abilities and that boosting self-confidence begins from within.

2. Negative Core Beliefs - A Mental Setback

Core beliefs are our most deeply held assumptions about ourselves, the world, and others. Firmly rooted in our subconscious and associated with intense emotions, core beliefs begin to form in childhood and are resistant to change. This topic encouraged young people to reflect and understand the basis of mind chatters and the inner

dialogues or thoughts that are dark and all-consuming. It also hoped to help them understand that how core beliefs impact our self-esteem, relationships, health and wellbeing and deteriorate the overall quality of our life. They were also encouraged to learn the strategies to challenge these negative core beliefs. It requires acknowledging one's limiting negative beliefs, understanding the root cause and work towards reframing the same. They were encouraged to understand that our thoughts are our constant companions and have the ability to influence our lives. So, its important to ensure that they are kind, pleasing and promote our well-being.

3. Combat Depression through Ventilation

Anxiety and depression are often the offshoots of staying cocooned in one's own world and not expressing their emotions. If the body does not express, the mind suffers in silence. Venting helps to restore this balance. This topic offered young people an opportunity to understand that emotional expression is a sign of good health and strength rather than weakness. It also encouraged them to explore the causal factors that refrain one from emotional ventilation. They also learnt that holding one's emotions can adversely effect their physical and mental health and often lead to serious psychological concerns. It also helped them to discover different ways to ventilate themselves and express their emotions in positive and adaptive ways.

4. Insomnia vs Hypersomnia

Healthy sleeping patterns are vital, often neglected, component of one's health and wellbeing. Insomnia and hypersomnia are sleep disorders with a neurological basis

and can lead to lost productivity, decreased quality of life and feelings of fatigue and depression. This topic offered the young people an opportunity to explore the very commonly prevalent sleeping disorder among people especially the younger generation. It encouraged them to reflect on their lifestyles and understand the causal factors of unhealthy sleeping patterns. They were encouraged to look closely into not only the short term, but, also the long term implications of sleeping too little or too much; which can result in cognitive dysfunction, metabolism changes and emotional difficulties such as depression. It hoped to sensitise them that healthy lifestyle patterns, including regular quality sleep, are a choice which one can inculcate with practice and small shifts in habits and behaviours.

5. Preventing Career Burnout

Career burnout is a common cause of work related stress- a state of physical or emotional exhaustion that involves a sense of reduced accomplishment and loss of personal identity. This topic aimed to provide an opportunity to young people to reflect on career choices and differentiate between careers that have tangible benefits such as high remuneration and less tangible benefits such as trust, respect, autonomy and enrich one's life. It also encouraged them to understand that careers that harm one's wellbeing and sense of self often lead to a career burnout and hence its crucial to look for signs of burnout at an early stage and learn ways to combat them. It encouraged them to be aware of the steps to reverse this burnout by slightly shifting one's perspective to reignite motivation for work and mindfully choosing actions that restore our wellbeing.

6. Coping with Financial Depression and Anxiety

The 2020 pandemic has inflicted a wave of financial anxiety across millions of people worldwide, derailed financial plans and wiped out countless financial goals leaving people feeling vulnerable and stressed. The financial worries don't just involve employment loss, but also, lack of savings, additional expenses and mounting debts as well. This topic offered young people an opportunity to explore the overwhelming stresses of financial anxiety specially during the ongoing pandemic crisis and the problems stemming from a combination of factors aggravated by uncertainty. It helped them understand that financial anxiety can take a huge toll on one's mental and physical health, their relationships and overall quality of life and draw them into the vicious cycle of poor financial health and poor mental health. It also encouraged them to understand that no matter how bleak the situation may seem at a given point of time, there is always a way out and by using behavioural and attitudinal strategies they can break the cycle, ease the stress and find stability again.

7. Conquering Overthinking and Intrusive Thoughts

Intrusive thoughts are the thoughts that enter one's consciousness, often without any warning or prompting, with content that is alarming, disturbing or just weird. These thoughts, at times, stay stuck in the mind and cause great distress. This topic helped the young people to understand the relationship between overthinking and Intrusive thoughts and mental health. It encouraged them to identify the causal factors and symptoms of intrusive thoughts and how they impact one's everyday life, relationships and overall well-being. This topic encouraged young people to

discover self-help strategies to help them take their power back. It encouraged them to understand that acceptance and simultaneous letting go of unwanted distressing thoughts is possible through the ancient art of mindful meditation. Evidence suggests that mindfulness taps into the subconscious and allows it to clear out, calm the mind and promote healing. So, this topic encouraged the young people to spread awareness that overthinking and Intrusive thoughts should not make one distressed or withdrawn, but, reaching out to the core cause and clearing of the mind is simple yet effective approach to lead a flourishing life.

8. आत्मविश्वास की डोर

आत्म विश्वास का अर्थ होता है स्वयं पर विश्वास। किसी भी कार्य को करने के लिए व्यक्ति का स्वयं पर विश्वास होना अति आवश्यक है क्योंकि इस विश्वास के सहारे ही वह उस कार्य में सफलता प्राप्त कर सकता है। आत्म विश्वास सफलता की सबसे बड़ी पूँजी है। इस विषय ने युवाओं को यह समझने के लिए प्रोत्साहित किया कि आत्मविश्वास ही हमें असफलता और चुनौतियों का सामना कर अपने सपनों को पूरा करने की क्षमता प्रदान करता है। आत्मविश्वास और आत्मसम्मान को बढ़ावा देने से व्यक्ति अपने डर पर काबू पाने और अपने लक्ष्य की प्राप्ति की ओर अग्रसर होता है। इस विषय ने युवाओं को यह समझने के लिए प्रोत्साहित किया कि आत्मविश्वास बढ़ाना आनुवांशिक नहीं है बल्कि एक विकल्प है और इसे हर दिन ठोस कार्यों द्वारा प्राप्त किया जा सकता है। उन्होंने जाना कि सफलता का रहस्य स्वयं पर विश्वास करना, क्षमताओं में आत्मविश्वास होना है और आत्मविश्वास स्वयं अंदर से शुरू होता है।

Senior Internships Topics

1. Energy Flows where Attention Goes

The phrase Energy Flows where Attention Goes echoes the philosophy that energy flows in the direction of our focus and complete attention and results start becoming visible. This topic encouraged students to reflect on the immense power of activating the brain and harnessing its effects to enhance the desired area of one's life. It helped them to understand that one has the power to shape one's life by implementing simple practices and techniques. It helped them to learn that dreams can be made a reality by simply synergising our awareness and focus.

2. Meditation: Key for Wellbeing

Meditation is the practice of the body and the mind and to redirect thoughts and calming the mind. It encourages the practitioner to observe wandering thoughts as they drift through the mind. This topic encouraged the young people to increase their awareness about the healing process of meditation. It encouraged them to understand that the ancient art of meditation helps one to tap into their subconscious minds, relieve any piled up negative energy and rejuvenate themselves. It helped them to understand that the benefits of meditation are not limited to increasing attention span and relieving stress but also enhance emotional wellbeing and longevity and helps one become kinder and empathetic.

3. Stretch Your Comfort Zone

Stretching the comfort zone simply means facing one's fears, stepping into the territory of discomfort and uncertainty and extending one's limits. This topic encouraged the students to decode ways to unlock one's latent potential and dormant capabilities. It helped them to understand that expanding one's comfort zone helps them to optimise efficiency and grow. It also helped them to analyse that being in routine can be stable and comforting, but pushing the boundaries of one's comfort zone helps one to face fears and challenges and be in the space of optimal anxiety that urges one to maximise their performance. It also encouraged them to discover simple practices to stretch their comfort zone and unfold the magic.

4. Rise Up Early and Conquer

Unhealthy sleep patterns and excessive screen time impacts one's sleep quality and leads to stress, poor focus and performance and adversely impacts mood and health. This topic encouraged young people to explore the habit of healthy sleeping patterns and rising up early. It also helped them understand that healthy sleeping pattern and quality sleep raises energy levels, promotes well-being, improves concentration and productivity, maximises problem-solving skills and boosts brain functioning and also allows time for planning, strategic thinking and getting organized. It also helped them understand that world's most successful people wake up early and achieve greatness by using their morning time in a productive way.

5. Stimulating Life with Arts and Sports

Sports and art are the two most spoken universal languages enabling one to express physically, emotionally, and intellectually allowing global connect across borders, cultures, languages and generations. This topic encouraged students to explore arts and sports as a vehicle and platform for connoting audiences. It also encouraged them to look at arts and sports with a fresh perspective of tapping into the creative minds as an opportunity to expand horizons, sparking imagination and personal expression. It helped them explore how integrating art and sports on one's life can provide an ideal platform for interaction, engagement and expression of ideas and thoughts.

6. Understanding Varied Perspectives

Understanding varied perspectives can well be understood through the parable of three blind men who encountered an elephant for the first time. Each one of them described it differently by touching its various parts based on their limited experience as they all had an incomplete view of the same elephant. This topic offered the students an opportunity to learn the valuable lesson of looking at something from multiple perspectives to see the whole picture which better enables one to find the root cause of the problem and discover a solution while taking the needs and feelings of everyone involved into consideration. Understanding varied perspectives is a key leadership skill and helps increase listening skills and develop flexible thinking and understand the benefits of viewing things from different angles. It also helped them understand that

perspectives are influenced by many factors including upbringing, socioeconomic background life experiences and beliefs. Zooming out the view and having the helicopter view enables one to see bigger picture and see things differently.

7. Growth Mindset vs Fixed Mindset

Mindset plays a critical role in coping with challenges and navigating through life. It propels or prevents an individual from fulfilling one's potential and achieving success in life. While people with fixed mindset believe in possessing predetermined and limited abilities and are likely to give up in face of setbacks, people with growth mindset believe in developing and strengthening abilities over time through hard work and show greater resilience and perseverance. This topic offered young people the opportunity to explore knowhow of developing the right mindset for success and how to shift to a path of learning and growth. It also encouraged them to recognise that the brain is malleable and one has the choice to transform, practice strategies to promote a growth mindset.

8. Teamwork simply states: It is less ME and more WE

Teamwork and collaboration are the fundamentals of any group dynamics. Sharing a common goal promotes collating strengths, offering help, communicating effectively and celebrating milestones. It helps one move out of self-absorbed individualistic tendencies and shift into an egalitarian and equitable setting. This topic encouraged the young people to learn that shifting

mindsets from me to we encourages a positive, healthy and collaborative environment where each member of the team grows, a sense of belongingness emerges and all the team members work together towards a larger purpose. They were also encouraged to learn that teamwork generates numerous benefits including enhanced creativity and productivity, faster execution of ideas, better problem-solving, better social skills and understanding and leads to all-rounded personal growth.

9. Set Your Vision Board

A Vision Board is an invaluable visualisation tool that allows one to exercise their imagination, create vivid vision of their dreams and develop the ability to manifest them as real, tangible benefits. This topic encouraged the young people to explore the power of visualisation and understand that having the ability to see the invisible is the first step towards creating it in reality. It also helped them to understand that with the help of a vision board, one can shape their reality and reprogram the brain in alignment with one's goals. The vision board encourages one to direct efforts and energy and take concrete actions in pursuit of those cherished dreams. This topic encouraged students to believe in the power of the mind and use it as a tool to manifest their dreams.

Junior Internship Topics

1. Staying Fit: The New Mantra for Wellbeing during Pandemic

Covid 19 pandemic has fundamentally altered how people view health and fitness. It accentuated awareness about health and encouraged people to consciously work on building their immunity and fitness levels. This topic offered students the opportunity to explore the lifestyle choices and become mindful about adopting healthy habits and investing in fitness routines. It also encouraged them to understand that healthy lifestyle is a choice, a disciplined regime of setting healthy goals and hitting milestones. By striking the right balance of lifestyle factors- exercise, nutrition and sleep and integrating our lives we can stay fit and achieve optimal health and wellbeing.

2. Value Your Blessings

Appreciating the little things in life means focusing attention on what nurtures and sustains our life. The topic Value Your Blessings encouraged students to develop the skill of gratefulness, reflect on personal blessings, connect with people, appreciating the small things in life and strengthening social bonds. It hoped to help them understand that valuing our blessings and not tangible materialistic things bring happiness to us. It also offered them an opportunity to explore the benefits of incorporating gratitude in building positive emotions, being kind and compassionate, embracing setbacks and being resilient to enhance health and wellbeing. It also helped them to make

mindful choices in their life and discover simple yet creative ways of integrating gratitude in everyday life.

3. Try Again: Fail Forward

To fail forward means to purposefully and consciously use failures and setbacks as the stepping stones to success. This topic encouraged students to understand that facing one's fears and responding to challenges and failures with a positive outlook is a precursor to success. It also encouraged them to embrace setbacks as a part of life and important for personal growth. It helped them to discover the strategies to be persistent and resilient in face of adverse situations and stay motivated towards their goals. This topic hoped to help them understand that fearing failures increases stress levels whereas facing them helps one to move forward to success, and thus learn the important skill of bouncing back.

4. Online Gaming Killing the Playground

The increasing addiction to online gaming is encouraging sedentary lifestyle, physically inactive people and keeping children away from playing outside. This topic encouraged students to look closely into the growing obsession for inactive sedentary online gaming and withdrawal from outdoor play. It also encouraged them to understand the causal association between online gaming, inactivity and falling wellbeing of young people, its impact on their academic performance and relationship with different spheres of life. It also aimed to help them understand that reversing the addictive gaming can be achieved by very

simple steps and replaced with the healthier and productive habit of playing outside, thus, reviving the playgrounds.

5. Understanding Festivals Mindfully

Festivals are an expression of the heritage, culture and tradition of a community. Celebrating festivals help us rejoice special moments and emotions, add structure to our social lives and connect us with our families and friends. It builds connections with our culture and fosters appreciation for traditions and customs. This topic offered the students an opportunity to take a closer look at the traditional and cultural heritage of festivals. It also helped them to understand and solidify the cultural and patriotic spirit in the society and value the ethics and principles associated with them. It helped them explore the universal messages of love, peace and happiness propounded by different festivals and express our gratitude to nature and God for the unlimited benevolence bestowed upon humans.

6. Spark your Imagination: Create Stories

The unique ability of imagination is the key to innovation and allows one to explore new ideas. This topic encouraged students to reflect on how imagination sparks creativity and helps one to see the world differently and do things in unconventional ways. It also encouraged them to explore simple, yet, powerful actions to spark creative energy from inside out, be open to amazing possibilities and viewing things from different perspectives. It also helped them to analyse the neurological connect of imagination with the right brain abilities such as artistry, empathy, inventiveness

and big picture thinking. It stimulated them to investigate and conclude that all great inventions begin with simple imagination, hence, they should earnestly spark their creativity and pursue unconventional ideas.

7. Bully: An impression for life

Bullying can cause lifelong psychological damage and leave deep emotional scars. Children who are bullied are likely to develop anxiety or depression. With bullying on rise and evolving forms from school bullying to cyberbullying, this topic encouraged the young people to build awareness and gather information about the issue. It also helped them learn different types of bullying and its impacts. It encouraged them to learn different techniques to deal with bullying and be aware of the anti-bullying laws and the support system available for them. It also encouraged them to look for healthier ways of engaging themselves during their free time and channelising their energy towards positive outlook and empowering themselves.

TEAM DETAILS

Undergraduate Category

Team: Be the best version of yourself

Topic: Boosting your self-confidence

Mentor: Puneet Arora

S.NO.	INTERNS	STATE
5.	Neha Prasad	Chhattisgarh
6.	Anoushka Rungta	Gujarat
7.	Jai Peswani	Madhya Pradesh
8.	Vijay Chandel	Chhattisgarh
9.	Vishakha Wavhale	Maharashtra

Team: Jazbaa

Topic: Hindi - Atmavishwas ki Dor

Mentor: Rekha Jha

S.NO.	INTERNS	STATE
6.	Komal Nagar	Haryana
7.	Sandesh Mahire	Maharashtra
8.	Kajal	Delhi
9.	Anjali Kaushik	Delhi

ANON Final Presentation Session

Team
Be the best version of yourself

Topic: Boosting your self-confidence

Puneet Arora
(Delhi)

Join Zoom Meeting
Thursday, 4th February | 6.00 – 6.55 PM
Meeting ID: 92418914089

Good luck for your presentation! May your efforts yield a positive outcome.

ANON Final Presentation Session

Team
Jazbaa

Topic: Hindi- Atmavishwas ki Dor

Rekha Jha
(Delhi)

Join Zoom Meeting
Wednesday, 3rd February | 6.00 – 6.55 PM
Meeting ID: 97529550537

Good luck for your presentation! May your efforts yield a positive outcome.

Team: Atma-Santulan

Topic: Coping with financial depression and anxiety

Mentor: Shweta Camma

S.NO.	INTERNS	STATE
5.	Mona Jha	Delhi
6.	Darshana Sharma	Rajasthan
7.	Sakshi Tripathi	Uttar Pradesh
8.	Sanjana Wadhankar	Maharashtra

Team: Hakuna Matata

Topic: Negative core beliefs – A Mental Setback

Mentor: Riddhi Luthra

S.NO.	INTERNS	STATE
5.	Sristi Shikha	Bihar
6.	Ananaya Kanda	Delhi

The banner is divided into two main sections for the final presentation sessions. The left section is for Team Atma-santulan, #UG 4 MENTOR, with the topic 'Coping with financial depression and anxiety'. It lists four interns: Mona Jha (Delhi), Darshana Sharma (Rajasthan), Sakshi Tripathi (UP), and Sanjana Wadhankar (Maharashtra). The mentor is Shweta Camma (Delhi). The Zoom meeting is on Thursday, 4th February, 5:00 – 5:55 PM, with Meeting ID: 92418914089. The right section is for Team Hakuna Matata, #UG 3 MENTOR, with the topic 'Negative core beliefs – A Mental Setback'. It lists two interns: Sristi Shikha (Bihar) and Ananaya Kanda (Delhi). The mentor is Riddhi Luthra (Delhi). The Zoom meeting is on Wednesday, 3rd February, 7:00 – 7:55 PM, with Meeting ID: 97529550537. Both sections feature the ANON logo and a blue banner at the bottom with the text: 'Good luck for your presentation! May your efforts yield a positive outcome.'

Team: Sterling Dopamine

Topic: Combat depression through ventilation

Mentor: Anashwara Ravi

S.NO.	INTERNS	STATE
1.	Deepak Aggarwal	Delhi
2.	Sukhmani Bhatia	Karnataka
3.	Vaishnavi Tripathi	Uttar Pradesh
4.	Dilraj Kular	Punjab

Team: Dwell Well

Topic: Conquering overthinking and intrusive thoughts

Mentor: Manasi Prabhakaran

S.NO.	INTERNS	STATE
1.	Gunreet Kaur	Punjab
2.	Pranayee Rachamalla	Telangana
3.	Richa Thacker	West Bengal
4.	Ruby Yadav	Maharashtra
5.	Shreya Mandal	West Bengal

ANON Final Presentation Session

Team Sterling Dopamine

#UG 8 MENTOR

Topic: Combat depression through ventilation

Dilraj Kular (Punjab), Deepak Aggarwal (Delhi), Sukhmani Bhatia (Karnataka), Vaishnavi Tripathi (UP)

Anashwara Ravi (Delhi)

Join Zoom Meeting
Friday, 5th February | 7:00 – 7:55 PM
Meeting ID: 97529550537

Good luck for your presentation! May your efforts yield a positive outcome.

ANON Final Presentation Session

Team Dwell Well

#UG 5 MENTOR

Topic: Conquering overthinking and intrusive thoughts

Pranayee Rachamalla (Telangana), Ruby Yadav (Maharashtra), Richa Thacker (West Bengal), Gunreet Kaur (Punjab), Shreya Mandal (West Bengal)

Manasi Prabhakaran (Delhi)

Join Zoom Meeting
Wednesday, 3rd February | 5:00 – 5:55 PM
Meeting ID: 97529550537

Good luck for your presentation! May your efforts yield a positive outcome.

Team: Sleeping Beauties

Topic: Insomnia vs. Hypersomnia

Mentor: Shiksha Jain

S.NO.	INTERNS	STATE
1.	Anahita Verma	Uttarakhand
2.	Ananya Goyal	Rajasthan
3.	Avichal Dani	Gujarat
4.	Poorvi Chawla	Madhya Pradesh

Team: Re-Ignite

Topic: Preventing Career Burnout

Mentor: Abha Sahay

S.NO.	INTERNS	STATE
1.	Juvairia Fatima	Telangana
2.	Rukshana Begum	Tamil Nadu
3.	Shefali Brahmchari	Madhya Pradesh
4.	Siddhant Pradhan	Gujarat

The banner is split into two panels. The left panel is for 'Team Sleeping Beauties' with the topic 'Insomnia vs. Hypersomnia'. It features four intern photos: Ananya Goyal (Rajasthan), Anahita Verma (Uttarakhand), Poorvi Chawla (MP), and Avichal Dani (Gujarat). The mentor is Shiksha Jain (Assam). The right panel is for 'Team Re-Ignite' with the topic 'Preventing Career Burnout'. It features four intern photos: Siddhant Pradhan (Gujarat), Shefali Brahmchari (MP), Rukshana Begum (Tamil Nadu), and Juvairia Fatima (Telangana). The mentor is Abha Sahay (Rajasthan). Both panels include a Zoom meeting link for Friday, 5th February, with meeting ID 97529550537. The banner also features logos for ANON and YWCA, and the hashtag #UG 6 MENTOR and #UG 7 MENTOR.

Senior Category

Team: Energer-ttions

Topic: Energy flows where attention goes

Mentor: Arpita Nagpure

S.NO.	INTERNS	STATE	SCHOOL NAME
6.	Anusha Bhadauriya	Delhi	Prabhu Dayal Public School
7.	Divyanshi Agarwal	Uttar Pradesh	City Montessori School
8.	Nayonikaa Gupta	Haryana	Manav Rachna International School
9.	Vanshika Sharma	Delhi	Prabhu Dayal Public School
10.	Kritika Mishra	Delhi	Prabhu Dayal Public School

Team: Dhyanamic

Topic: Meditation: Key to Wellbeing

Mentor: Isha Kukreja

S.NO.	INTERNS	STATE	SCHOOL NAME
6.	Disha Ramchandani	Gujarat	GNC English Medium School
7.	Gaurav Lokchandani	Maharashtra	Sai Nirman Junior College
8.	Indrakshi Chaku	Harayana	Manav Rachna International School
9.	Suraj Bhutani	New Delhi	DL DAV Model School

ANON Final Presentation Session

Team Energer-ttions

Topic: Energy flows where attention goes

#SR 1 MENTOR

Arpita Nagpure (Maharashtra)

Join Zoom Meeting
Wednesday, 3rd February | 6:00 – 6:55 PM
Meeting ID: 92418914089

Good luck for your presentation! May your efforts yield a positive outcome.

ANON Final Presentation Session

Team Dhyanamic

Topic: Meditation - Key to Wellbeing

#SR 2 MENTOR

Isha Kukreja (Delhi)

Join Zoom Meeting
Wednesday, 3rd February | 7:00 – 7:55 PM
Meeting ID: 92418914089

Good luck for your presentation! May your efforts yield a positive outcome.

Team: YUGEN

Topic: Understanding varied perspective

Mentor: Riya Jobson

S.NO.	INTERNS	STATE	SCHOOL NAME
5.	Architi Dadhwal	Delhi	Prabhu Dayal Public School
6.	Devika Bisht	Delhi	Queen's Valley School
7.	Namita Chhabra	Haryana	Blue Bells Model School
8.	Shreen Sharma	Delhi	Queen's Valley School
9.	Tanishka Tyagi	Delhi	Veda Vyasa D.A.V Public School

Team: Playground Artists

Topic: Stimulating your life with arts and sports

Mentor: Luvkumar Sharma

S.NO.	INTERNS	STATE	SCHOOL NAME
6.	Aadya Yadav	Madhya Pradesh	Delhi Public School
7.	Kalyani Sawalakhe	Maharashtra	N.P. High School Kanhalgaon
8.	Suvali Biswal	Delhi	Prabhu Dayal Public School
9.	Udita Das	Delhi	Queen's Valley School

ANON Final Presentation Session

Team YUGEN

#SR 3 MENTOR

Topic: Understanding varied perspective

Devika Bisht, Queen's Valley School, Delhi
Namita Chhabra, Blue Bells Model School, Haryana
Architi Dadhwal, Prabhu Dayal Public School, Delhi
Shreen Sharma, Queen's Valley School, Delhi
Tanishka Tyagi, Veda Vyasa DAV Public School, Delhi

Riya Jobson (Tamil Nadu)

Join Zoom Meeting
Wednesday, 3rd February | 4.00 – 4.55 PM
Meeting ID: 97529550537

Good luck for your presentation! May your efforts yield a positive outcome.

ANON Final Presentation Session

Team Playground Artists

#SR 4 MENTOR

Topic: Stimulating your life with arts and sports

Udita Das, Queen's Valley School, Delhi
Suvali Biswal, Prabhu Dayal Public School, Delhi
Kalyani Sawalakhe, N.P. High School Kanhalgaon, Maharashtra
Aadya Yadav, Delhi Public School, MP

Luvkumar Sharma (Maharashtra)

Join Zoom Meeting
Thursday, 4th February | 3.00 – 3.55 PM
Meeting ID: 97529550537

Good luck for your presentation! May your efforts yield a positive outcome.

Team: Fast and Furious

Topic: Stretch your comfort zone

Mentor: Palak Khatter

S.NO.	INTERNS	STATE	SCHOOL NAME
6.	Fida Shirin	Kerala	Jawahar Navodaya Vidyalaya Periya
7.	Lakshay Mittal	Uttar Pradesh	KDB Public School
8.	Poorvi Agarwal	Rajasthan	Subodh Public School
9.	Pratishtha Shukla	Delhi	Queen's Valley School
10.	Rishika Goel	Delhi	Prabhu Dayal Public School

Team: Snoozing=Losing

Topic: Rise up early and conquer

Mentor: S. Gopika

S.NO.	INTERNS	STATE	SCHOOL NAME
6.	Garv Gulati	Delhi	Prabhu Dayal Public School
7.	Laavanya Yadav	Delhi	Queen's Valley School
8.	Shreshtha Sood	Delhi	Prabhu Dayal Public School
9.	Zeehan Arora	Uttar Pradesh	Shri Ram Centennial School

ANON Final Presentation Session

Team: Fast and Furious

Topic: Stretch your comfort zone

#SR 5 MENTOR

Palak Khatter (Delhi)

Join Zoom Meeting
Thursday, 4th February | 4.00 – 4.55 PM
Meeting ID: 97529550537

ANON Final Presentation Session

Team: Snoozing=Losing

Topic: Rise up early and conquer

#SR 6 MENTOR

S. Gopika (Kerala)

Join Zoom Meeting
Thursday, 4th February | 6.00 – 6.55 PM
Meeting ID: 97529550537

Good luck for your presentation! May your efforts yield a positive outcome.

Team: The Precognition
Topic: Set your vision board
Mentor: Madhav Deshpande

S.NO.	INTERNS	STATE	SCHOOL NAME
6.	Deep Anand	Delhi	Veda Vyasa D.A.V Public School
7.	Jessica Saini	Delhi	Gyan Devi Salwan Public School
8.	Sholka Mittal	Uttar Pradesh	The Shiv Nadar School

Team: Resonating Minds
Topic: Growth vs fixed mindset
Mentor: Nishtha Madan

S.NO.	INTERNS	STATE	SCHOOL NAME
6.	Aishwarya Pokhariya	Uttar Pradesh	City Montessori School
7.	Akanksha Dangri	Delhi	Queen's Valley School
8.	Heera Narayanan	Karnataka	Greenwood High International

Final Presentation Session

Team The Precognition
 Topic: Set your vision board
 #SR 7 MENTOR
 Madhav Deshpande (Maharashtra)
 Join Zoom Meeting
 Thursday, 4th February | 7.00 – 7.55 PM
 Meeting ID: 97529550537

Final Presentation Session

Team Resonating Minds
 Topic: Growth vs fixed mindset
 #SR 8 MENTOR
 Nishtha Madan (Delhi)
 Join Zoom Meeting
 Friday, 5th February | 6.00 – 6.55 PM
 Meeting ID: 92418914089

Good luck for your presentation! May your efforts yield a positive outcome.

Team: We Before Me!

Topic: Teamwork simply states: It is less me and more we

Mentor: Raaina Jain

S.NO.	INTERNS	STATE	SCHOOL NAME
6.	Ananya Batra	Delhi	Queen's Valley School
7.	Dhruv Shah	Maharashtra	T.P. Bhatia College
8.	Diksha Malhotra	Delhi	Prabhu Dayal Public School
9.	Pranjal Shrivastava	Rajasthan	Subodh Public School
10.	Ranya Kalkal	Haryana	Blue Bells Model School

ANON Final Presentation Session
#SR 9 MENTOR

Team
We Before Me!

Topic: Teamwork simply states - It is less me and more we

Diksha Malhotra
Prabhu Dayal Public School, Delhi

Ranya Kalkal
Blue Bells Public School, Haryana

Dhruv Shah
T.P. Bhatia College, Maharashtra

Ananya Batra
Queen's Valley School, Delhi

Pranjal Shrivastava
Subodh Public School, Rajasthan

Join Zoom Meeting
Friday, 5th February | 4.00 – 4.55 PM
Meeting ID: 97529550537

Raaina Jain
(Maharashtra)

Good luck for your presentation! May your efforts yield a positive outcome.

Junior Category

Team: Fit Minions with Healthy Opinions

Topic: Staying fit: the new mantra for wellbeing during pandemic

Mentor: Sarthak Singhal

S.NO.	INTERNS	STATE	SCHOOL NAME
5.	Avani Choudhary	Delhi	Prabhu Dayal Public School
6.	Garima Grover	Delhi	Prabhu Dayal Public School
7.	Sristi G. Kaundal	Delhi	Queen's Valley School
8.	Tejasvi Kapur	Haryana	Heritage Xperiential Learning School

Team: Decoding Happiness

Topic: Value your blessings

Mentor: Hanisha Proothi

S.NO.	INTERNS	STATE	SCHOOL NAME
5.	Akshit Batra	Delhi	Prabhu Dayal Public school
6.	Divyansh Saini	Delhi	Prabhu Dayal Public School
7.	Kaavya Kapoor	UP	Delhi Public School
8.	Kamakshi Yadav	Haryana	Blue Bells Public School
9.	Tanmay Joshi	Haryana	Blue Bells Public School

ANON Final Presentation Session

Team: Fit Minions With Healthy Opinions

Topic: Staying Fit - The new mantra for wellbeing during pandemic

#JR1 MENTOR: Sarthak Singhal (Uttar Pradesh)

Join Zoom Meeting
Wednesday, 3rd February | 4:00 - 4:55 PM
Meeting ID: 92118914089

ANON Final Presentation Session

Team: Decoding Happiness

Topic: Value your blessings

#JR 2 MENTOR: Hanisha Proothi (Haryana)

Join Zoom Meeting
Thursday, 4th February | 5:00 - 5:55 PM
Meeting ID: 97529550537

Good luck for your presentation! May your efforts yield a positive outcome.

Team: The Visionaries

Topic: Try again: fail forward

Mentor: Aryan Maggo

S.NO.	INTERNS	STATE	SCHOOL NAME
5.	Arjun Maggo	Delhi	Laxman Public School
6.	Arnav Sharma	Delhi	Prabhu Dayal Public School
7.	Harshil Raheja	Delhi	G. D. Goenka Public School
8.	Punish Anand	Delhi	Mahavir Senior Model School
9.	Shivam Gahlot	Delhi	Prabhu Dayal Public School

Team: The Unwired Gamers

Topic: Online gaming killing the playground

Mentor: Riya Arora

S.NO.	INTERNS	STATE	SCHOOL NAME
5.	Arjun Singh	Delhi	Prabhu Dayal Public School
6.	Garvvh Chawla	Delhi	The Indian School
7.	Komal Goyal	Delhi	Prabhu Dayal Public School
8.	Pragya Bajaj	Delhi	Delhi Public School
9.	Yugraj Singh Sekhon	Delhi	Prabhu Dayal Public School

ANON Final Presentation Session

Team The Visionaries

Topic: Try Again - Fail Forward

Arjun Maggo (Laxman Public School, Delhi), Arnav Sharma (Prabhu Dayal Public School, Delhi), Shivam Gahlot (Prabhu Dayal Public School, Delhi), Punish Anand (Mahavir Sr. Model School, Delhi), Harshil Raheja (G. D. Goenka Public School, Delhi)

#JR 3 MENTOR

Aryan Maggo (Delhi)

Join Zoom Meeting
Thursday, 4th February | 3:00 – 3:55 PM
Meeting ID: 92418914089

ANON Final Presentation Session

Team The Unwired Gamers

Topic: Online gaming killing the playground

Yugraj Singh Sekhon (Prabhu Dayal Public School, Delhi), Komal Goyal (Prabhu Dayal Public School, Delhi), Garvvh Chawla (The Indian School, Delhi), Pragya Bajaj (Delhi Public School, Delhi), Arjun Singh (Prabhu Dayal Public School, Delhi)

#JR 4 MENTOR

Riya Arora (Delhi)

Join Zoom Meeting
Thursday, 4th February | 4:00 – 4:55 PM
Meeting ID: 92418914089

Good luck for your presentation! May your efforts yield a positive outcome.

Team: Moonlight

Topic: Understanding festivals mindfully

Mentor: Khanak Lashkari

S.NO.	INTERNS	STATE	SCHOOL NAME
5.	Nishant Saxena	Haryana	Blue Bells Model School
6.	Priyansha Shrivastava	Rajasthan	Bharatiya Vidya Bhavan
7.	Punya	Delhi	Prabhu Dayal Public School
8.	Vani Jindal	Delhi	Prabhu Dayal Public School

Team: Think It Outs

Topic: Spark your imagination: create stories

Mentor: Devansh Chaudhary

S.NO.	INTERNS	STATE	SCHOOL NAME
1.	Goohika Joshi	Haryana	Blue Bells Public School
2.	Kriday Proothi	Haryana	Scholars Rosary Senior Secondary School
3.	Parneet Kaur Grewal	Delhi	Prabhu Dayal Public School
4.	Yuvakshi Malhotra	Haryana	Blue Bells Model School

ANON Final Presentation Session

Team Moonlight

Topic: Understanding festivals mindfully

Join Zoom Meeting
Thursday, 4th February | 7.00 – 7.55 PM
Meeting ID: 92418914089

#JR 5 MENTOR

Khanak Lashkari (Rajasthan)

ANON Final Presentation Session

Team Think It Outs

Topic: Spark your imagination – Create stories

Join Zoom Meeting
Friday, 5th February | 4.00 – 4.55 PM
Meeting ID: 92418914089

#JR 6 MENTOR

Devansh Chaudhary (Uttar Pradesh)

Good luck for your presentation! May your efforts yield a positive outcome.

Team: Buddies Not Bullies

Topic: Bully: An impression for life

Mentor: Aashima Jain

S.NO.	INTERNS	STATE	SCHOOL NAME
1.	Aditya Giri	Delhi	Prabhu Dayal Public School
2.	Pranvi Pandita	Delhi	Blue Bells Model School
3.	Saksham Gupta	Delhi	Blue Bells Model School
4.	Tanya Narula	Delhi	Prabhu Dayal Public School

ANON Final Presentation Session
#JR 7 MENTOR

Team Buddies Not Bullies

Topic: Bully - An impression for life

Saksham Gupta
Blue Bells Public School, Haryana

Tanya Narula
Prabhu Dayal Public School, Delhi

Pranvi Pandita
Blue Bells Public School, Haryana

Aditya Giri
Prabhu Dayal Public School, Delhi

Aashima Jain (Rajasthan)

Join Zoom Meeting
Friday, 5th February | 5.00 – 5.55 PM
Meeting ID: 92418914089

Good luck for your presentation! May your efforts yield a positive outcome.

ORIENTATION PROGRAM

- Orientation Program was held on 15th Jan, 2021 for Junior, Senior and Undergraduate Internship Program at 7 pm.



- All the selected interns and mentors were guided about the procedure to be followed for the internship program through a presentation.
- In this meeting, the interns were divided into the groups according to their interest and preferred topic. Each group was appointed with a mentor to guide and assist them.
- These groups were sent in breakout rooms in zoom meetings to interact with their team members and identify their interesting name of team related to their topic.
- Mentors were guided to co-ordinate with their teammates time to time and help them to overcome the difficulties they were facing.
- They were given options for the dates of the presentation.

INTERNS, MENTORS AND JURY MEET

1. The 1st meeting for the **Junior Mentors** was held on 18th January 2021 from 6pm – 6:30pm via the Zoom platform among mentors and Anon team: Ms. Arti and Ms. Deepa.



In the meeting, the mentors shared their confidence & worries about their teammates. Aryan highlighted the reflections of thoughts & actions of himself and his interns which in turn builds up the life skills. On the other hand, Devansh was apprehensive about an intern not participating at all, while the others were being good listeners & learners.

The Anon team was all ears to the new mentors and then directed them on how to gain the maximum output from the internees.

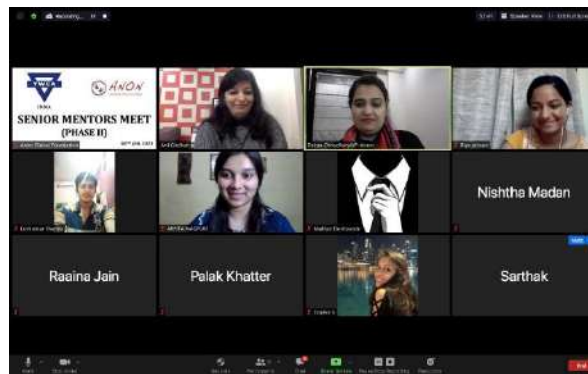
Some useful points stated by Ms. Arti:

- **Patience:** to maintain good relations between your teammates.
- **Team work:** bring out their maximum potential.
- **Each child is unique:** speak to them personally about their discomforts and boost their confidence.
- **Become an idol for your internees:** a positive driving force for them.
- **Life is about learning:** winning & losing is a part of life, it is more important to participate and learn the life skills. It is an achievement to understand yourself and showcase your efforts.
- **Understand your topic:** get into the depth and follow the right track. Seek help, when required.

- Intern's records: it is important to keep a track of the information & perspective of your internees in order to maintain the decorum in the group.

Therefore, "Mentoring is a brain to pick, an ear to listen and a push into the right direction". This internship is not only about the learning of the internees but also about the training of the mentors.

2. The 1st meeting of the **Senior Mentors** was held on 18th January 2021 from 6:30pm – 7pm via the Zoom platform among the mentors & Anon team to know the ideas & approaches being applied by the mentors for their projects.



Yesterday's internees are today's mentors, to share their experiences and help others understand and achieve their life skills. When asked about their perspectives & reflections on being a mentor, following were the reasons stated:

- This platform provides **Strong exposure** as you get to meet and learn with people from different backgrounds.
- **Reflective Thinking** involving a deep observation of the past experiences and one's knowledge & skills to solve real life dilemmas.
- **Drain the brain** and think from different perspectives other than using Google.
- **Communication skills** are highly improved and confidence is gained during interactions and presentations.

- **Teaching** helps realize where we stand in real life.
- An opportunity to be a **Leader**; a valuable skill about vision & responsibility.

Thus, the mentors are excited about the new phase to interact with new people.

To this, Anon team members, Ms. Arti & Ms. Deepa shared some important points to be considered; focus on **structured social gathering**, explore Leadership skills, etc.

Solutions are the things that the viewer's take away with them. Therefore, with discussing the problems we also have to tell the solutions. This should be the focus. With all the information researched and gathered, filtration is a must. Mentoring is a big responsibility of assigning the tasks, time management, taking decisions, motivating those with less responses and interests and thus opening new perspectives for the internees and for themselves.

So share your past learning and create more leaders.

3. The 1st meeting of the **Undergraduate Mentors** was held on 18th January 2021 from 7:00pm – 7:30pm via the Zoom platform among the mentors & Anon team to know the ideas & approaches being applied by the mentors for their projects.

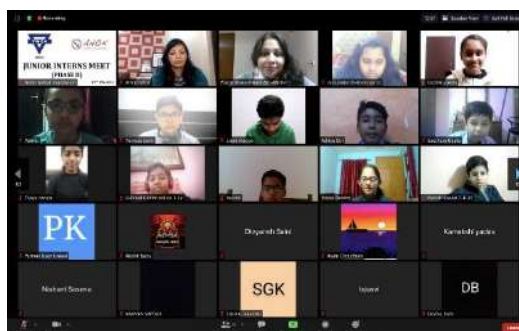


Shiksha Jain (Assam), mentor of the team with the domain Insomnia vs. Hypersomnia, expressed that she believed that mentoring is more of guiding students & it is a collaborative way

of learning. Rekha Jha from Delhi conveyed that the interns were quite happy with the topic and positive about it as well. Anashwara Ravi from Delhi conveyed that hers was a friendly approach and looked forward to work the way she did for the first time. Puneet Arora from Delhi expressed that in the first meeting he tried to convey the message that he needs to learn from the interns. Moreover, he accepted the huge age difference and knew that the interns would take time to open up. He was of a belief that taking a balanced approach, neither too strict nor too friendly would work best. Manasi Prabhakaran conveyed that she had very well and clearly established the point that she was here to learn from the interns and the interns, from her. She had stated to her team that she would be strict when it comes to quality of work and deadlines. She thought of interns to be very bright and took initiatives themselves.

Ms. Arti Girdhar, Founder and President of Anon Global Foundation suggested the mentors to take updates in the respective WhatsApp groups on a daily basis in order to keep a track. She also asked mentors to focus on research analysis. She conveyed that the purpose of this internship was not competition but 15 days of team understanding as well as to understand life skills. She asked the mentors to motivate the students and appreciate their efforts.

4. The **Junior Interns** (Phase II) had their meeting on 29th January 2021 at 6:00 PM, with the core organising team. The enthusiastic talents discussed the following aspects in the meeting:



- **Their learnings from this Internship** - they learnt the art of working in teams, conducting desk research and analysing different concepts.
- **Application - based learning** - The students stated that they were able to apply all their learnings from this internship in real life and were greatly impressed by the benefits of the same.
- **Learning while having fun** - The students placed emphasis on the fact that they learnt several things, while at the time, having fun and enjoying their work.
- **Life skill building** - The students placed emphasis on how this program helped them gain confidence, boosted their self esteem and made them utilise their capabilities.
- **Mentorship Review** - The students expressed a deep sense of gratitude for their mentors and stated that the mentors had put in their best efforts to help them make the most of the Internship.

Thus, the interns were extremely happy with the involvement of the mentor and the coordination among their team mates. They seemed extremely eager to take their journey of learning to newer heights.

Team members from Anon Global Foundation, who were present in the meeting, Ms. Arti & Ms. Prachi appreciated the student's efforts by letting them know that their participation in this Internship program in the formative years of their lives would contribute greatly to their learning curve, and inculcating life skills in their daily life would make them better equipped to deal with challenges in life.

To guide the children better, they were briefed about the intricacies of the Internship program. They were taught about newer strategies which they could implement to make their understanding of the topic better. They were also encouraged to take full advantage of their learning journey, and make the most of their internship period. The meeting ended on a note of optimism.

5. The **Senior Interns** (Phase II) had their meeting on 29th January 2021 at 6:30 PM, with the Anon Global Foundation Team. The following pointers summarise the main points of discussion in this meeting spearheaded by young talents:



- **Creativity** - The students stated that they were able to apply their creativity while researching and preparing their presentations. The students also enjoyed brainstorming with their team members and mentor. Their out of the box ideas were received well by the mentors.
- **Life skill building** - The students placed emphasis on how this program taught them team spirit and leadership in a

practical manner. It was immensely gratifying for them to work in a team, engage in time management and discipline.

- **Mentorship Review** - The students expressed a deep sense of gratitude for their mentors and stated that the mentors had put in their best efforts to help them make the most of the Internship.
- **Engaging break from school work** - The senior students felt that this unique internship refreshed them and rejuvenated their spirit as it was a welcome change from their school work. It taught them important life concepts all the while having fun.

The keen and enthusiastic interns were eager to get on to the presentation day to showcase their hard work and to present their creative ideas in front of the jury. They shared their experiences openly, and showered praises on the organising team.

The members from Anon Global Foundation Ms Arti and Ms Prachi appreciated the efforts of the students and discussed the expectations of the jury with them. They also shared their insights from the previous internships and asked the student to reflect on them and come up with their presentation. The meeting was concluded with the students feeling positively motivated.

6. The **Undergraduate Interns** (Phase II) had their meeting on 29th January 2021 at 7:00 PM, with the Anon Foundation Team. The future leaders of tomorrow placed emphasis on the following points during the course of the meeting:



- **Learning Journeys** - The students spoke at length about their learning journeys, and talked about how the knowledge that they gained by working on their presentations would greatly benefit in their future personal and professional lives.
- **Creativity** - The students stated that they were able to apply their creativity and bring their unique ideas to life. They were able to explore different horizons.
- **Life skill building** - The students placed emphasis on how this program helped them gain confidence, boosted their self esteem and made them utilise their capabilities.
- **Brainstorming sessions** - The students enjoyed the brainstorming sessions and spoke about how these sessions contributed a lot to their learning processes.
- **Mentorship Review** - The students expressed a deep sense of gratitude for their mentors and stated that the mentors had put in their best efforts to help them make the most of the Internship.

Thus, the interns were expressing their happiness at having the opportunity to interact with other brilliant like-minded people, and the ability to have a platform to present their ideas. They also spoke very highly of the mentors and their efforts.

Team members from Anon Global Foundation, who were present in the meeting, Ms. Arti & Ms. Prachi talked about how their enthusiasm and dedication would be the deciding factor for the success of their presentation. Importance of punctuality was discussed, with reference to the timely submission of reports and presentations to the organising team. The meeting

concluded on a note of gratitude, and the interns were looking forward to their final presentation.

7. **A Mentors Meet for the Junior Category** was scheduled on Monday, 25th January, 2021 at 6:30 p.m. in order to be informed about their team's updates and progress and if there were any difficulties the mentors were facing with the interns.

- Devansh Chaudhary, mentor of the Junior Team - 6 with the topic 'Spark your imagination: Create stories' from Uttar Pradesh conveyed that he was loving the opportunity. On being asked about the team's progress, he conveyed that the team was done with the video and the report and half of the presentation was left to be completed. The team was doing great, according to him. Ms. Prachi Biswas, the Head and Communication and Community outreach stated that the team was well in time.
- Aryan Maggo (Delhi), mentor of the Junior Team - 3 with 'Try Again: Fail Forward' as his team's domain, expressed that this experience had been a completely new one for him and helping and interacting with them has also taught him a lot many things. Regarding the progress, he claimed that the presentation was going at a good pace, nearly done with the presentation and the team was about to finish with the movie. He conveyed that the team would be done by another two days and the team had been practicing as well. He agreed that a push is required but that push leads to great results and acknowledged that was the purpose of the mentors being there.
- Riya Arora from Delhi, the mentor of the Junior Team - 4, expressed that it was her first time dealing with the Junior Category and there were certain challenges that she was facing with the students. She claimed that the PPT and video

were done but the report was still pending. A push was required by her to the interns but that was fine with her.

- Khanak Lashkari from Delhi, the mentor of the Junior Team-5, expressed that it was her second time being a mentor and both the times she has been given completely different slots. The current team she was mentoring was pretty sweet and were learning well, according to her. She conveyed that the interns were willing to adapt and accommodate to the particular thing. She informed that the team was pretty much done with the presentation, the movie would be completed by the next day and the report was still left to be started with. The rehearsal was being taken up side by side.
- Aashima Jain from Delhi, the mentor of the Junior Team conveyed that the mentorship was going great and the children under her were quite enthusiastic and they completed the task before even saying it. The children were passionate about their work, she expressed. The presentation was almost done and the movie and report were left.
- Hanisha Proothi (Haryana), mentor of the Junior Team- 2, informed that the kids were doing well. The PPT was almost finished and the report and movie was expected to be completed within 4-5 days.
- Ms. Deepa Choudhary, Vice President of Anon Global Foundation, conveyed that all the mentors were required to make/record a video for approximately one minute while the mentor and team members were interacting so that it could be shared with the interns on the day of the felicitation ceremony. She also conveyed that unlike the previous time, a zoom webinar would not be scheduled instead a zoom meeting would be scheduled and the teams' will not be able to see each other's presentation.

- Ms. Prachi Biswas, the Head, Communication and Community outreach informed that the slots had been kept after 3 or 4 p.m. and two parallel meetings would be going on simultaneously. She asked the mentors to take a note of their slots and if there were any concerns, they could inform the Anon team maximum by the next day. The only possibility she conveyed was swapping. She also informed the mentors that the report and the presentation had to be submitted on 2nd February, 2021.
 - Ms. Prachi Biswas and Ms. Deepa Choudhary wished the mentors and the teams the very best of luck and were expecting great and out of the box performances by the teams.
8. **A Senior Mentors Meet** was scheduled on Monday, 25th January, 2021 in order to be informed about their team's updates and progress and if there were any difficulties the mentors were facing with the interns.
- Ms. Deepa Choudhary, Vice President of Anon Global Foundation initiated the meeting by asking the mentors about how the interns are doing. Are they doing well or is there any concern that needs to be addressed.
 - The first one to express was LuvKumar Sharma from Maharashtra. His team's domain was 'Stimulating your life with arts and sports'. He conveyed that he feels; interaction is quite less and that he is planning to take regular meetings and more interaction sessions from now on. The work was going fine, according to him.
 - Ms. Deepa Choudhary conveyed to all the mentors that they should make sure that all the interns have their videos switched on as on the day of the final presentation, it will be

compulsory for all the interns to switch on their videos while they are presenting.

- Arpita Nagpure from Maharashtra was the next one to express. Her team's topic was 'Energy flows where attention goes.' She was happy with the work. She claimed this team to be the best one till date. She expressed that during her internship, she did not have much interaction but the case was not the same here and she was happy with the interaction.
- S. Gopika from Kerala with 'Rise up early and conquer' as her team's domain conveyed a few concerns. One of them, according to her, was having too many individual opinions which leads to a clash between them. She had also observed that until and unless she pushed the team members, the team members did not interact or schedule a meeting themselves. She felt that the interaction level was quite low due to which they were a bit behind on the movie making. Otherwise, the interns were good and had great ideas, according to her. It was hard for her to pull the interns together as a team.
- Ms. Prachi Biswas conveyed that it was high time that she goes ahead with it since there were quite a few days left. She conveyed that until the team has coordination and understanding, it will be difficult for the team to present. S. Gopika expressed that she is trying her best to bring the team together.
- Ms. Deepa Choudhary added to this by saying that the possible reason for not initiating themselves could be due to the switch from offline to online mode in schools. S. Gopika conveyed that she was working on the same and was sure the team would come together by the end.

- Ms. Prachi Biswas said that letting the interns have their own meetings without the involvement of the mentor could work as what matters at the end is their work. Teamwork was one challenge that this team faced.
- Madhav Deshpande from Maharashtra with team domain as 'Set your Vision Board' expressed that the team was really good and the coordination between the members was excellent. He conveyed that he was conducting a meeting once in two days and that mostly the team members hold the meeting themselves for the purpose of discussion. Despite one member being shifted to the Undergraduate category, the team was still working well.
- Riya Jobson, the mentor of Senior Team-3, stated that the approach has been very nice but then arranging meetings and deciding on a common time was hard for her since everyone had different schedules but she somehow managed to bring everyone under one shelter. She also conveyed that there are a few glitches when it comes to work being done and submitted. She acknowledged that it was important for her as well to understand the team members' approach too.
- Ms. Deepa Choudhary added to this by saying that this mentorship is teaching and training the mentors for life skills and how one has to manage things and stay positive throughout.
- Raaina Jain, the mentor of the team 'We Before Me!' from Maharashtra claimed that the team mentored by her was working really well. She said that the case was just the opposite to what others conveyed. She did not have to interfere and make much effort since the team members were doing it themselves. She expressed that it was the interns who were giving her work to circulate and approve

the work done by them and she was satisfied with the same. She believed that mentoring the team was comparatively easier for her.

- Isha Kukreja, the mentor of Senior Team- 2 conveyed that initially there were many clashes as the team could not even set a single time when each member of the team could be present. She scheduled regular meetings with them and left after 10-15 minutes of her interaction with them but on realising that there was a lack of interaction she interacted with them for an entire hour and tried to know them. It was like an open discussion and from then on the team started to understand each other's point and it was all going good then. She somehow felt that a balance between distribution of work as required as two of them were working more comparatively than the other two.
- Ms. Deepa Choudhary conveyed that knowing each other is quite important in order to work as a team.
- Isha Kukreja expressed that during her internship the team members got along with each other quite well and she wanted the team mentored by her to know each other well too. Ms. Deepa Choudhary expressed that when the approach is right and positive, everything moves in the right direction. Ms. Prachi Biswas conveyed to the mentors that it was their duty to make the journey an unforgettable one for the interns as that was what they were there for.
- Ms. Deepa Choudhary conveyed a few directions and reminders to the mentors. First being, all the mentors had to make/record a video for approximately one minute while the mentor and team members were interacting so that it could be shared with the interns on the day of the felicitation ceremony. Second, she conveyed that unlike the previous time, a zoom webinar would not be scheduled instead a

zoom meeting would be scheduled and the teams' will not be able to see each other's presentation.

- The schedules for the final presentations were also shared in the meeting. The mentors were informed that there will be 8 presentations everyday and there would be two parallel meetings going on. Ms. Prachi Biswas conveyed that the mentors could get back to Anon team in case of genuine concerns. Ms. Deepa Choudhary asked the mentors to convince their teams to be available during the time slots given to them as changes will be difficult and also to confirm the entire team's availability latest by evening of 26th February, 2021.

9. **A Mentors Meet for the Undergraduate Category** was scheduled on Monday, 25th January, 2021 at 7:30 p.m. in order to be informed about their team's updates and progress and if there were any difficulties the mentors were facing with the interns.

- Ms. Deepa Choudhary, Vice President of Anon Global Foundation, notified the mentors that they were required to make/record a video for approximately one minute while the mentor and team members were interacting without informing the interns as that could be more impactful so that it could be shared with the interns on the day of the felicitation ceremony.
- She also informed that unlike the previous time, a zoom webinar would not be scheduled instead a zoom meeting would be scheduled and the teams' will not be able to see each other's presentation. The mentors were also notified that the report analysis and the presentation had to be submitted on 2nd February, 2021.

- The schedules for the final presentations were also shared in the meeting. If there were any concerns, the mentors could inform the Anon team maximum by the next day. The timings could not be changed, the slots could only be swapped as the schedule was already approved and aligned with the jury.
- The presentation was expected to be finished by 40-45 minutes so that 15 minutes are utilised for the jury interaction.

10. **The Jury Meet** was held on 1st February 2021 via the Zoom platform among the Anon team educationists & the following respected Jury Members of all the categories - Junior, Senior & Undergraduate:

- a) Major Dr. Meeta Singh
- b) Dr. Namita Sharma
- c) Ms. Aparna Sahay
- d) Dr. Jyoti Bajaj
- e) Ms. Ruchika Sukhija
- f) Ms. Payal Uppal

Ms. Arti commenced the meeting by sharing the details of the Internship Program:

- Each topic is picked by a Mentor with 4-5 internees
- Each mentor has a previous record of working with Anon as an internee or mentor.
- It's a 15 working days workshop, which results in a project and presentation by the team.

The prime motive of the workshop is for the mentor as well as the internees to learn about the life skills, such as:

- Teamwork – how to work in a team, having both good speaking and listening skills.
- How to control stress and anger while working in a group with people of different backgrounds and attitudes.

- Strategies to cope up and on “the show must go on” even if anyone leaves the group.

Thus, all this and more help them attain techniques and strategies to lead a mentally healthy life as they understand on how to cope up with different situations life throws at us.

Further, information regarding the presentations and their judgments told for fair and genuine results:

- The presentations will be held on 3rd, 4th and 5th February
- There were 25 teams in all
- Each presentation will be for 30 – 45 minutes, rest 10 – 15 minutes are for the Jury to question
- Each presentation will also have a movie made by the team
- Evaluation sheet will be shared to do the judgment on some particular areas
- Recordings will be shared to the Jury to be able to re-evaluate or go through if missed
- 2 – 3 sessions in a day will be held for each jury
- Along with the Jury, a member of Anon will also be there to assess and assist.

A Jury not only helps get fair results but also plays a vital role in the grooming of the students. Post presentation, the questions put up and the appreciation given are the take-aways that retain with the students and help them learn and grow. The Jury has the power to enlighten the kids that nobody else can, because this workshop is a story that they are going to take back and Jury shows them the true reflection if their efforts are being put in the right direction or not. As the testimonies of students speaks it all later.

“Therefore, it is an experience for both Jury as well as students.”

SCHEDULE

Final Presentations by Junior, Senior and UG groups: 03rd Feb, 04th Feb and 05th Feb, 2021.

Undergraduate Presentations

SLOT NO.	TEAM	TOPIC	DATE	TIMING
#UG 5	DWELL WELL	Conquering overthinking and intrusive thoughts	03-02-2021	5:00 PM
#UG 2	JAZBAA	Hindi - Atmavishwas ki Dor	03-02-2021	6:00 PM
#UG 3	Hakuna Matata	Negative core beliefs – A Mental Setback	03-02-2021	7:00 PM
#UG 4	Atma-santulan	Coping with financial depression and anxiety	04-02-2021	5:00 PM
#UG 1	Be the best version of yourself	Boosting your self-confidence	04-02-2021	6:00 PM
#UG 6	Sleeping beauties	Insomnia vs. Hypersomnia	05-02-2021	5:00 PM
#UG 7	Re-Ignite	Preventing Career Burnout	05-02-2021	6:00 PM
#UG 8	Sterling Dopamine	Combat depression through ventilation	05-02-2021	7:00 PM

Senior Presentations

Slot No.	Team	Topic	Date	Timing
#SR 3	YUGEN	Understanding varied perspective	03-02-2021	4:00 PM
#SR 1	ENERGER-TIONS	Energy flows where attention goes	03-02-2021	6:00 PM
#SR 2	Dhyanamic	Meditation: Key to Wellbeing	03-02-2021	7:00 PM
#SR 4	Playground Artists	Stimulating your life with arts and sports	04-02-2021	3:00 PM
#SR 5	Fast and Furious	Stretch your comfort zone	04-02-2021	4:00 PM
#SR 6	Snoozing =Losing	Rise up early and conquer	04-02-2021	6:00 PM
#SR 7	The Precognition	Set your vision board	04-02-2021	7:00 PM
#SR 9	We Before Me!	Teamwork simply states: It is less me and more we	05-02-2021	4:00 PM
#SR 8	Resonating Minds	Growth vs fixed mindset	05-02-2021	6:00 PM

Junior Presentations

Slot No.	Team	Topic	Date	Timing
#JR 1	Fit minions with healthy opinions	Staying fit: the new mantra for wellbeing during pandemic	03-02-2021	4:00 PM
#JR 2	Decoding Happiness	Value your blessings	03-02-2021	5:00 PM
#JR 3	The Visionaries	Try again: fail forward	04-02-2021	3:00 PM
#JR 4	The Unwired Gamers	Online gaming killing the playground	04-02-2021	4:00 PM
#JR 5	Moonlight	Understanding festivals mindfully	04-02-2021	7:00 PM
#JR 6	Think it outs	Spark your imagination: create stories	05-02-2021	4:00 PM
#JR 7	Buddies Not Bullies	Bully: An impression for life	05-02-2021	5:00 PM

JURY FEEDBACK

Undergraduate Presentations

1. Boosting your self-confidence

Dr. Meeta Singh, Jury member found the presentation of the team to be engaging and conveyed that it touched the core of her heart. She was quite impressed by the teamwork the entire team exhibited and stated that the strength of the presentation was in the excellent teamwork demonstrated. She complimented the way the team proceeded with the presentation. She appreciated the way everyone took cues from each other and contributed.

She said that survey findings/analysis could have been more crisp and there was a scope of improvement here as it seemed to be disjointed. She also conveyed that it is important that the spellings of the words in the presentation should be correct. For example, diffidence was one such word that was misspelled but otherwise the presentation was extremely well, well researched and excellent teamwork had been demonstrated.

Dr. Namita Sharma, Jury member found the life skills of sharing & working together to be quite evident throughout the entire presentation. She complimented the filling & bridging of the gaps wherever necessary by the team members (a special mention was given to Vijay Chandal).

One question posed to the team by Dr. Namita Sharma was, what plays a better role in building one's self confidence- heredity or environment?

The answer to this was given by Vijay Chandal, an intern stating the environment has an upper hand & one should focus on what can be changed & improved.

Another question that was raised was, what is the relationship between self confidence & criticism? Anoushka Rangta, an intern answered that both are correlated & appreciating one's strength builds self confidence while criticism could lead to negativity and self-doubt.

The discussion followed further on whether the relationship between self confidence & criticism is positive or negative. The outcome came to be that we can be affirmative & can even take criticism as a positive challenge. It depends upon the person on how one builds and interprets the relationship between self confidence and criticism. The concept of positive reinforcement was also taken into account while addressing the same. The mentor & Vijay Chandal were given special mention at the end.

Both the Jury members found the overall presentation to be engaging and informative. The presentation proved to be purposeful and illuminating. It provided us with an enhanced perspective on the concept of self-confidence which is crucial in a world where self-confidence is linked to almost every element involved in a stress-free & happy life.

2. Hindi - Atmavishwas ki Dor

Major Dr. Meeta Singh, Jury member found the presentation of the team to be very good (बहुत ही अच्छा प्रस्तुतीकरण।) and that the concept of self-confidence was explained quite well and in detail and was very well done. She congratulated the entire team for the same. One question that she posed to Kajal, an intern, was that do you think मर्यादा (modesty) and सीमा (limit) are two different or two same things?

Kajal appreciated the question and conveyed that according to her मर्यादा (modesty) is something that can be broken and one can go beyond it whereas सीमा (limit) is that corner till where it is not necessary to reach and difficult also. She expressed that मर्यादा (modesty) has a small scope and is something one creates for themselves and if one does not work on a weakness or that is wrong. She explained this by quoting the example of a girl who finds it difficult to speak or write in English.

Anjali Kaushik, an intern built on two points while answering the question raised. मर्यादा (modesty) for her was something that could not have been broken. According to her, it is the individual zone one creates and would not want to break it.

The second point she expressed was that she believes सीमा (limit) is something that one can go beyond and that it is one's personal choice to cross the limits. Major Dr. Meeta Singh complimented the answers and conveyed that the answer given by Anjali was right and the one she was expecting.

3. Coping with financial depression and anxiety

Money is a tricky subject to manage that the Team Atma-Santulan tried their best to understand and explain their learning to the jury. Unfortunately, during the whole presentation, the team faced many issues like connectivity, communication, coordination, transition, etc. The jury members had critiqued the team for the lack of practice.

Major Dr. Meeta Singh wanted the team to learn and prepare for the problems faced by them that day in the future. However, she liked the examples and case studies explained by the team. According to her, the takeaway of the topic, where one has to manage his/ her finances, was just skimmed over instead of being highlighted.

Dr. Namita Sharma liked the delivery. However, she felt that some topics' research was at a cursory level. She had inquired from the team under which ministry the MGNREGA Act is. A Team Intern answered that the act employed rural people. Dr. Sharma corrected the young intern that the MGNREGA Act comes under the Ministry of Urban Affairs.

Dr. Sharma also asked the interns if the MGNREGA Act was positive to deal with depression and recession. The intern replied affirmatively. Another intern supported her fellow intern's answer by giving an example from her village, where women earned money and respect by digging a pond. Dr. Sharma shared her knowledge to the interns' that there has been the act in 2014. Under rural infrastructure development, the people work in the fields for 200 days, and for the rest 100 days, they can get employment by the act. She also critiqued about low team efforts and co-ordination.

Ms. Arti Girdhar, Founder & President of Anon Global Foundation, also shared her views. She felt that there should be a mix-and-match between the picture and the content in a presentation to make it more engaging.

Coping with financial depression is a challenge. The Team ATMA-SANTULAN had justified their topic "COPING WITH FINANCIAL DEPRESSION AND ANXIETY" with examples, case studies, and much more.

4. Negative core beliefs – A Mental Setback

The mystery behind human core was divulged by the Team Hakuna Matata. The jury appreciated the hard work and dedication by which the team presented their delivery.

Dr. Namita Sharma enjoyed the way the team inter-woven their survey throughout the presentation. She wished to know the survey's takeaway, concerning the preferred core belief by the majority. Intern Ananya answer the question by saying that the team received an overwhelmingly positive response in terms of core belief. She also added that the rest section whose opinions varied from the ideal answers were supplied with a sense of all the guidelines and therapy techniques that might help them. Dr. Sharma was impressed with the reply provided by the intern. She further asked the team if there was hope for the future. Again Intern Ananya replied that there was hope for the future as people were becoming self-aware by all means to learn.

Ms. Shammi Proothi, Wellness Educator, loved the beautiful presentation and the style the interns had woven the survey throughout the delivery. For her, the most beautiful part of the delivery was the way the interns experienced their topic and learned from it, and then present it. The presentation was so engaging that she could not remove her eyes from the screen. Although Ms. Proothi was curious if the team believed that there were negative believes around women than men from their survey. Intern Ananya thought that either there were more responses from women or it was a generalized idea in the society. The females' upbringing is very stringent, although the community is still reforming, yet the thought lingers. Mentor Ridhi shared that during the summary of the survey, men also admitted to being

surrounded by the negative core. Pandemic had both positive and negative on the people. Many lost their jobs, friends, and family. According to the Mentor, all centers are equally affected by both positive and negative energy.

Ms. Proothi further inquired if they think when such research and surveys reach out to people, it awakens them. Intern Sristi affirmatively answered that society thinks and researches about the topics that they had not heard. The way the team delivered their message to each jury was quite impressive and enlightening. Team HAKUNA MATATA enjoyed working on their presentation and justified their topic “NEGATIVE CORE BELIEFS A MENTAL SETBACK” with their powerful energy.

5. Combat depression through ventilation

Dr Meeta Singh praised the presentation as well researched, excellently delivered and creatively addressed the given topic. Overall she appreciated the whole team for a wonderful presentation.

Dr Namita was awestruck with the presentation and how beautifully the team wove in the thread of mindfulness. She appreciated the fact that almost all the areas of the topic were covered in the presentation. One of the questions that was asked by her was: what was the team's understanding of the phrase “tuning in”?

Sukhmani (intern) said that what they meant by tuning in was how a particular feeling was felt in the body of individuals and how that feeling provokes certain thoughts. Then it would be easy to pin out what is actually bothering

someone. Dr Namita also added to this that tune in means connecting with one's mind which basically means going inside your mind and connecting with the real you and starting to love yourself. One should introspect and discover one's good side and positive things about oneself than be influenced by the surrounding environment.

The second question that was posed by Dr Namita was regarding their survey question "How frequently do you think that social media influences you?". Dr Namita did not fully agree with the analysis of the question that was given by the team that "social media triggers jealousy in peoples' mind" and asked for an explanation of such an analysis.

As an answer to the question Deepak (intern) explained that when someone is going through a crucial time in their life and they see in social media that others are happy and leading a better life than them, that feeling plunges them deeper into depression.

Dr Namita was truly happy with their teamwork and congratulated the team on the well executed presentation. The team's efforts reaped rewards as they were awarded 1st runner ups in the UG Category.

6. Conquering overthinking and intrusive thoughts

Keeping calm and not letting intrusive thoughts entering one's mind is crucial for maintaining a healthy mind. The jury members appreciated the analogy and research done by the team and have shared some critics also.

Major Dr. Meeta Singh was impressed with the depth of details and studies done by the team members to the

presentation. She was happy with the delivery and the research about the neurological psychology subject. In her medical experience, she had noticed two types of patients: complainers and hoppers. The attitude towards the circumstances can change thinking one response, reacting (over thinkers), and responding (be calm, and then act). She wanted the team should think about the opportunities presented to them in their lives. Unfortunately, she felt that during specific points, the delivery had become a little theoretical. She pointed out that the presentation should be interactive with the audience.

Dr. Namita Sharma liked the analogy and examples taken up by the team during the delivery. She inquired about the basic difference between thinking and over-thinking. Pranayee Rachamalla (Intern) replied to her answer that they are different. According to the Intern, thinking to some extent is okay however over-thinking is toxic. Thinking might be positive or negative but over-thinking leads to others' opinions and generally has negative aspects. Shreya Mandal (Intern) also supported her teammate's statement by adding that over-thinking is being obsessed with one's past and future is unhealthy. But thinking is dwelling in the present. Dr. Sharma further asked the team which one was better: thinking or over-thinking. Intern Shreya replied that thinking is better in a contracting thing.

Dr. Sharma critiqued the team that they had used thinking and over-thinking as synonyms in the presentation. According to her, the presentation flow should have started from MIND, then THINKING, and later go to OVER-THINKING. She clarified to the team that over-thinking is not a strength, it is an inclusive thing. She also wanted to know the difference between over-thinking and intrusive

thoughts. Intern Shreya said that these two topics are related but differ at the same time. Intrusive thoughts are the symptoms of OCD, where the thoughts become compulsive. Over-thinking can be of constructing as scientists tend to over-think the problem or situation on hand. Dr. Sharma liked the explanation and wanted the same in the presentation as there was a sudden shift between the topics. She also objected that there should be an introduction of the methodology in the surveys. Also, she was slightly offended when the intern referred to Lord Buddha as just only Buddha.

Over-Thinking is a fine line between obsession and bravery, and Intrusive Thoughts are the compulsive thoughts that linger in one's mind. The Team DWELL WELL had explained their presentation brilliantly and has justified their topic "CONQUERING OVER-THINKING AND INTRUSIVE THOUGHTS".

7. Insomnia vs. Hypersomnia

Looking from a candid eye, the presentation had certain flaws despite its neatness. One of the team members faced a poor network connection. There was a noticeable gap. On the bright side, the team 'Sleeping Beauties' camouflaged it with commendable teamwork.

With the same note, Major Dr. Meeta Singh complimented them that they deserve a big pat on the back for their teamwork. That was their strength. It spoke volumes about their performance. Furthermore, she asked the team to expound on Neurolepsy Type 1. Avichal Dani's answer was close to perfect. She went on to enquire from where they got the data that soldiers don't sleep. She having been one

could say that they weren't insomniacs though were taught to sleep light. Avichal asserted how he had notioned a battlefield whilst penning down his poem emphasizing on anxiety, stress and all sorts of negative traits taking over the mind during war. Nodding her head she remarked how loaded was their presentation with information but at no time did the jury feel lost or disengaged. Having an intern from the medical sector onboard made their presentation technically perfect.

The other jury Namita couldn't get a lot of time to elucidate her take backs owing to her connectivity issues. She certainly praised them for their brilliant effort especially how they brought their family in between. She interrogated them why their data showed that insomnia and hypersomnia had risen during COVID-19. She asked them, "Didn't that time provide us with a lot of introspection?" Avichal Dani spoke how people could be segregated on basis on profession.

The Medical sectors had to work double time, normal duties at day and emergency shifts at night leading to being sleep deprived, stressed, overworked, etc. The jury followed up on her question that Frontline workers constitute only five percent of the population, so what could have been the possible reasons for the majority. Intern Ananya Goyal replied this time putting pressure on how citizens had an empty life due to which they started staying up all night, thereby sleeping during the day. This could have been one of the reasons for such extreme data.

Thus, by and large, team 'Sleeping beauties' were an absolute hit even if they had created a blunder in some parts. Mistakes are only meant to create better mistakes and

build roads closer and closer to success. An enlightening presentation packed with overwhelming teamwork, the team inspires every viewer. After all, the most important thing in life is not winning but taking part. The essential thing is not to have conquered but fought well.

8. Preventing Career Burnout

Understanding varied perspective for a broad topic of career burnout is an essential life skill. The jury members found the presentation ordinary and have shared some critics and learning for the team to learn.

Major Dr. Meeta Singh found the delivery well done. She appreciated the research and hard work put in by the team. She was impressed that the group had covered their topics with examples from celebrities to life stories. As a medical person, she acknowledged that often people do not recognize the symptoms of career burnout which leads to a cycle of depression and self-harm. Awareness and discussion about this grey topic should be a priority for everyone. She liked the takeaway from the presentation that one should unite the power within oneself. She suggested having a support group wherein open communication and contribution are appreciated.

Dr. Namita Sharma also found the presentation well done. She found the topic suitable for the team as it is the time for them to enter the arena for the career. Initially, she could not relate to some subjects the interns had picked the sub-topics for the presentation that did not connect with the main topic. She found that there were lots of exercises and meditation are not the main preventive measures. She felt

that the team had skipped gratitude, innovations, hobbies, setting new targets as the subtopics.

She wanted the team's opinion on how the attitude of gratitude would help with the prevention of career burnout. Siddhant Pradhan (Intern) replied that according to him, asking for help and being helped is gratitude. Shefali Brahmachari (Intern) also agreed with her teammate. Unfortunately, Dr. Sharma disagreed with them. For her, asking for help is being humble; gratitude is being thankful. According to her, one should be grateful to the Lord for everything. Later one should think about the negative aspects of the career.

By the end of the presentation, everyone appreciated the efforts put up by the interns. The Team Reignite has proved that career burnout should be brought up more in the mainstream and brainstorm the preventions. A topic like CAREER BURNOUT is a grey subject and discussed more widely.

Senior Presentations

1. Energy flows where attention goes

Listening, learning and improving are a part and parcel of our lives. The jury members had been impressed and applauded the team efforts and have shared some critics and learning to the team to improve for their future.

Ms. Aparna Sahay found the presentation to be delightful and appreciated the efforts put up by the team. She was

impressed that the group had covered their topics with examples from the past, western ideas, history, mythology. At first, she thought that the presenters had forgotten about the seven energy chakras. However, when the team had touched on the topic and elaborated on it, she was pleased. She corrected the quote for “not to be a germ but be a dose of vitamin” she corrected the interns by saying that they should be champions.

She encouraged the team to set rituals that lead to habits and helps us in our goals. She wanted the team to learn more about the seven energy charka and the sheets in one’s body like spirit, soul, intellect, and ultimate happiness. She says that one needs to practice commitment and not complain about it. According to her, one should have a wind and storm approach to life; be calm like wind and strong as a storm. She shared an enlightening thought that one ought to practice the five Fs that are FRIENDLY (which creates positive energy), FAIR, FIRM, FRANK, FLEXIBLE.

Dr. Jyoti Bajaj felt super energized after the presentation. During the presentation, she had some points wherein she wanted a little clarification. But as the delivery progressed, her doubts got cleared. She also added that it might not be necessary to start making good decisions, but it is essential to start making decisions. She had asked the team how the team channelized the negative energy constructively. Divyanshi Agarwal (Team Rep) answered that she ignores the negative energy. Nayonikaa Gupta (Intern) answered the same question by saying that one needs to release all energy. Dr. Bajaj also agreed with Nayonikaa Gupta that one needs have a hobby and express themselves in one form or another. Anusha Bhadauriya (Intern) also shared that

negative energy is everywhere, but one needs to find and focus on positivity.

By the end of the presentation, everyone was happy and smiling. The Team ENERGETICS has proved that focusing on positive will change the behavior of the person. It has provided one to clear their vision and focus on their goals with or without any distractions.

2. Meditation: Key to Wellbeing

Miss Aparna Sahay found the presentation to be engaging and conveyed that it touched the core of her heart. She was quite impressed by the teamwork the entire team exhibited and stated that the strength of the presentation was in the excellent teamwork demonstrated. She complimented the way the team proceeded with the presentation. She appreciated the way everyone took cues from each other and contributed.

She asked a question that Do you think that meditation is just an exercise or some gestures? The answer was given by Indrakshi that we believe that meditation is a way of living just like Brushing our teeth and taking a shower we do not have to make a special routine or time for doing all these things as these are the part of our daily life that we can be doing these things as an external thing . We know that it is our routine and it is good for us. I think that meditation is just our cleaning of our body or our mind.

So this answer makes aparna mam very happy, otherwise the presentation was extremely well, well researched and excellent teamwork had been demonstrated.

Dr. Jyoti Bajaj found the life skills of sharing & working together to be quite evident throughout the entire presentation. She complimented on the beautiful line that the team has put in up in the presentation that 'it is not okay to be okay' She said that mediation is the way to keep our life in good lane. The most important thing is that she likes the surveys the team has put. And she also appreciated the name of their team which is very exhaustive.

Both the Jury members found the overall presentation to be engaging and informative. The presentation proved to be purposeful and illuminating. It provided us with an enhanced perspective on the concept of self-meditation which is crucial in a world where we can control on our body which is linked to almost every element involved in a stress-free & happy life.

3. Understanding varied perspective

Ms. Aparna Sahay liked the presentation and congratulated the team for the wonderful work, which she thought was far ahead of our age. She disagreed on the statement that everyone's perspective is right and said that at times perspective can be wrong and supported this statement by giving example of the people who thinks that women should live in a particular manner. She also talked about the importance of understanding others perspectives and took some examples from democracy. Overall, she was impressed with the presentation.

Dr. Jyoti Bajaj loved the way the presentation was put together and congratulated the team. She found the

examples and the stories in the presentation very apt and pertinent. She also appreciated the way the team members gave their perspective on the topic. Then she mentioned that we cannot tell whose perspective is right and who's is wrong. She also stated that life is dull and white and this difference of perspective makes it beautiful.

Dr. Jyoti Bajaj also asked a question, "how could we resolve the conflicts that arise in our day-to-day life?" Tanishka Tyagi an intern answered that when there are conflicts there is a point where we reach a moment of emotional instability and at that time, we should calm ourselves and try to think in the similar lines of the other person, this way we could reach to a conclusion that satisfies both the parties. The presentation became a success and the team ended up as first runner up in the senior category Phase – 2.

4. Stimulating your life with arts and sports

Miss Aparna Sahay found the presentation to be engaging and conveyed that it touched the core of her heart. She was quite impressed by the teamwork and she also found that Udit the intern was caught them at the right moment and she really like the style of presentation and the way of asking questions from jury in through out the presentation. Miss Aparna mam liked the questions that the interns were asking was really touched the core. Entire team exhibited and stated that the strength of the presentation was in the excellent teamwork demonstrated. She complimented the way the team proceeded with the presentation. She appreciated the way everyone took cues from each other and contributed.

She said that while we are studying art and sports we are marginalized. And then she asked a question 'Do you think

that in our family, in our community, in our school our sports people and artists, the musicians they are given the same kind of importance or not as in academics someone gets?' The answer was given by Adya that in her life her family is very supportive and her brother would like to do something in academics while she wants to pursue design but they support them both the same and the relatives that she is close with them will obviously also support her life choices and they actually say that academics, arts, sports are hand in hand.

Dr.Jyoti Bajaj said in the discussion followed further that we do see a paradigm shift we know still we have a long journey to accomplish but there is an attitudinal change which we can see now I deal with children with special needs and most of her kids drop science and maths when they reach class ninth and we know right from the very beginning we definitely encourage our children to have interest in one of the senses which they think.

One question posed to the team by Dr. Jyoti Bajaj was that, 'What advice would you give to your friend to keep this balance alive?'

The answer to this was given by Udit, that she likes history subject but her parents were more inculcate in her sketching and than she would like to say only one word to keep it alive that Variety is the spice of life, we have to add the flavors in our life for making it interesting with both the study and the hobbies. So that is it for the answer.

Both the Jury members found the overall presentation to be engaging and informative. The presentation proved to be purposeful and illuminating. It provided us with an enhanced perspective on the concept of Stimulating our life in sports and arts which is crucial in a world where Art and

sports is linked to almost every element involved in a creative world & happy life.

5. Stretch your comfort zone

The team had exceeded their time limit which disheartened the jury. Furthermore, Ms. Aparna Sahay provided her valuable inputs. She pointed out that the team took thirty-five long minutes to merely discuss the dangers of the comfort zone when the topic was to 'stretch your comfort zone.' According to the dignitary, it was undoubtedly a well-planned presentation supported with theories and facts but like a well-sought critique, she mentioned some thought provoking suggestions. The team could've found examples 'closer home' in her words like Greta Thunberg, Malala Yusuf, Mother Teresa and so many Padma Shri awardees apart from Maya Angelou and Oprah Winfrey.

Even children going to boarding school were an exemplary example of the topic. She went on to hit the nail saying that aside from family, one should go talk to strangers and get their point of view, struggles, etc. That's a reality check on stretching your comfort zone.

Consequently Dr. Jyoti Bajaj exalted the team 'Fast and Furious' with their wonderful presentation and exhaustive research. She called them out on the lack of solutions mentioned. She expressed her want for finding ways on how to stretch one's comfort zone. She added a cherry on top of her constructive criticisms that the stretching one's comfort zone should be in the right direction. Ending her advises, she enquired if anyone could tell where they stretched your comfort zone in real life and who motivated them.

The intern Pratishta shukla opened up about her bashful and shy nature in grade 7. Her eyes sparkled as she pointed out her second mother of a teacher who pushed her into the field of public speaking. She said, "I place knowledge above fear, that's what helps me stretch my comfort zone."

Adding all the points, it was transparently visible how team 'Fast and Furious' poured their heart into making the presentation and all required necessities. Alas! no one is perfect. The jury helped hone them by pointing out their mistakes. After all, even Elon Musk has said, " Constantly seek criticism, a well thought critique of what you're doing is as valuable as gold."

6. Rise up early and conquer

The usual procedure is the jury interrogating the presenters. Over here, the team asked certain thought provoking questions. The intern Garv edumberated on a certain 50-30-10-10 rule he read in one of the articles that comprise Determination, Preparation, Execution, Luck in the said percentages. He asked the jury about their views on this.

Ms. Aparna Sahay began with felicitating themselves and the team firstly moving to talk about champions - talking of body, mind, intellect specifically. Determination and luck make up ten percent of everything but the rest ninety percent is taken over by body. Quoting lord Krishna in Mahabharata, she elucidated the situation of a driver in a car. If he doesn't know the way, the passenger will go haywire. Similarly works our mind, if we don't have any guidance, determination, focus, our body will go haywire.

Mind is the reins while Intellect is the coachman, the controller of reins.

Dr. Jyoti applauded this brilliant answer with her explanation of the power of the subconscious mind. She instructed them to try telling themselves, "I have to wake up at 5am." She assured them that this will happen. She's not one to believe in the luck factor. Lastly, she presented a situation before them. It consisted of a group of boys in class 7, all tech savvy, mostly into online gaming, who play 'among us' late at night, honing their bond. In sharp contrast to this, there's a boy who's in the habit of going to bed early. He feels left out, but can't choose between missing out on social bonding and abiding by his principles. She asked the team what step should be taken by the youngster. Garv replied that the boy should go about his usual way paying two pennies to the group. Intern Gopika further explicates how everyone has their own ethics and a different identity. One shouldn't give up on ethics just because of peer pressure. The jury appeared content.

Another intern Shreshtha enquired how to avoid negative feelings. The jury emphasized on Yoga, meditation, peace and confidence inducing hobbies and avoiding scary movies.

7. Set your vision board

Ms Aparna Sahay found the presentation good and congratulated the team for doing a wonderful job. She asked one question to Madhav Deshpande, "How has this affected his life?" He answered by saying that he was also new to the topic and didn't have much idea about it. As they conferred and explored the topic, they came to know more about it.

Dr. Jyoti Bajaj liked the presentation and appreciated the part where the team talked about positives and negatives of having a vision board. She asked Shloka Mittal to elaborate the point 'You must include values that you wish to acquire in future in your personal vision board'. Shloka Mittal answered that by values he meant those values that we are learning from childhood, how could we implement it in future and on others. How could we become a role model for others and help others to incorporate these values. The value that we would like to develop in future which can be beneficial for others as well as for ourselves. These values do not come on their own; we have to work hard in order to get them.

The presentation became a success and ended up as winner in the senior category Phase -2.

8. Growth vs fixed mindset

Ms. Aparna Sahay did not find the presentation up to the mark. She wanted the statement "Urban people have more challenges so they are more prone to have a growth mindset, whereas rural people are satisfied with what they have so they are more likely to have a fixed mindset" to be elaborated. However, Akanksha Dangri (Intern) wanted to say that the reason behind why urban people have a growth mindset is because they have to do everything alone and have to work really hard and whereas in rural areas there are no such challenges that pushes them to change.

Ms. Aparna Sahay also talked about gender inequality. Girls are not given full rights and they are treated as second-class citizens, which is due to the mindset of people. She also talked about the LGBTQ groups. There are laws made for them but yet have to be implemented.

Dr. Jyoti Bajaj found the presentation to be more theoretical and examples were also missing. She gave examples of some people who had growth mindsets such as Swami Vivekananda. She praised the team for the explanation part. Dr. Jyoti Bajaj asked a question, “Can we have both a fixed and a growth mindset”? Nishtha Madan (Mentor) answered by saying yes, people can have both a fixed and a growth mindset. She explained this by giving an example of a person who tells everyone to send their girl child to school, at the same time he himself is not sending his own child to school. He knows what is right and what is wrong but is unable to make appropriate decisions. So, here we can see that a person has both types of mindset.

9. Teamwork simply states: It is less me and more we

Ms. Aparna Sahay found the presentation to be nice, exhaustive and a difficult one also. She wanted to know about the group dynamics as when teams form it is a dynamic and interesting process but can even be a frustrating process at times. One aspect that could have been touched upon according to her by the team was that our education system somehow does not promote the concept of teamwork and how this essential life skill of teamwork can be a part of the education system. By the end of the entire presentation, the phrase she came across for TEAM is ‘Together Empowering to Achieve More.’ She also addressed the 5Fs- Focus towards the goal, Friendship and Fairness in the team, Flexibility, Firmness and Frankness which constitutes good teams. She conveyed that integrity, rituals and creating such habits that leads the team towards the goal is important.

One question that was raised by her to the team was, were there any challenges faced while researching on the topic or

do you feel that working in teams is difficult? The response to this was given by Ananya Batra, an intern. She stated that by the end of the 15 days, the entire team realised how crucial the life skills of teamwork, collaboration and communication are. She also stated that working in teams could get hard at times, meeting deadlines is one example she quoted, but nevertheless all the difficulties and hurdles could be managed if the team decides to work together and in unity. She congratulated the entire team for the enlightening presentation.

Dr. Jyoti Bajaj found the presentation to be wonderful and very exhaustive. She appreciated the team for covering every aspect related to teamwork from benefits to deficiencies, examples etc. A special compliment was given for the movie which demonstrated the synergy of the body in order to accomplish a task. She was impressed by the movie and conveyed that it was very important, very nicely done and very creative and that deserved a special compliment. The movie was the “showstopper” of the entire presentation according to her. She expressed that she did get the benefit of working in a team. It builds self-confidence and reduces bullying. Teamwork is an important essence of success and she believes that all the deficiencies are doable. One needs to have a flexible attitude, be receptive, open-minded and be adaptable. She addressed the two components of effective communication- effective listening and effective speaking. She highlighted effective listening and reiterated that it is important to express but at the same time it is also important to listen to others and their ideas and what they are presenting.

Dr. Jyoti Bajaj wanted the team to raise their opinions on the question included in their survey analysis, how would you handle it if there was a problem with a member of your team not doing their fair share of work. Dhruv Shah, an intern answered this by saying that there are times when a person

says it in a meeting or in front of everyone which technically demotivates the person working and may reduce morale too. According to him reaching out to the person individually and trying to resolve the issue that they are facing is a much better option than simply saying it out loud. According to him, reaching out individually also gives a sense of respect to the person working.

Raaina Jain, the mentor of the team added to this by expressing that there were times when there were conflicts and misunderstandings in their team as well but how the team decided to resolve this was to schedule a meeting wherein each member discussed their concerns and problems and had a quite healthy discussion on the same. By the end of the meeting, everyone's concerns were addressed and this turned out to be an effective solution for the team, The mentor stated that whatever that has been presented by the team has also been implemented during the course of 15 days.

Both the esteemed jury members congratulated the team and wished them the best of luck.

Junior Presentations

1. Staying fit: the new mantra for wellbeing during pandemic

Ms. Ruchika Sukhija thoroughly enjoyed the presentation. The various aspects, the plethora of things that the students had taken care of were appreciated by her. Overall she felt that the presentation was well researched with good analysis and the conclusions the team came upto were very good. All of that was weaved very nicely according to her. A few points that she conveyed were:

The team started with a bang. It was such a beautiful poem but what she felt was that the team should have owned the poem as such that the audience connects with it. It was a self-composed poem by Tejasvi Kapur and she recited it with emotions but the others could have added more expressions and emotions while reciting it.

The next point that she conveyed was that she found the PPT to be very good except at a few places wherein she found so much of text/data that it took here a while to comprehend. The pictures and text were complementary but in some of the slides she felt that the text was too heavy. She suggested that pointers could have been used instead of adding the entire text to the slide.

There were a few cases where she felt that eye-contact was required. Lack of eye-contact gives the audience a signal that perhaps either one is not well prepared or not interested which she knew was not the case.

Overall, Ms. Ruchika Sukhija felt that the team provided her with a buffet with a lot of variety and that is something she really liked. She felt that there were a few things in the buffet that she relished but there were also a few things that she felt could have been dwelled a little more. She was expecting a few more tips on how one can improve mental and physical health. Overall, it was a very well weaved presentation according to her and could have been a little more cohesive.

Ms. Payal Uppal congratulated the team for reaching the platform. She acknowledged that all of them had brought together the cultural ethos of the nation bringing a very

pertinent question that the youth of our country needs to be emotionally, mentally and physically fit. She voiced the same concern as Ms. Ruchika Sukhija. She felt that there was a bit too much coming in. She expressed that she felt the team was quite enthusiastic about the entire thing because the entire world is talking about mental health and yoga. It was very nicely put. A special mention was given to Garima, an intern for putting yoga very nicely in the movie. She felt happy seeing youngsters practicing yoga. One take home the team had to take according to her was that each slide needs to have minimal content. The second thing she kept waiting for was the concept of home-cooked food. That was one spectrum she found was missing as when we address healthy options the first option that she believes is home cooked food. The question that was raised to team by Ms. Payal Uppal was that when there is such a large variety at the click of a mouse, it is not easy for young minds to opt for healthy options, what message does the team convey to the youth to balance out this pandemic of cuisines with our healthy balance diet? The answer to this was given by Srishti G. Kaundal, an intern. She conveyed that consuming home-cooked food can always be tried and new recipes is also something that can be opted for. In addition to this she said that ordering food from Zomato, Swiggy etc. or having food at restaurants could be done once in a month.

Sarthak Singhal, the team mentor added to this by saying that the youth needs to realise that whatever they are eating has an impact on their body. Different types of salads can also be tried.

Ms. Ruchika Sukhija wanted to have the team's opinion on whether they think that Indians at any given point of time were dependent on gyms to stay fit. Tejasvi Kapur, an intern

responded to this by saying that earlier people used to stay fit by doing the household work. Even the farmers eat jaggery and other food items as well but remain healthy because of the regular activities that they do.

Sarthak Singhal elaborated on the same by saying that people have become so busy in their lives that even if they need to go half a mile they would prefer a scooty or a car. One quote that he introduced here was, 'One needs to live to eat rather than eating to live.'

Ms. Payal Uppal also shared a quote that is, 'A family that eats together and praises together, stays together.' Eating with your family at the same time and together is one take home according to her. Ms. Ruchika Sukhija added to this by saying that eating with family also improves mental fitness as one interacts with the near and dear ones. Another question posed by Ms. Ruchika Sukhija was that what are three to four tips that the team would inform their peers on mental fitness. One answer to this was people can take up activities that they like and helps them relax. Another point added was before taking any decision, peers should discuss it with their parents. Ms. Ruchika Sukhija expressed that it is important that one reasons it out. Healthy interaction is very important. Sarthak added that people should be more socially connected. Only being connected virtually is not sufficient.

Ms. Ruchika Sukhija concluded by saying that not only during the pandemic but staying fit should be a way of life. This pandemic should act as a wake-up call that one should prioritize and invest in ourselves.

The team 'Fit Minions With Healthy Opinions' was awarded as the Winning team in the junior category of internship program phase II in the felicitation ceremony that was scheduled on Sunday, February 7th, 2021, from 7:00 p.m. via the Zoom platform.

2. Value your blessings

This team was the youngest of all that Ms. Ruchika Sukhija came across. All of them had done quite an appreciable job according to her. She really liked the PPT and appreciated the fact that the team addressed the concepts of gratitude and happiness and began on a high note as they started with internal happiness and discussed how to be the source of one's own happiness. She particularly liked that the concepts were radiated in the PPT as well. She expressed that she found the research to be well sorted, solid and very well done. The scientific concepts that were addressed and teamed up with other things were appreciated by her. Few things she pointed out were:

As it is always said, 'Job well begun is half done'. She felt that initially there was a lack of coordination between the team which went on till third, fourth, fifth slide. Hanisha Proothi, the mentor, had to intervene at times that could perhaps be due to the internet issues, the reason why their team presentation was postponed. There was a little lack of practice because of which she also felt that the connect between the team was missing. Each one of them were good on the individual part but moving from one to the next was not smooth and that could have been worked upon a little. Also, she found the videos to be abrupt and incomplete. She expected the videos to inform something at the end. She as a language teacher felt that spellings errors must not be made and that somehow it breaks the connection. Run, re-run, re-

run and practice, practice, practice is what she believes makes us better.

Overall, for the team's age group, she felt that it was a very commendable job, well-researched and they should practice the gratitude journal and other ways of gratitude and that should be the team's takeaway from this presentation.

Ms. Payal Uppal expressed that Hanisha Proothi, the mentor of the team was the elder sister of the team who was trying to take them all under your wings and train them. She agreed that they are little minds and conveyed that she can very soon see a positive growth in them. She found the ending to be beautiful. Talking about सर्वे भवन्तु सुखिनः (sarve bhavantu sukhinah) as global citizens where the world is in equilibrium and in sync with the 5 elements and becoming one with the divine was appreciated by her. She agreed that the team faced linguistic challenges like wrong pronunciation and spelling errors and there was a lack of coordination. The only thing that Ms. Payal Uppal missed relevance to their theory. She was expecting anecdotes and examples while they exemplified, like what gave them happiness or what were they grateful for. The channel seemed to be incomplete to her. She felt that an emotional quotient through the presentation could have been added as the topic was based on emotions. Otherwise the presentation was beautifully handled, with a lot of research and theories coming together which were also put together nicely according to her.

Ms. Ruchika Sukhija added to this by saying that she particularly liked that the team weaved it with our own culture. She also appreciated the inclusion of a few books and movies. One question posed by her to the team was, what do they think is the best way to tell people around us to be grateful to each other and how would they learn their lesson of gratitude. Kamakshi Yadav, an intern responded to

this by saying that we could thank people and be a role-model for others. Tanmay Joshi added to this by conveying that for the book enthusiasts, the lesson of gratitude could be taught through books. Kamakshi Yadav also suggested that posters and illustrations could also be used for the same.

3. Try again: fail forward

Ms. Ruchika Sukhija, to sum it up in three words said that, “I am impressed.” It was a very nice attempt and the way the team explored the topic was quite remarkable according to her. She was impressed with the plethora of perspectives the team covered. She felt that the research was very nice and the quiz was very quantifiable, the questions and options included were quite appropriate and the kind of presentation the team gave was very nice. At a glance, she was able to make out what the team was conveying without applying too much effort into statistical data. At the end, everyone expressed their own opinion which was appreciated by her as it added a lot of value to what they were speaking. She felt that the explanations for all the questions were very nice and expressed that she found the PPT to be fantastically good and very apparent. The kind of PPT was very close to something that the professionals would have done according to her. She liked the theme, the background images and supporting pictures that the team used which synchronised very well with the topic. She particularly felt the ending was the best. It was like a cherry on the cake. The self-composed poem and the team’s takeaways that were summarised so beautifully was much appreciated by her.

What Ms. Ruchika Sukhija found missing was the pace of speaking and voice modulation. At a few places, she was not able to comprehend what was being said. She also felt that there was a lot of repetition and the connect between the

team members was missing. In quite a few places, she expressed, it was being done in a mechanical way and the ease the team members should have had with each other was missing. In 2-3 places, the sequence was not the same as what the person was speaking. Movie, she felt, was not up to the mark of the PPT. It left the audience craving for more. She was unable to get a clear message from the movie. She was unable to understand the ending as she found that it was an abrupt one. A little more attention to the movie and the coherence could have been devoted.

Overall, she felt that it was a very good attempt and indeed an appreciable one. Ms. Payal Uppal thanked the team for bringing failures as a part of one's life. She felt that the oscillation movement, one child to another and back to the child again was a bit too much. She felt that while discussing failure, a lot of jargon was coming in and she was waiting for a simple word like mistakes. She conveyed that as far as the presentation and slides were concerned, it was brilliant according to her. The colour coding and the content on the slides was very nicely and professionally handled. She expressed that when we talk about failures, talking about the responsibility towards the failure becomes important. One take home message she conveyed was one cannot just acknowledge that one failed. It is important that we realise what steps lead to this and this is an important part of understanding failure. The group handled the presentation very beautifully and it was remarkable.

One question posed by Ms. Ruchika Sukhija to the team was, how can you cultivate the never-say-die attitude amongst the youngsters of today who are a generation of fixed streams. The answer to this was given by Arjun Maggo, an intern. He stated that telling them about the real-life examples like Steve Jobs and Ramayana can prove to be helpful. They can also be motivated by parents, peers and family. Ms. Ruchika Sukhija added to this by saying that a

few contemporary examples could have been taken up while presenting.

Another question raised by Ms. Payal Uppal was what all can help us understand that we are facing failure and we need to cope with it. Harshit responded to this by saying that we can get inspired by the people. Arjun Maggo added to this by saying that failure is not something that can be avoided. He said that he will try again and take motivation from his mother in order to cope with failure. Aryan Maggo, the mentor of the team conveyed that along with the motivation, the ability to make the person understand how important failure is equally important. Ms. Payal Uppal conveyed that none of us are perfect and it is important to accept the same. Putting our efforts in what counts. The team 'The Visionaries' was awarded as the Winners in the junior category of internship program phase II in the felicitation ceremony that was scheduled on Sunday, February 7th, 2021, from 7:00 p.m. via the Zoom platform.

4. Online gaming killing the playground

Ms. Ruchika Sukhija started her feedback in a slightly unorthodox manner. She began by appreciating Riya Arora, the mentor of the team. She felt that Riya was by far the most involved mentor who was aware about each and everything the team was presenting. Riya had done a commendable job according to her. The USP of the team according to her was the team's presentation. She found the team to be linguistically and dramatically strong. She felt that there were a few slides wherein the content was quite less and the member presenting was only speaking due to which she felt it hard to connect. She expressed that the background and text was not clearly visible and could have been more eye-pleasing. She appreciated the 2 minute video that had been included as it was very expressive according

to her. She conveyed that the target audience could have been set more clear which could have determined its authenticity better. She found the same problem with the PPT as well. She felt that a middle chord could have been struck which could have avoided her as the audience being in a lurge. She expressed that the team had spoken and presented it quite well. She mentioned that the team could do magic with words and they should realise and play with their strengths. A special mention was given to Garvvh Chawla, an intern for pulling out the entire show well despite being unwell.

Ms. Payal Uppal claimed the presentation to be brilliant and conveyed that throughout the presentation she was into gaming. It was fast paced according to her. She had to keep up with the speed as she did not want to miss out on anything. She felt that the presentation was very well thought of. She appreciated the Anon team for taking up a pertinent topic like this which certainly was required to be addressed sooner than later. One thing that Ms. Payal Uppal felt missing in the presentation was the concept of getting trapped in online gaming which cyber crime is associated with. She expressed that she found the team's presentation to be quite poetic. The words, the emotions, the style everything was very nice and coming from the literary departments, she felt that it was a plus point for all present. The animations by looking at it from a child's perspective was brilliantly done but she felt that at times it was a bit too much and that could have been reduced. One question posed by Ms. Payal Uppal to the team was why it is observed that the popularity of action games is more than that of other games. Garvvh Chawla addressed the same by stating that action games are more liked by the children and they find guns and bombs to be more appealing. Pragya Bajaj, an intern added to this by saying that they find action games to be challenging enough and that it builds their interest in it. Riya Arora contributed by stating that children do what they

see. Ms. Ruchika Sukhija expressed that she felt it was a vicious circle and that is what is required to be broken.

Another question posed by Ms. Ruchika Sukhija was what the team thought, how much is too much when it comes to online gaming. Yugraj Singh, an intern answered by saying very much. Pragya Bajaj conveyed that when we think too much about online games and are unable to focus on other things. Garvvh Chawla responded by saying that when a person starts acting like a character, it is then when it turns out to be too much.

Ms. Ruchika Sukhija conveyed that once online gaming starts interfering with one's daily routine when one does not want to eat but play more, it is then when it becomes too much. The team 'THE UNWIRED GAMERS!' was awarded as the First runners up presentation in the junior category of internship program phase II in the felicitation ceremony that was scheduled on Sunday, February 7th, 2021, from 7:00 p.m. via the Zoom platform.

5. Understanding festivals mindfully

Ms Ruchika Sukheja appreciated the team's effort on providing such an insight into the topic of festivals. The individual touch of stories, poems and artworks of the team members which were contributed to the presentation was highly appreciated. Paying attention to minute details and imaginative side of the team members were also highly regarded. Lack of solid research, long written passages in the presentation, lack of validation of facts, contradicting ending of the presentation, and inclusion of suggestive solutions were the few criticisms that were pointed out.

Ms Payal Uppal also congratulated the team for the presentation. The one element she felt missing was the discussion on social and cultural ethos. One question posed

by Ms. Payal Uppal was whether the festivals intervene the social, religious and cultural ethos; and if they don't, then what has changed over time?

To this Punya (intern) answered People focus more on the festivities that are going on and they miss out on the element of sharing and caring. Festivals are not to be limited to any religion or any culture rather it is about celebrating each other's happiness in a way that it sends a positive message to everyone. People forget the reason that they are celebrating and how it is to be celebrated. People should focus more on their religious and cultural values and celebrate happily rather than focusing on their busy lives. This is the message that is to be spread to the younger generation. The jury congratulated on putting together a wonderful presentation and appreciated summarising the presentation beautifully with the answer given.

6. Spark your imagination: create stories

Question from Ms. Payal Uppal: At times, we cross the limits of imagination and sometimes, it takes us a jerk to come back to reality. There have been many disorders recorded because of being too into imagination. So the question is: How do I stay connected to reality, at the same time have an imaginative mind?

Goohika Joshi (intern) answered: The one way to balance them is to prioritize and set them specific times. Just as a classroom is not a place to imagine something one wants to do in the evening, one has to choose a right time to imagine their dreams and fantasies.

Devansh Chaudhary (mentor) answered: Don't be detached from reality. Imagination is easy but reality is not. So one should always remember to work hard to make your dreams come true.

Kriday Proothi (intern) answered: when we work hard to do something we imagine what we want to have..so if you want to be an actor you have to imagine you be a great and famous actor you have to realize the reality that you have to work harder and enhance your skills.

Question from Ms. Ruchika Sukhija: How to make the present generation of students change from couch potatoes and indulge them into the habit of reading books?

Goohika Joshi (intern) answered: it is not that everyone hates the habit of reading, rather the thing is that they haven't found the right book to read. If they find the type of book they really start, then they won't be able to stop reading once they start reading it.

Devansh Chaudhary (mentor) answered: we need to make changes in the education system which lacks so many things. Children are made to read academic books and not books for pleasure. So they start hating the concept of books because the thing that comes to their mind when they hear the word 'book' might be a physics book or a chemistry book.

7. Bully: An impression for life

Ms. Payal Uppal, she found the topic very difficult and sensitive. She said the quote that they began with was beautiful and the content pages was very immaculately done and also presented what is coming up. The ABC of bullying was taken up very well. She told that she didn't know about the anti bullying day. She said that the team surely have understood what a child goes through when bullying is done. She said that content was too much that they were not able to read and listen. She suggest the the team to always have minimal content on their slides. She also said that the survey was not clear and she suggest that it should be very proper and perfect in the data which she felt was miss. She also

can't find the emotional trauma touch. She praised Pranvi Pandita for her acting but at times the pain was unsaid. Ms. Ruchika Suneja said to the team, when you are presenting something you should be aware of each and every word that you are presenting and she also came across a lot of words that are not used in Indian usage and she could easily make out that it was copied and paste. She said whatever you are presenting it should be with convection and that convection would come only when you deliberate it amongst yourself. She said that team provided her with so much that team had covered almost every possible perspective related to bullying apart from two things,

It is too much perhaps they were not able to justify the individual component so they were not presented in such a way that they could comprehend them, they could grasp them and be with team on the same page so the team were speaking sometimes she was trying to look from where the interns were reading . She also find the research good and praised for researching and covering different perspectives of it .She also found video very good and especially the emoting part but it was too long and the pain so that needed to be conveyed which they felt was a miss. She found the starting was little incoherent. In few slides she felt the consequences and reasons were mixed and complained that few slides were ignored by the team.

EVALUATION SHEET

Undergraduate Category

SLOT NO.	TOPIC	JUDGEMENT CRITERIA						
		CONCEPT & CONTENT FLOW	CREATIVITY & EXPLANATION	TEAM WORK & COORDINATION	DATA COLLECTION & ANALYSIS	MOVIE MAKING	Q & A	TOTAL
		20	20	20	20	20	20	120
#UG 5	Conquering overthinking and intrusive thoughts	14	16	16	16	18	20	100
#UG 2	Hindi - Atmavishwas ki Dor	12	12	14	14	12	16	80
#UG 3	Negative core beliefs – A Mental Setback	20	20	18	20	18	20	116
#UG 4	Coping with financial depression and anxiety	12	12	12	14	12	12	74
#UG 1	Boosting your self-confidence	18	18	20	18	18	20	112
#UG 6	Insomnia vs. Hypersomnia	16	16	16	18	18	18	102
#UG 7	Preventing Career Burnout	14	16	18	18	16	14	96
#UG 8	Combat depression through ventilation	20	20	18	18	18	20	114

EVALUATION SHEET

Senior Category

SLOT NO.	TOPIC	JUDGEMENT CRITERIA						
		CONCEPT & CONTENT FLOW	CREATIVITY & EXPLANATION	TEAM WORK & COORDINATION	DATA COLLECTION & ANALYSIS	MOVIE MAKING	Q & A	TOTAL
		20	20	20	20	20	20	120
#SR 3	Understanding varied perspective	17	17	19	17	17	17	104
#SR 1	Energy flows where attention goes	15	15	16	15	16	17	94
#SR 2	Meditation: Key to Wellbeing	16	16	17	17	17	16	99
#SR 4	Stimulating your life with arts and sports	16	18	15	17	15	16	97
#SR 5	Stretch your comfort zone	15	17	17	16	17	16	98
#SR 6	Rise up early and conquer	19	18	17	16	16	16	102
#SR 7	Set your vision board	19	18	18	19	18	17	109
#SR 9	Teamwork simply states: It is less me and more we	17	17	17	17	18	17	103
#SR 8	Growth vs fixed mindset	15	14	15	16	15	15	90

EVALUATION SHEET

Junior Category

SLOT NO.	TOPIC	JUDGEMENT CRITERIA						TOTAL
		CONCEPT & CONTENT FLOW	CREATIVITY & EXPLANATION	TEAM WORK & COORDINATION	DATA COLLECTION & ANALYSIS	MOVIE MAKING	Q & A	
		10	10	10	10	10	10	
#JR 1	Staying fit: the new mantra for wellbeing during pandemic	14	14	15	13	15	13	84
#JR 2	Value your blessings	13	12	11	13	11	12	72
#JR 3	Try again: fail forward	16	13	13	16	13	13	84
#JR 4	Online gaming killing the playground	14	13	13	13	12	13	78
#JR 5	Understanding festivals mindfully	13	13	13	12	12	13	76
#JR 6	Spark your imagination: create stories	12	13	13	12	11	11	72
#JR 7	Bully: An impression for life	12	13	12	11	12	11	71

FELICITATION CEREMONY

Anon Global Foundation in association with **YWCA India** holds 3 weeks charge less internship programs for students from PAN India on topics related to our Mental Health for the welfare of the society. Internship Phase 1 was organized from 15th January 2021 to 6th February 2021 for which the Felicitation Program was held on 7th February 2021 from 7pm-8pm via the Zoom Platform. A large group of people, including the Team Anon, the students and more attended the ceremony.



CHIEF GUEST PROFILE AND VIEW

Online Internship Program

CHIEF GUEST

Ms. Abha Adams
(Educationist)

YWCA INDIA

ANON GLOBAL FOUNDATION

FELICITATION CEREMONY

7 PM
Sunday
7th February, 2021

zoom

ID: 99488422764
Passcode: 1234

f LIVE

@anonglobalfoundation
@YWCAIndia

Ms. Abha Adams

She has created an enviable reputation as an innovative educationist. A prolific writer on education and an accomplished orator, she has spent over 35 years in Education, Media (BBC North), Arts Management (Arts Council of England) both in India and the UK. An alumni of Lady Shri Ram College she taught undergraduate and post graduate students at her alma mater and completed a second Masters in Theatre Arts at the University of Leeds, UK.

As former Director of the Shri Ram Schools and Adviser Education to Step by Step School Noida, she has been instrumental in founding and developing two major educational institutions in the country. She conceptualized and led the Centre for Learning and Teaching which focused on Teacher capacity building, Mentoring and Coaching.

Presently, she is a leading educational consultant advising several national and international educational, training and development organizations. She serves on several Boards, is Vice Chair of the Ahvaan Trust, working closely with curriculum development and the professional development of teachers in Govt. schools.

Words of Encouragement by our Chief Guest

To honor the ceremony, **Ms. Abha Adams**, a well-known educationist was invited as the Chief Guest who enlightened all about *the Dilemmas and the Tool Kit of the 21st Century Education*.

To begin with, Ms. Abha was delighted to see how our young students have developed and applied the Critical Skills for their projects, which in actual are going to be useful for all their lives. Also, with the guidance of skilled mentors they build up the confidence to come forth into the limelight.

“The future is extremely uncertain & ever-changing”

The Pandemic year of 2020 has brought everyone home and made us realize that tomorrow will never be the same, it will keep on transforming; and thus we will also have to keep evolving: the way we think, the way we live, the way we work, the way we learn, etc.

“But Embracing uncertainty has a fear”

Being an educationist and being in touch with so many students all over, Ms. Abha shared some worries that the students have while they are growing up.

- Fears of not able to trust anyone,
- Unsure about their college admissions,
- Apprehensions about job availabilities, and much more

Few years ago, the World Bank stated that by 2033, Artificial Intelligence & Automation will take over jobs; 47% in the USA, 77% in China & 69% in India.

These statistics were shared before the pandemic, but now the impact could be worse because we are not skilled enough for our future. But why?

“None can destroy iron, but its rust can.

Likewise none can destroy a person, but its own mindset can”

1. The focus on body imaging. Everyone wants to look good and happy like others on social media platforms, but if unsuccessful and being stressful sometimes results in seeing ourselves as failures.
2. Stress during exams ruins the mental health of kids, builds up pressure to compete and thus, results in Self Harm.

Results:

- 12.5% of kids in India (1-16 years of age) end up visiting Psychiatrists.
- Suicide death rates are the highest in India

Thus, There is an increase in the learning disabilities, lack of communication and behavioral disorders in the new generation.

“How did the earlier generations cope up with the uncertainties?”

The answer is Resilience!

Our old generations have followed the concept of **Loss & Prompt**, that is get up and get going. They have experienced things that we as privileged Indians have not even touched and that is *Deprivation*. Like Dalai Lama said, “From adversity, we can learn the value of patience”. They are unfamiliar about the new terms of Depression, stress, anxiety, etc. They lived lives to raise their families and for the future. On the other hand, in the 21st century, the electronic & digital media has taken over the mental & physical health.

Thus, as Alvin Toffler stated *“The illiterate of the 21st century will not be those who cannot read & write, but those who cannot learn, unlearn & relearn”*

Learning is creation, not consumption; therefore the **21st Century Education Tool Kit** includes the 4C's:

1. Communication
2. Creativity
3. Collaboration
4. Creative Thinking

Which majorly speaks about: Adaptation, Values, Independence, Team Work, Care for Others, Dance, Theatre, Compassion, etc.

So, where the schools educate about various subjects, they primarily miss the most important topic, i.e. Socio Emotional that is beautifully being looked after by Anon Group in collaboration with YWCA. The youth has to be trained to be able to cope in any & every situation to be able to **Learn, Unlearn & Relearn.**

ANNOUNCEMENT OF WINNERS

Undergraduate Category

*Negative Core Beliefs -
A Mental Setback*

WINNER

Mentor: Riddhi Luthra

**Sristi Shikha
Ananaya Kanda**

*Combat Depression through
Ventilation*

FIRST RUNNER UP

Mentor: Anashwara Ravi

**Dilraj Kular
Deepak Aggarwal
Sukhmani Bhatia
Vaishnavi Tripathi**

*Boosting Your Self-
Confidence*

SECOND RUNNER UP

Mentor: Puneet Arora

**Anoushka Rungta
Jai Peswani
Vijay Chandel
Neha Prasad
Vishakha Wavhale**

Senior Category

Set Your Vision Board

WINNER

Mentor: Madhav Deshpande

Jessica Saini

Shloka Mittal

Deep Anand

*Understanding Varied
Perspective*

FIRST RUNNER UP

Mentor: Riya Jobson

Devika Bisht

Namita Chhabra

Architi Dadhwal

Shreen Sharma

Tanishka Tyagi

*Teamwork Simply States -
It is less me and more we*

SECOND RUNNER UP

Mentor: Raaina Jain

Diksha Malhotra

Ranya Kalkal

Dhruv Shah

Ananya Batra

Pranjal Shrivastava

Junior Category

*Try Again -
Fail Forward*

WINNER

Mentor: Aryan Maggo

Arjun Maggo

Arnav Sharma

Shivam Gahlot

Punish Anand

Harshil Raheja

*Staying Fit -
The New Mantra for
Wellbeing during Pandemic*

WINNER

Mentor: Sarthak Singhal

Avani Choudhary

Garima Grover

Sristi G. Kaundal

Tejasvi Kapur

*Online Gaming Killing
the Playground*

FIRST RUNNER UP

Mentor: Riya Arora

Pragya Bajaj

Garvvh Chawla

Yugraj Singh Sekhon

Komal Goyal

Arjun Singh

FACEBOOK LIVE OF WINNING TEAMS


All the winners of Phase 2 were given a unique opportunity to present Live on the Facebook pages of Anon Global Foundation and YWCA of India.


Undergraduate Category: 11th February, 2021 at 6PM


ANON Winners of UG Category

Team
Hakuna Matata


Topic: Negative Core Beliefs – A Mental Setback


Srusti Shikha
(Bihar)


Ananaya Kanda
(Delhi)


Riddhi Luthra
(Delhi)

#UG 3
MENTOR

 @anonglobalfoundation
@YWCAIndia

Thursday, 11th February | 6.00 – 7.00 PM

Senior Category: 10th February, 2021 at 6PM

ANON Winners of Senior Category

Team
The Precognition

Topic: Set your Vision Board


Jessica Saini
Gyan Devi Salwan
Public School, Delhi


Shloka Mittal
The Shiv Nadar
School, UP


Deep Anand
Veda Vyasa D.A.V.
Public School, Delhi


Madhav Deshpande
(Maharashtra)

#SR 7
MENTOR

 @anonglobalfoundation
@YWCAIndia

Wednesday, 10th February | 6.00 – 7.00 PM

FACEBOOK LIVE OF WINNING TEAMS

Junior Category: 12th February, 2021 at 4PM

ANON WINNING FOUNDATION

Winners of Junior Category

Team
Fit Minions With Healthy Opinions

Topic: Staying Fit - The new mantra for wellbeing during pandemic

Avani Choudhary
Prabhu Dayal Public School, Delhi

Carima Grover
Prabhu Dayal Public School, Delhi

Sristi G. Kaundal
Queen's Valley School, Delhi

Tejasvi Kapur
Heritage Xperiential Learning School, Haryana

YVCA

#JR1 MENTOR

Sarthak Singhal
(Uttar Pradesh)

f LIVE

@anonglobalfoundation
@YWCAIndia

Friday, 12th February | 4.00 – 5.00 PM

Junior Category: 15th February, 2021 at 3PM

ANON WINNING FOUNDATION

Winners of Junior Category

Team
The Visionaries

Topic: Try Again - Fail Forward

Arjun Maggo
Laxman Public School, Delhi

Arnab Sharma
Prabhu Dayal Public School, Delhi

Shivam Gahlot
Prabhu Dayal Public School, Delhi

Punish Anand
Mahavir Sr. Model School, Delhi

Harshil Raheja
G. D. Goenka Public School, Delhi

YVCA

#JR 3 MENTOR

Aryan Maggo
(Delhi)

f LIVE

@anonglobalfoundation
@YWCAIndia

Monday, 15th February | 3.00 – 4.00 PM

DISPATCH OF CERTIFICATES AND AWARDS



FEEDBACKS

Undergraduate Category

YWCA ANON
 It gives me immense pleasure, not just to win this Trophy but to be able to give a small contribution to the society, all thanks to the Anon Group & YWCA India. Mental Health awareness should be the priority for one and all, which only some of us actually pay attention to. But, Anon Group is putting in their best efforts to help achieve it and spread the word around that “The Happiness of your life depends on the quality of your thoughts”.

Negative Core Beliefs –
 A Mental Setback

Mentor



Ridhi Luthra Arora
 (Delhi)

YWCA ANON

I would like to take this opportunity to thank the entire team of Anon Global Foundation & YWCA India for this golden opportunity. It has indeed been an incredible journey full of learning & exposure.

Thank you

Negative Core Beliefs –
 A Mental Setback

Intern



Ananya Kanda
 (Delhi)

YWCA ANON

First of all, I would like to thank Anon Global Foundation and YWCA India for providing me this opportunity. In a short span of 15 days, I've learnt a lot of things especially life skills which is very necessary in today's world. It also enhanced my skills like teamwork, research work and helped me to discover things about myself that i never knew. I would also like to thank my mentor and my teammate.

Negative Core Beliefs –
 A Mental Setback

Intern



Sristi Shikha
 (Bihar)

YWCA ANON

I am so happy to have received an accolade and a certificate on top of that, it was indeed an amazing journey as an intern.

I am extremely grateful for the opportunity provided to me and the experiences I got to share with my seniors and other team members and my mentor who guided me throughout the process.

I'd also like to thank the team of Anon Global Foundation and YWCA for providing me a platform where I was able to express my opinions and thoughts.

Thank you to your hardwork I was able to receive these awards and a recognition from the best jury anyone could have ever asked for.

Atmavishwas ki Dor

Intern



Anjali Kaushik
 (Delhi)

YWCA ANON GLOBAL FOUNDATION

Thank you so much Anon Global Foundation and YMCA of India for giving me this opportunity to be part of this internship I really enjoyed this journey of 15 days with this....have learnt many new things..and looking for more opportunity..

Thank You

Atmavishwas ki Dor

Intern



Komal Nagar
(Haryana)

YWCA ANON GLOBAL FOUNDATION

First of all, I would like to thank Anon Global Foundation and YWCA India for providing me this opportunity. In a short span of 15 days, I've learnt a lot of things especially life skills which is very necessary in today's world. It also enhanced my skills like teamwork, research work and helped me to discover things about myself that i never knew. I would also like to thank my mentor and my teammate.

Atmavishwas ki Dor

Intern



Sandesh Mahire
(Maharashtra)

YWCA ANON GLOBAL FOUNDATION

Thanks to ANON Global Foundation and YWCA of India for giving me this opportunity for mentoring online undergraduate Internship Programme for the team Atmavishwas ki Dor. It was really a great learning even for me also with my team. I hope to be there always in upcoming programs.

Atmavishwas ki Dor

Mentor



Rekha Jha
(Delhi)

YWCA ANON GLOBAL FOUNDATION

I've been extremely grateful for this wonderful opportunity provided by Anon Global Foundation & YWCA of India.

The learnings from this internship experience has been immense. Not only have I been able to intern with such a unique organisation during the pandemic but also been able to develop some friendships that are sure to last forever.

I'd also like to thank the team of Anon Global Foundation & YWCA of India for providing me the opportunity to work on the topic of my choice and constantly guiding me towards new learning and teamwork.

Thank you team Anon Global Foundation & YWCA of India for delivering a quintessential internship and for the efforts you've put in for trophies and certificates of all interns.

Combat Depression through Ventilation

Intern



Sukhmani Bhatia
(Karnataka)

YWCA ANON GLOBAL FOUNDATION

It was one of the most amazing 15 days thanks to Anon Global Foundation and YWCA of India. I thank to my mentor and my teammates who helped me during this whole presentation and research work.

Thank you

Combat Depression through Ventilation

Intern



Vaishnavi Tripathi
(Uttar Pradesh)

YWCA ANON GLOBAL FOUNDATION

Firstly, I would like to thank Anon Global Foundation and YWCA India for proving me the oppurtunity and the platform to grow and learn new aspects of reseach and its exposure. The experience i gained through this 15 days internship is incredible and cannot be expressed in just few words.

Combat Depression through Ventilation

Intern



Deepak Aggarwal
(Delhi)

YWCA ANON GLOBAL FOUNDATION

I received my parcel. I would like to thank Anon Global as a team, YWCA and specially Aarthi ma'am, to give me this opportunity to be a part of this internship programme. I got a chance to be mentor of 3 amazing groups, and got to learn a lot from all of them. Thank you so much. This journey was beautiful and I really look forward to be a part of Anon Global Forever and the programs conducted by the team.

Combat Depression through Ventilation

Mentor



Anashwara Ravi
(Delhi)

YWCA ANON GLOBAL FOUNDATION

Thank you Anon Global Foundation and YWCA for this wonderful experience. I learnt so many new things, met new people, made many friends and it's one of the most cherished phases of my life.

Conquering Overthinking and Intrusive Thoughts

Intern



Shreya Mandal
(West Bengal)

YWCA ANON GLOBAL FOUNDATION

Thank you team Anon Global Foundation and YWCA, I received my certificate. It was an immense pleasure to work with the allotted team. Those 15 days made me learn everything that I missed being in college.

This was one of the unique Internships I have done so far.

Conquering Overthinking and Intrusive Thoughts

Intern



Ruby Yadav
(Maharashtra)

YWCA ANON GLOBAL FOUNDATION

Thanks a lot Anon Global Foundation and YWCA of India for this opportunity. It has been an amazing journey with creative people.

Thank you for your encouragement and support.

Conquering Overthinking and Intrusive Thoughts

Intern



Pranayee Rachamalla
(Telangana)

YWCA ANON GLOBAL FOUNDATION

Thank you so much Anon Global Foundation and YWCA of India for this opportunity.

I learnt lot of things looking forward to more such opportunities in the future.

Conquering Overthinking and Intrusive Thoughts

Intern



Richa Thacker
(West Bengal)

YWCA ANON GLOBAL FOUNDATION

Thanks a lot Anon and YWCA Team for organising this wonderful initiative of internship. After being in the strategy team for almost a year it has been a very refreshing change working in the forefront with smart and dynamic students of today's generation. All those sleepless nights were really worth it planning for the final presentation.

Thank you so much again for allowing me to rediscovering myself.

Boosting your Self-Confidence

Mentor



Puneet Arora
(Delhi)

YWCA **ANON**
GLOBAL FOUNDATION

Thanks a lot Anon Global Foundation and YWCA of India for this amazing opportunity!! This win would've been impossible without my mentor and the wonderful team mates.

Looking forward to more such opportunities.

Boosting your Self-Confidence

Intern



Anoushka Rungta
(Gujarat)

YWCA **ANON**
GLOBAL FOUNDATION

I would like to thank Anon team and YWCA for giving this wonderful unique opportunity where i got a chance to work on my analytical, presentation and inter personal skills” I feel a very positive change in myself after this 18 day journey and I just hope this is just the starting of our life long relationship I am looking forward to more such endeavours and thank you once again

Boosting your Self-Confidence

Intern



Neha Prasad
(Chhattisgarh)

YWCA **ANON**
GLOBAL FOUNDATION

I'm highly thankful and happy to receive these credentials today. It was a wonderful experience for me to be a part of this majestic opportunity and excel in areas. I'm grateful for the guidance I have received, not just from the mentor but from my team mates as well. I could learn and challenge myself to work better and be constructive in team work.

Boosting your Self-Confidence

Intern



Vijay Chandel
(Chhattisgarh)

YWCA **ANON**
GLOBAL FOUNDATION

It's a bliss to be a part of this 15 days internship program. It was a great learning experience for me. I thank, Anon Global Foundation and YWCA India for providing this opportunity. And also a huge thanks to team Anon for taking efforts and sending the certificate in person.

Preventing Career Burnout

Intern



Rukshana Begum
(Tamil Nadu)

YWCA **ANON**
GLOBAL FOUNDATION

As we all know due to covid 19 crisis its impossible to do an internship with firm or organization as we were locked in our homes due to safety measures but anon global foundation provided this opportunity to us so that we can learn something new ,mainly life skills and this 15 days online internship gave me lot of memories , knowledge ,and experience too . It was quite Suprising for me that i have learned all this free of cost because i have enrolled in some online courses for which i have to pay first ,Whether iam satisfied with that Knowledge or not .

I would like to thank abha sahay ma'am our mentor who helped and guided us in every step . I would also like to thank my team members sidhant pradhan , juvairia fatima, and rukshana begum who gave there all efforts to make it succesful . Thank you soo much for providing us certificate to each and every person to their respective homes it requires a lot of efforts . Looking forward to be a part of such great opportunity .

Preventing Career Burnout

Intern



Shefali Brahmchari
(Madhya Pradesh)

Senior Category

YWCA ANON
GLOBAL FOUNDATION

This internship has helped me reinforce my knowledge of responsibility & focus. The experience as an intern with Anon Global Foundation in association with YWCA has been outstanding. I have learned through my internship the value of hard work and how to work as a team with other people. This hands-on approach has been invaluable.

Thank you for giving me the opportunity to work here :)

Teamwork Simply States: It is less me and more we

Intern



Dhruv Shah
(Maharashtra)

YWCA ANON
GLOBAL FOUNDATION

I am really grateful for being a part of this internship program. This was my first chance to mentor students, I have always learns from others, but this time, I was suppose to share my knowledge, though here also I learned from my mentees and it was a great experience. I believe life skills are really important for any individual in any field or in any sphere of life. And this internship provided me the opportunity to learn and spread awareness and knowledge. In the 15days period, my team faced many challenges, there were ups and downs but we stayed together and positive, our resilience and dedication really helped us achieve and excel. I am really obliged to ANON Global Foundation and YWCA of India for giving me this opportunity. I hope to stay connected and grow stronger together.

Energy Flows where Attention goes

Mentor



Arpita Nagpure
(Maharashtra)

YWCA ANON
GLOBAL FOUNDATION

A heartfelt note of gratitude towards YWCA- INDIA and ANON Global Foundation for this wonderful opportunity.

I look forward to more collaborative ventures in the coming days.

Stimulating your Life with Arts and Sports

Intern



Udita Das
(Delhi)

YWCA ANON
GLOBAL FOUNDATION

Being, a student myself, it was nothing short of a challenge for me, to act as a Mentor, and guide children, not much younger than me. I am deeply grateful to ANON Global Foundation and YWCA for giving me the opportunity to expand my horizons and try something new !!. It was a pleasure connecting with the amazing mentees in my team, and working with them. I wholeheartedly wish the best for each and every Mentee in my team, for I know that they worked selflessly and with utmost zeal to make this project meaningful and successful... Learning as a process goes on and on, and I'm sure each individual here at ANON, did learn something new, and for that I am truly thankful.. Hoping for many more endeavours and experiences with ANON in future.

Set your Vision Board

Mentor



Madhav Deshpande
(Maharashtra)



Understanding Varied Perspective

I would like to thank Anon Global Foundation and YWCA of India for giving me this golden opportunity that will turn out to be a big milestone in my future. I would be looking forward to work with this foundation in future also.

Thank you so much!

Intern



Devika Bisht
(Delhi)



I would like to thank Anon Global Foundation and YWCA of India for giving me this wonderful and educational opportunity to grow and learn. Can't wait for the future plans this amazing foundation has planned.

Thank you so much!

Growth vs Fixed Mindset

Intern



Akanksha Dangri
(Delhi)



Energy Flows where Attention goes

Where do I even begin? From teaching life-skills to honing leadership qualities to providing some unforgettable friendships, this Internship has given it all in such an intricate 2weeks. I was overjoyed as soon as I came home to find this sitting on my bed. A smile of sheer pride and ecstasy is enveloping my countenance as I'm penning this down. Thank you YWCA and ANON Global Foundation Thank you team energ-tion and my mentor You made me a better intellectual somehow, an achiever, a better friend, a better leader and most importantly a better learner I hope to return this bundle of memories in some way possible. I thank you again for providing me with this golden opportunity.

Intern



Divyanshi Agarwal
(Uttar Pradesh)



I am grateful for Anon Global Foundation and YWCA for allowing me for this wonderful opportunity. These 15 days were very eventful and my teammates are very supportive and flexible with me. Life skill is something that remains inside our conscious and guide us for a better future. No matter what subject or hobby that we are interested in doing, life skill teaches us how live our life to the fullest. I am very interested in continuing this learning with Anon Global Foundation and YWCA.

Energy Flows where Attention goes

Intern



Nayonikaa Gupta
(Haryana)



Stimulating your Life with Arts and Sports

Yet again I was fortunate enough to get a team of some hardworking and dedicated young minds, who didn't only learn themselves new things everyday but being their guide, I also got the chance to learn along with them and grow together. Again a very heartfelt thanks to the whole team of ANON and YWCA for bringing such a successful programme once again and changing the minds of future India in such a positive way.

Mentor



Luvkumar Sharma
(Maharashtra)



Today is the perfect opportunity to start building the tomorrow you really want. After participating in Anon global foundation I have learned many life skills. My mentor was very helpful. All my teammates were very cooperative. As a mythology reader I love learning about life skills. And Anon global foundation has provided me a platform to learn about life skills in a different and interactive way. I am really looking forward for working with my new teammates and new mentor.

Stretch your Comfort Zone

Intern



Poorvi Agarwal
(Rajasthan)



I would like to thank all the people working in anon global foundation. I am very much glad that I decided to do 15 days internship from your foundation and it has given me renewed enthusiasm. Thank you for giving me this wonderful opportunity. The internship time was fabulous for me.

Stimulating your Life with Arts and Sports

Intern



Kalyani Sawalakhe
(Maharashtra)



This internship with Anon Global Foundation in collaboration with YWCA India was a unique experience for me being my very first internship and I'm ecstatic to say that my time here was worthwhile. The things I got to learn and explore with my teammates were amazing and will definitely prove to be beneficial in my skillset. The motives with which I entered this internship have been fulfilled beyond my expectations. I would like to thank the Anon team for this great opportunity.

Understanding Varied Perspective

Intern



Tanishka Tyagi
(Delhi)



It was an honour to work with Anon Global Team and this was an amazingly new and educational experience for me! Learning so much about internships and working with people from different places and schools was new and indeed very much informative!

Understanding Varied Perspective

Intern



Namita Chhabra
(Haryana)



I'm really grateful to ANON Global Foundation and YWCA India for giving me yet another opportunity to be a mentor. It was a great learning experience. I would also like to thank my team for being so dedicated and enthusiastic.

Teamwork Simply States: It is less me and more we

Mentor



Raaina Jain
(Maharashtra)



The experience as an intern with Anon Global Foundation in association with YWCA of India has been quite meritorious & substantial. We were all elated to see our team's name as the Second runners up. I would like to thank our mentor, who has consistently maintained strong team ethics. Thank you so much for your guidance & support. Our team members, who have given it their best shot & have done a truly brilliant job. Thank you for being the dream team, "We Before Me!" Anon Global Foundation & YWCA team for the entire team's efforts & concern that proved the program to be insightful & illuminating. I am contended to be a part of the Anon family. I'd be thrilled to apply for internship & volunteer work organised further too :)

Teamwork Simply States: It is less me and more we

Intern



Ananya Batra
(Delhi)

Junior Category

YWCA **ANON**
GLOBAL FOUNDATION

I am extremely grateful to Anon Global Foundation and YWCA, India for this immensely wonderful experience. Thank you Anon for enriching our thought processes with such mind blowing topics. Thank you so much for believing in me and letting me explore myself, it was so far the best I could ever think of. Even if our team didn't win we learnt something that is not less than winning, it's the learning that will remain with us for lifetime. I would like to Thank Anon Global Foundation and YWCA for such an amazing opportunity and for providing me an amazing team.

Bully: An Impression for Life

Mentor



Aashima Jain
(Rajasthan)

YWCA **ANON**
GLOBAL FOUNDATION

It was amazing interning with Anon Global Foundation. The topics were really nice and my mentor was wonderful. The internship gave me the opportunity to work with more people other than school friend. My topic was **Bullying-A Impression for Life** and I learnt a lot about bullying and it's sub-topics. The credit goes to wonderful topic Anon team gives us.

Thanks Anon global foundation team, YWCA.

Looking forward for new internship Programmes

Bully: An Impression for Life

Intern



Saksham Gupta
(Rajasthan)

YWCA **ANON**
GLOBAL FOUNDATION

I am so Grateful to Anon Global Foundation and YWCA for selecting me in such a wonderful program. I have learnt so much and grateful for the time you spent in sharpen my skills. A great thank to Arti Girdhar ma'am for giving me a chance. Last but not the least I want to thank my mentor **Aashima Jain**.

Bully: An Impression for Life

Intern



Tanya Narula
(Delhi)

YWCA **ANON**
GLOBAL FOUNDATION

I would like to share my experience about this fifteen days internship with Anon Global Foundation and YWCA India. First think I had learnt from this internship is **Team Work** because for me it was very difficult task to co-op with different mind sets but now I know how to work with different minds. Second **Time management**, I had learnt how to keep balance with my school work, the internship and other activities. Thirdly it help me to boost up my confidence level because I always hesitate and got nervous when I had to speak publicly. The last but not the least it give me the experience how to present a thing in front of others with an attractive way so it not becomes a boring lecture which will definitely help me with my future. At last I would like to thank you Anon Global Foundation and YWCA India for giving me an excellent opportunity like this by my heart.

Staying Fit: The New Mantra for Wellbeing during Pandemic

Intern



Avani Choudhary
(Delhi)

YWCA ANON GLOBAL FOUNDATION

Staying Fit: The New Mantra for Wellbeing during Pandemic

Intern

I am Sristi G. Kaundal, from the team-Fit Minions with Healthy Opinions. I received my trophy today and I really appreciate the efforts put up by Anon and YWCA of India. The topics which were given to us were amazing...and most importantly, the things we learnt during this internship were just wondrous. Thank you very much for the awards, and honestly, I feel like this is the very first certificate in my life which has my photo on it ;) Thanks a lot.

YWCA ANON GLOBAL FOUNDATION

Staying Fit: The New Mantra for Wellbeing during Pandemic

Intern



Sristi G. Kaundal (Delhi)

YWCA ANON GLOBAL FOUNDATION

Staying Fit: The New Mantra for Wellbeing during Pandemic

Intern

I am Garima Grover, from the team fit minions with healthy opinions, which was mentored by Sarthak Sir. I am feeling very blessed to have such a kind and helpful team. It was a wonderful experience. I have never thought I would learn so much in these 15 days from this internship. It was a fun learning with team Anon Global Foundation and YWCA, India

YWCA ANON GLOBAL FOUNDATION

Staying Fit: The New Mantra for Wellbeing during Pandemic

Intern



Garima Grover (Delhi)

YWCA ANON GLOBAL FOUNDATION

Staying Fit: The New Mantra for Wellbeing during Pandemic

Intern

I would like to thank ANON Global and YWCA for giving me this opportunity to be a part of this internship. I learnt a lot throughout this internship. It was a new experience for me, guiding the team along with our mentor and as well as enhancing skills such as co-operation, time-management, responsibility etc. I am very happy for our team as our efforts bore fruit. I will always remember this learning experience, filled with new things- to know about and to work on.

YWCA ANON GLOBAL FOUNDATION

Staying Fit: The New Mantra for Wellbeing during Pandemic

Intern



Tejasvi Kapur (Haryana)

YWCA ANON GLOBAL FOUNDATION

Spark Your Imagination: Create Stories

Intern

It was amazing and interesting internship with ANON GLOBAL FOUNDATION and YWCA OF INDIA. Topics are very interesting, my mentor is very helpful, and my topic is spark your imagination = create stories this topic is very interesting. I learned what is imagination, How imagination creates reality etc. Thank You (Arti mam, Renu mam, Prachi mam , Deepa mam, Anya Mam and all the team of Anon Global Foundation) ANON GLOBAL FOUNDATION and YWCA OF INDIA to giving me this opportunity to take the part in the internship phase 2.

YWCA ANON GLOBAL FOUNDATION

Spark Your Imagination: Create Stories

Intern



Parneet Kaur Grewal (Delhi)

YWCA ANON GLOBAL FOUNDATION

Spark Your Imagination: Create Stories

Intern

I thoroughly enjoyed the Internship with Anon Global Foundation and YWCA. We had a very interesting topic- 'Create Stories: Spark your Imagination'. I enjoyed the whole process of researching, creating a survey, shooting a video, and compiling the Presentation. We worked well together as a team and our mentor was also very supportive. It was a great learning experience. I learnt many precious lessons like working as a team, being patient, respecting other's point of view, adaptability, time management and taking responsibility. This internship has taught me how to be creative and use my imagination to the fullest. The lessons and values I learnt here will help me in all walks of life.

I'm very grateful to everyone at Anon Global Foundation and YWCA for this amazing opportunity!

YWCA ANON GLOBAL FOUNDATION

Spark Your Imagination: Create Stories

Intern



Goohika Joshi (Haryana)

YWCA ANON GLOBAL FOUNDATION

Spark Your Imagination: Create Stories

Intern

Thank you Anon Global Foundation and YWCA of India for this great opportunity I learnt so many things, even though our team did not win but haar ke jeetne wale ko baazig kehete hai

YWCA ANON GLOBAL FOUNDATION

Spark Your Imagination: Create Stories

Intern



Kriday Proothi (Haryana)

YWCA ANON
GLOBAL FOUNDATION

"All I know is that I know nothing."
- Socrates

I think it is true, learning and gaining knowledge has no boundaries, the more you explore, is the more you learn, and ANON proved it. I feel happy to say that I learned so many things in the respective days, that, I want to learn more. Thank you ANON Global Foundation for enlightening us with the learning. My topic, Understanding Festivals Mindfully, blew up my mind at first, because I got to see different things with new and unique perspectives. Thank you to my team, and my mentor for being together as one, working as one, and on the behalf of my team, I would like to thank ANON Global Foundation, YWCA and of course our judges.

Thank you for giving us new perspective and telling us that we can always look at common things with new perspectives too!

Understanding Festivals Mindfully

Intern



Punya (Delhi)

YWCA ANON
GLOBAL FOUNDATION

It was amazing interning with Anon Global Foundation. The topics were really nice and my mentor was wonderful. The internship gave me the opportunity to work with more people other than school friend. My topic was online gaming killing the playground and I have left playing online after doing so much about it. The credit goes to wonderful topic Anon team gives us. Thanks... always available for good work with good Anon Global Foundation team and YWCA of India

Online Gaming Killing the Playground

Intern



Garvvh Chawla (Delhi)

YWCA ANON
GLOBAL FOUNDATION

"Twinkle twinkle little star..how I wonder what you are" today I can really feel these lines..feel in my skin...my words may fall short in expressing my heartiest thanx to Anon Global Foundation and YWCA for giving me this chance to express my thoughts and views on such a big platform...it was an out of the world experience...also heartiest thanx to my mentor (an amazing person), my team (great buddies) and my School for giving me this opportunity...I am highly obliged...Thanx Anon and YWCA again and again..

Online Gaming Killing the Playground

Intern



Arjun Singh (Delhi)

YWCA ANON
GLOBAL FOUNDATION

Thank you Anon for enriching our thought processes with such mind blowing topics. Thank you so much for believing in me and bringing back the spark in me. I am extremely grateful to Anon Global Foundation and YWCA, India for this immensely wonderful experience. Looking forward to more such internships.

Online Gaming Killing the Playground

Intern



Pragya Bajaj (Delhi)

YWCA ANON
GLOBAL FOUNDATION

Thank you so much Anon Global Foundation and YWCA of India for this great opportunity and a special thanks to my mentor and my team mates...I am very lucky that I was in this internship.

And especially thank you for giving me this chance to share my thoughts on this big platform...

Online Gaming Killing the Playground

Intern



Komal Goyal (Delhi)

YWCA ANON
GLOBAL FOUNDATION

I am extremely grateful to Anon Global Foundation and YWCA, India for this insightful experience.

My heartiest congratulations to my team mates. Thank you Anon for enriching our thought processes with such mind blowing topics. Thank you so much for believing in me and bringing back the spark in me.

Online Gaming Killing the Playground

Intern



Yugraj Singh Sekhon (Delhi)



I am extremely grateful to Anon Global Foundation and YWCA of India for this insightful experience.

My heartiest congratulations to my team mates. Thank you Anon for enriching our thought processes with such mind blowing topics.

Thank you so much for believing in me and bringing back the spark in me

Online Gaming Killing the Playground

Mentor



Riya Arora (Delhi)



I am extremely obliged to be a part of the ANON family, as ANON has given me lots of values and obviously some favourite memories as well. I am really thankful to ANON Global Foundation and YWCA of India for providing the students with such an amazing and a thought provoking internship. All the topics were very interesting and specially the topic given to my team.

In the end I would like to add that we are often told sky is the limit, but I believe for ANON the sky is NOT the limit.

Try Again: Fail Forward

Mentor



Aryan Maggo (Delhi)



Thank you so much ANON for this enriching experience. It was an amazing journey to interact with my team mates and our mentor. I would like to thank ANON Global Foundation and YWCA of India to give us the opportunity to learn life skills and helped us with our presentation skills. Last but not the least, it helped us to emerge ourselves in a much more confident way.

Try Again: Fail Forward

Intern



Arjun Maggo (Delhi)



Thank you so much ANON Global Foundation and YWCA Of India for this overwhelming experience. I gained so much things like Presentation making, Time Management, Team Work, I got a opportunity to meet students from all over India and most important I got a chance to visit my school almost after an year.

Try Again: Fail Forward

Intern



Punish Anand (Delhi)



Thank you so much ANON for this enriching experience. It was an amazing journey to interact with my team mates and our mentor. I would like to thank ANON Global Foundation and YWCA of India to give us the opportunity to learn life skills and helped us with our presentation skills. Last but not the least, it helped us to emerge ourselves in a much more confident way.

Try Again: Fail Forward

Intern



Shivam Gahlot (Delhi)



I am so grateful to Anon Global Foundation and YWCA of India. Our mentor is very cooperative. I am very happy that I have participated in this internship.

Value your Blessings

Intern



Divyansh Saini (Delhi)

YWCA **ANON**
GLOBAL FOUNDATION

I am really grateful to My mentor firstly as she taught us the importance of being grateful.. Secondly I am grateful to my teammates... And a big big thanks to Anon Global Foundation with YWCA of India to give me a golden chance to just know more about being grateful. Not only being grateful but team work, cooperation and many other things I learnt in these golden days. This was a amazing experience. I would love to work with Anon and YWCA more. This was a great and memorable time for me. Not only winning matters, learning matters the more.

Value your Blessings

Intern



Kamakshi Yadav
(Haryana)

YWCA **ANON**
GLOBAL FOUNDATION

Thank you Anon Global Foundation and YWCA of India for this great opportunity...

I am so grateful that I got this wonderful opportunity.

Value your Blessings

Mentor



Hanisha Proothi
(Haryana)

Gratitude expressed by our interns

A big thank you!

- Firstly , An internship is basically an opportunity offered to potential employees which are usually undergraduates or students , called interns, to work at a firm for a fixed period of time. Just like that we are also Interns with Anon Global Foundation and YWCA . We all are really grateful to be a part of it .This Internship taught us about life skills . It also helped us in many ways like how to be obedient and creative too as we have to get many kinds of ideas for our topic!! That's very helpful for us in future .
- **Secondly, We wanted to thank our mentor and support network. We were so fortunate to have you as our mentor during this internship. Thank You for all you did to make these 15 days a valuable learning experience for life! Once again, thanks for sharing your time, advice and knowledge during our internship.**
- I would also like to thank my team members for making my time here so memorable and for being such a great support system. Thank You for all your help, words of encouragement and all the great conversation and laughs in the meetings!
- Now comes what we have learned from this internship,first of all I learned how to work as a team without focusing entirely on ourselves,as well as developed patience in situations when we disagree with other members also the work ethics,adaptability skills,communication skills, responsibility and mainly time management. We thank from the deepest corners of our hearts for this experience!

Gratitude expressed by our interns

VOTE OF THANKS

- *First of all, our team 'MINDSPACE' would like to thank Anon Global for this wonderful internship. It gave us the opportunity to learn and do something creative and productive.*
- *Secondly, to the mentor who supported and helped us all the time and whenever we had difficulties, she was there to clear all of our doubts.*
- *Last but not the least, thanks to all the teammates who created a bond between each of us and helped us in various things.*

Key Learnings

1. Through the program conducted, we learnt various aspects and gained knowledge about them.
2. We learnt to work with new people from different corners of the nation.
3. Since coordination was to be done with them, so it lead to team development.
4. Even though we were all different, we established a sense of camaraderie while working together.
5. Our knowledge was widened to a greater extent and realized us that listening is one of the most important aspect of life or we can say necessity for life.

REPORTS OF WINNING TEAMS

Undergraduate Category

ANON GLOBAL FOUNDATION and YWCA INDIA

15 DAY UG Internship Program

Team "HAKUNA MATATA"

Presents

"NEGATIVE CORE BELIEFS - A MENTAL SETBACK"

PROJECT REPORT

Mentor:

Ms. Ridhi Luthra

Team Members:

Sristi Tiwari

Ananaya Kanda

TABLE OF CONTENTS

LITERATURE REVIEW

SURVEY OBJECTIVE

SURVEY QUESTIONS & ANALYSIS

CONCLUSION

HAKUNA MATATA TEAM: Experience

BIBLIOGRAPHY

LITERATURE REVIEW

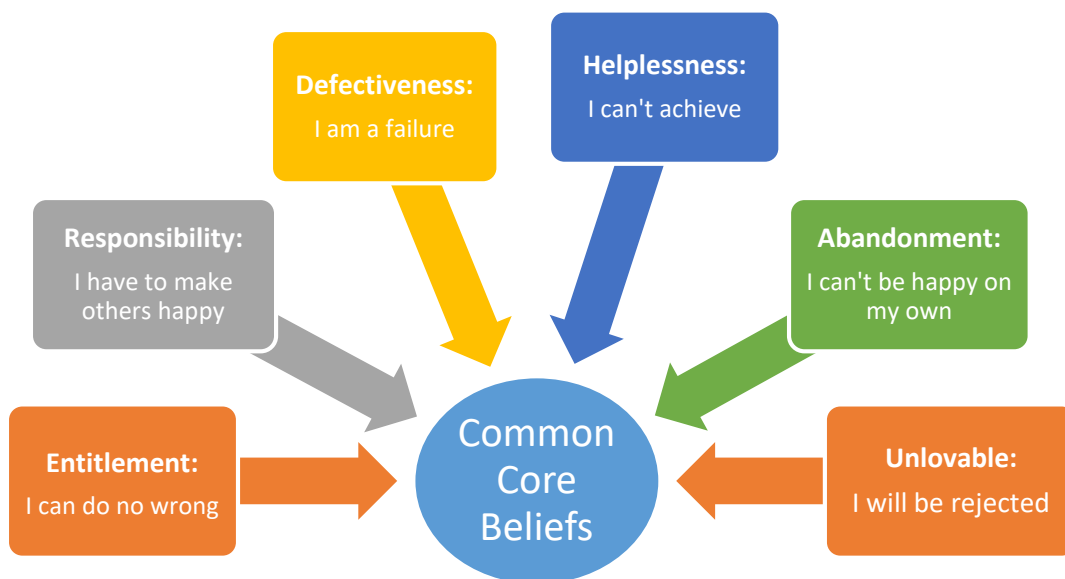
Chapter 1:

INTRODUCTION TO CORE BELIEFS

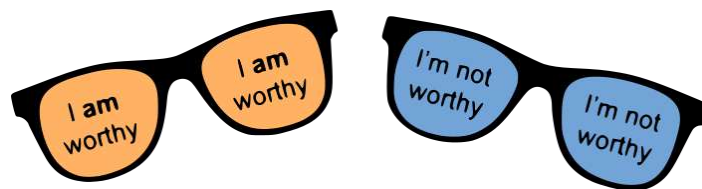
Core beliefs are the beliefs which people cherish the most deeply; the basic beliefs about ourselves, the people around us and the world live in. They usually develop from childhood are compounded by life experiences. They are the things we hold to be absolute truths deep down, underneath all our “surface” thoughts, whether they are true or not!



we
and
the



While our minds run commentary to our daily experiences, core beliefs frame how we view those experiences: we see our experiences and thus, ourselves as good or bad which can be categorized under **Positive & Negative Core Beliefs**.



BELIEFS

NEGATIVE CORE

Have you ever called yourself a bad name, insulted yourself, or been hard on yourself? What about doing the same to other people in your thoughts? Those are examples of negative core beliefs. **Negative core beliefs are judgmental and potentially harmful beliefs held about yourself, others, or the world.**

Negative core beliefs about oneself:

- "I am worthless."
- "I am a failure."
- "I am unlovable."
- "I am useless."

Negative core beliefs about others:

- "People only hurt me."
- "People can't be trusted."

- “People are terrible.”

Negative core beliefs about the world:

- “The world is a dangerous place.”
- “The world is ruined.”
- “The world is unfair.”

While negative judgement on the self can be detrimental to our mental health, focusing only on the negative in other people or about current events also impacts our well-being. That’s why learning to challenge negative core beliefs is so important!

Chapter 2:

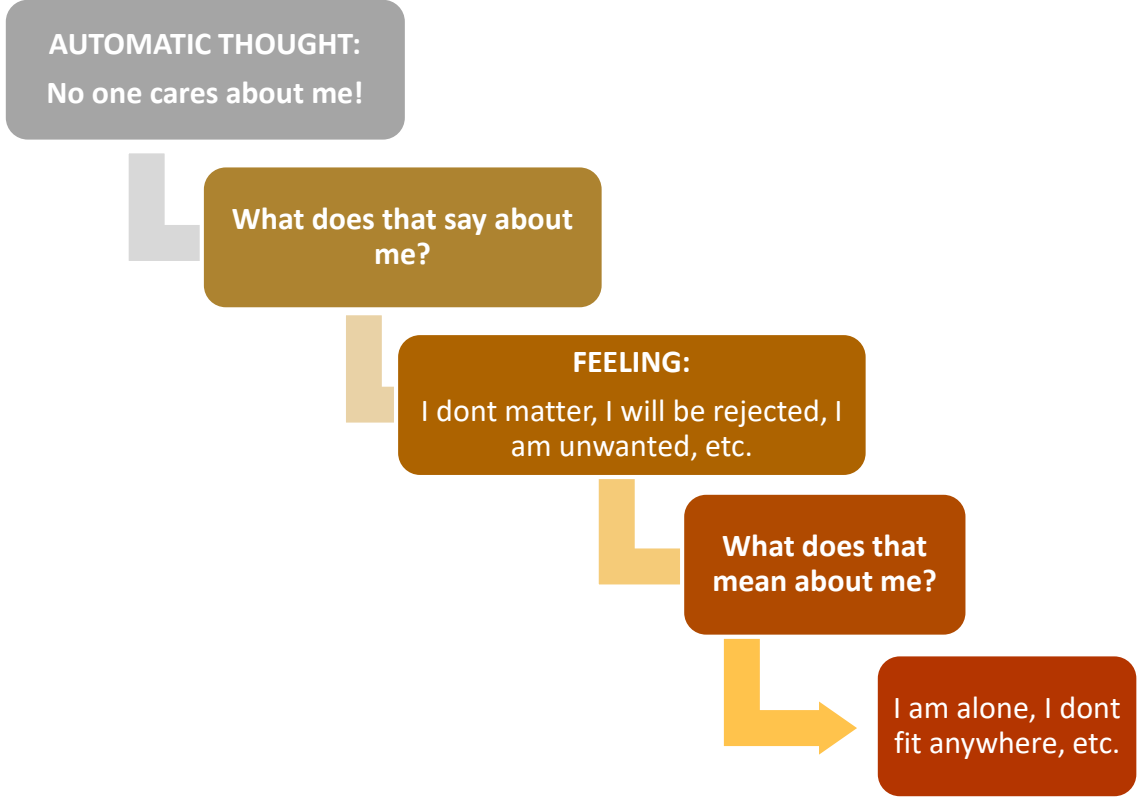
IDENTIFYING NEGATIVE CORE BELIEFS

“We learn our belief systems as very little children, and then we move through life creating experiences to match our beliefs. Look back in your own life and notice how often you have gone through the same experience.”

But how do we identify it?

Science says that everyone gets around 60,000 – 80,000 thoughts each day. So, when you tell yourself constantly that you are not good enough, you focus on evidence that it is true, and discount the positives. You understandably feel worse and worse, and eventually convince yourself that it is true. You feel hopeless and demotivated to try to change things

Therefore, in order to identify these beliefs we need to apply the Laddering Technique, which involves following each automatic thought down to the basement, that is to the underlying belief it came from.

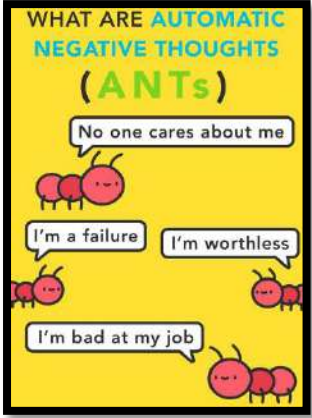


What is an Automatic Thought?

Automatic thoughts are the images, or other kinds of mental activity that our head in response to a trigger.

These thoughts can seem mundane or unimportant, but they can, in fact, be extremely impactful.

Considering the example mentioned above:






words, pop into

Someone with a **negative core belief of being unlovable** is more likely to take things personally, leading to automatic thoughts like “People are not talking to me because I am an unlikable person, no one cares about me” rather than exploring other possibilities. Therefore, a thought prompts us and we have no self control, it’s the belief working its way up to stop us from challenging it. Thus, we jump to the negative conclusion based on the present & past assumptions deciding that “I am unwanted” fortifies the **Core Belief**.




The identification Process:

To begin, a journal should be maintained on daily basis to record:




1. Notice Patterns:

-  the feeling that is upsetting us
-  look at what is not in our control
-  identify what is in our control

2. Examine the Origin:

-  identify the story or events that is leading to such feelings
-  analyzing the beliefs that are embedded in the story
-  evaluating what triggers the negative self talk

3. Challenging Yourself:

-  is it a rational or irrational thought
-  review the options and look for alternative beliefs that give greater happiness
-  try out a new belief

Chapter 3:

MINDSETS

We have developed core beliefs in every area of our life and these beliefs impact our happiness, success, and personal fulfillment, thus falling us into the “Thinking Trap”.

Thinking	Trap
All or Nothing	When we see things only in extremes “if its not perfect, it’s a failure”
Fortune Telling	When we make predictions “I know I will mess it up”
Mind Reading	Assuming others are thinking the worst of us
Over Generalization	Drawing broad conclusions based on single events Always/ Never
Labelling	Placing negative tickets and thus diminishing and devaluing ourselves

What you think about yourself, others, and the world can have an impact on your mood in the moment and your overall wellness across time. Having thoughts about failure might lead to believing that we’re

not worthy, which then tells us not to try. Our thoughts become beliefs that become actions (or inactions!).

Considering an example from a student in college: big test, something she studied for all week but scores a “B”. Let’s interpret the situation?

- **Positive core belief:** “I studied really hard for this test and I did my best. A B isn’t that bad at all, considering how difficult this class is! I’m grateful that I’m capable of a B.” This is a **Growth Mindset**.
- **Negative core belief:** “I’m so stupid, I’ll never understand this material. I shouldn’t have gone out with friends last Friday, clearly I’m not smart enough to have fun anymore.” This is a **Fixed Mindset**.

It’s quite easy to see the difference between those core beliefs and imagine what emotions they bring up.

The Core Belief Wheel Cycle



As said by Gandhi, “Our Beliefs become our Thoughts, Our Thoughts become our thoughts become our Words, Our Words become our Actions, our Actions become our Habits, our Habits become our Values, our Values become our Destiny”

Chapter 4:


HAPPY THOUGHTS THERAPIES

How to Overcome Negative Core Beliefs?

Upon seeking professional guidance, therapist will help you via more technical and well-rehearsed methods of therapies. Now, there are many different types of therapies that offer support in overcoming negative core beliefs or reframing. While most therapists draw from the general concept of Cognitive reframing, here are the major players when it comes to challenging our negative, thoughts:

+ CBT (Cognitive Behavioral Therapy) - CBT is a problem-specific, goal-oriented, short-term approach that needs the individual’s active involvement in the form of “homework” outside of the session to succeed. It focuses on their present-day challenges, thoughts, and behaviors of everyday life. It involves the following three steps:

1. Identification of core beliefs: for the purpose of this core beliefs worksheets can be used.
2. Ask yourself: Is it to my advantage to maintain this particular belief? Is this belief really true and valid? What are the advantages /disadvantages of believing this?
3. Reverse your beliefs: Start considering that the opposite belief might also be true. For Example, for thoughts like “I must hide my true feelings” try reversing it by saying “It’s okay to express my true feelings”. Another example can be “I must control my partner”, saying “I could accept my partner” can reverse this. Similarly, there are many ways that you could reverse a belief or express its opposite. Just play with the different various ways and ask yourself if the reverse is, or could be, more true or helpful than the original.

 **ACT (Acceptance and Commitment Therapy)**- In the case of ACT, you commit to facing the problem head-on rather than avoiding your stresses. ACT develops psychological flexibility and is a form of behavioral therapy that combines mindfulness skills with the practice of self-acceptance. The six core processes of ACT include the following:

1. Acceptance- it is an alternative to our instinct to avoid thinking about negative—or potentially negative—experiences. It is the

active choice to allow unpleasant experiences to exit, without trying to deny or change them.

2. Cognitive Diffusion: It refers to the techniques intended to change how an individual reacts to their thoughts and feelings. Acceptance and Commitment Therapy does not intend to limit our exposure to negative experiences, but rather to face them and come out the other side with a decreased fixation on these experiences.
3. Being Present: It can be understood as the practice of being aware of the present moment, without judging the experience. In other words, it involves experiencing what is happening without trying to predict or change the experience.
4. Self as Context: It is the idea that an individual is not simply the sum of their experiences, thoughts, or emotions. The “self as context” process offers the alternative concept that there is a self-outside of the current experience.
5. Values: These are the qualities we choose to work towards in any given moment. We all hold values, consciously or unconsciously, that direct our steps. In ACT, we use tools that help us live our lives in accordance with the values that we hold dear.
6. Commit to actions: It assists in their long-term goals and help to live a life consistent with their values. Positive behavior changes cannot occur without awareness of how a given behavior affects us.

✚ REBT (Rational Emotive Behavior Therapy)- While it is perfectly normal to feel upset when making a mistake, the goal of REBT is to help people respond rationally to such situations. Clients are encouraged to change unwanted behaviors using strategies such as meditation, journaling, and guided imagery. Therefore, the three major insights of REBT are as follows:

1. When individuals understand and accept that the main cause of emotional reactions is their beliefs about an event instead of the event itself. That is, we don't just get upset from an event. We upset ourselves because of our irrational beliefs.
2. When people acquire irrational beliefs, if they do not deal with them, they "hold" onto the beliefs and it's what continues to upset them in the present. That is, these individuals still wholeheartedly believe in the "three musts." These three must reflect the ABC principle **[Activating event; Beliefs; Consequences]**

For example,

A – Your partner falsely accuses you of cheating on him/her

B – You believe "What a jerk! S/he has no right to accuse me of that!"

C – You feel angry/upset

3. It is clear that understanding these insights does not make us inherently “better.” That is, understanding these beliefs and having insights into how they affect our emotional responses is not enough to “cure” us. In reality, the best way to get better and stay better through REBT is to continually work on recognizing our irrational beliefs, disputing them, changing our irrational “musts,” and transforming negative emotions into more positive ones. Simply put, the only way to get better is through the hard work of changing our beliefs. **It takes time and practice.**

Apart from a seeking a professional path of enlightenment, one can also bring the change in their core beliefs by working on themselves with no one but their help alone. They can make a difference by changing certain habits and no one but they themselves have the power & determination to make this transition from unhealthy to healthy & positive thinking & behavior. So, let the inner **B.A.D.A.S.S** be unleashed.

1. B - Body Language

Let’s start out with body language because physical empowerment is equally important. Thus, power posing plays a very important factor. Power posing is when we put our bodies in open, “powerful” positions to engender confidence. Not only does body language communicate our confidence to others, but also the positioning itself empowers us and brings out the confidence needed. It’s like the concept of fake it till you make it, with your body language. And, more than that, it can

motivate us. It should be practiced every morning in the mirror. It looks something like this, but you can also get creative with it!

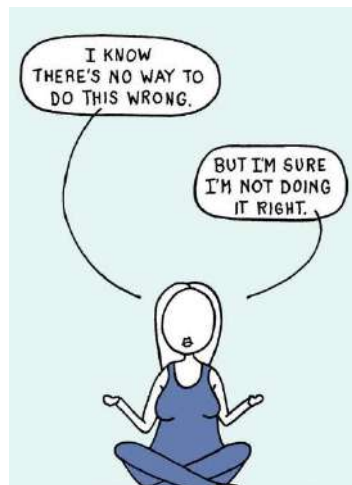


2. A - Affirmations

Like power-posing, affirmations are a small behavioral change that can help us start to shift our way of thinking, as well as the ways in which we operate in the world. Affirmations are when we create a list of the qualities we have and those that we want, and repeat them out loud daily. It starts to “trick” our brains into believing and manifesting, “I am smart,” “I am beautiful,” “I am grateful,” “I am happy,” or whatever else is personally significant because at the end of the day we are what we tell ourselves, whether it is true or not.

3. D- DIALECTICS

Don't run—I know this sounds really boring, but it's awesome. Dialectics means multiple, seemingly conflicting things that can exist at the same time, in the same plane. Just as the sun AND the moon can coexist in the sky, we can be both happy AND sad, both courageous AND afraid. It seems simple—and yes it is! But so often, we pigeonhole ourselves into one category or another. If we aren't the strongest, then we are weak.



we label
perfect,

There are so many layers to each of us, and when we label ourselves, we close ourselves off to so many possibilities. Instead, it's better (and more accurate) to say, "I am not perfect AND I am good enough," "I have weaknesses AND I am strong," "I am in pain AND I am OK." This subtle shift in language makes ALL the difference. All of a sudden, we have the ability to learn, grow, and change. We aren't stuck in a box.

4. A - ASPIRATIONS

We cannot take our eyes off the prize. We aspire to be what we dream of. That's a clear goal. Having goals in mind that are achievable give us hope and strength to push forward. However, we need to set a whole bunch of small targets on the path to the final destination, and even

then, we need to maintain. No matter how small the goals, when achieved, it's important to acknowledge and celebrate these victories. It will keep up our momentum.

5. S – SWEAT

This is about heart. This is about fight. This is about endurance, patience, and maintenance. This is about struggle. This is about falling and falling and picking up again and again. This isn't just some little goal that we reach and move on. Shifting from one core belief system to another is a life change, and we don't really have the choice to quit. We have one life, and it would be a shame to hold ourselves back from the success that we want and are capable of. And when we are challenged or take a hit, we need to push harder. We need to sweat it out. We've got this.

6. S – SERENITY

This is the final stage when the body language, affirmations, dialectical thinking, aspirations, and sweat have become our truths. We have stopped giving importance to what others think. We take action and speak our minds when necessary. We lay off and accept when necessary. We feel calm and capable, and comfortable in our own skin. We check in with our thoughts, use our skills, and feel in control. We know we are BADASSES in our cores, and we live it, breathe it, and maintain it in all areas of our lives.

Undoubtedly, these are effective and long-term measures. However, as for the immediate solutions don't worry, we have got you covered there as well.

Here is list of book recommendations that can help you gain insight of your troubles plus suggest some other mind-blowing strategies as to how to overcome such perils.

1. Prisoners of Belief by Matthew Mckay
2. Reinventing Your Life by Jeffrey E Young
3. Healing Your Aloneness by Erika J Chopich
4. Living on the Devil's Doorstep by Floyd McClung
5. Key Core Beliefs by H Grey Otis

Not much of a book lover? No worries, but surely everybody loves music so here is a list of feel-good songs that you can tune into whenever you feel low.

1. Sunshine Song – Jason Mraz
2. Long Live – Taylor Swift (makes me so nostalgic!)
1. Let it Go – Demi Lovato
2. 3 Things – Jason Mraz
3. Bright – Echosmith
4. Fight Song – Rachel Platten (this was my IVF fight song)
5. Never Gonna Let You Down – Colbie Caillat
6. Flashlight – Jessie J (or the Pitch Perfect version)

7. Superheroes – The Script

8. 93 Million Miles (can you tell I have a thing for Jason Mraz?)

Motivating and Helping others:

The next set of suggestions will help you navigate as to how to effectively tackle someone who suffers from the issues of negative core belief say your partner or your friend or any family member or even an acquaintance without harming their sentiment or triggering development of any unwanted beliefs.

1) In order to comfort them or to prevent creating any unsettling situations for them you must avoid the following behaviors:

- Name calling
- Judging
- Lecturing
- Blaming
- Making demands or ordering that person around
- Saying things to embarrass them (shaming)
- Pointing out what they are doing wrong (demoralizing)
- Threatening

2) Now another useful technique can be use of neutral language to communicate. In cases when you feel overwhelmed by emotions particularly anger which is somehow triggered by the actions of the other person thus to avoid sending a message that it's their fault try

and use neutral language that invites them to think and introspect. Speak to them as a commentator; describe what is happening or how you feel without associating blame. The goal is to speak to them in a way that communicates he or she is not faulty.

3) Try to express that you have belief and faith in their capabilities. This will motivate them & thus they will no longer need constant validation as to whether or not they are living up to your expectations. Plus, sometimes-mere gestures of care & affection can bring a lot of change for they perhaps challenge the pre- existing negative set of beliefs.

CHAPTER 5:

COVID - 19, PANDEMIC 2020 A MENTAL SETBACK

The 2020 Pandemic has created history, as we have never experienced a worldwide Lockdown, which has resulted in economy slowdown, unemployment, visual learning, etc. Thus, where there were people losing their lives because of the virus, there were many getting mentally affected losing their jobs and running out of their savings. It majorly created a Negative Core Belief, the fear of death resulting in people getting house arrested & anti - social. On the contrary, there were some positive effects of strong family bondings, understanding each other's values, Mother Nature healings, becoming physically

active, etc. Let's understand the positives & negative impacts on mental health:

- 1. Negative-** One of the traits of a person with negative core belief is that they tend to catastrophize every situation. Thus, as a result of the pandemic the intensity of such behavior of magnifying every situation & assuming the worst of it sort of got fumed. Therefore, pandemic acted as an anchor in intensifying such emotions and core beliefs.
- 2. Positive-** As a result of pandemic most of the countries were under a nationwide lockdown. Thus, somehow the hassles of daily life reduced significantly. More importantly one was introduced to a never seem before like phenomena of healing mother nature thus that contributed a lot in attaining mindfulness which plays a key role in overcoming negative core beliefs.
- 3. Negative** – Since the pandemic put a stop to any physical interaction thus as a result the society witnessed a transition to online portal of interaction. Now this sudden drift has resulted in increase in anxiety, panic attacks due to its unexpected nature that have put people on a spot of evolving. The pressure to learn has been traumatizing and thus for many people negative core setbacks have started kicking in.
- 4. Positive-** Having distance from work or school can help us step back and evaluate the interests, beliefs and values that we craft into our

overall sense of meaning. During lockdown, we had a chance to use our few spare hours to develop new interests, or to gain competence in the interests that matter most to us and align with our beliefs and values. With time, these interests can develop into passions. Finding a passion, something that we desire and are committed to is a possibility for everyone. Living in a way that actualizes our passions, also known as building and living our calling, can protect us against mental illness and trauma. It can energize us and give us hope. More importantly associating with a passion and reinstating values is one of the fundamental principles of overcoming negative core beliefs.



SURVEY OBJECTIVE

This survey is a component of a research project taken up by the team “Hakuna Matata” as a part of an internship program conducted by Anon Global Foundation in collaboration with YWCA INDIA.

The questionnaire prepared aimed to assist us in exploring what are the “Negative Core Beliefs”, the beliefs in our lives that we assume about the world and us and how they affect our everyday life decisions.

Objectives:

- ✚ To understand the negative core beliefs being faced
- ✚ When do they occur and how they affect
- ✚ Respondents reaction & motivation towards these beliefs

Methodology:

The survey form link was shared to people of all age groups & gender, PAN India. The form was created through Google forms and shared online.

The form contained 15 multiple-choice questions:

- ✚ Situation based

- Time Based
- Likert Scales
- Demographic

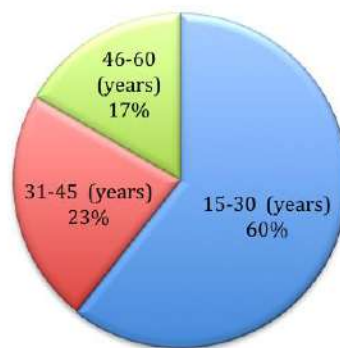
The Survey received a total of 132 respondents.

SURVEY QUESTIONS & ANALYSIS

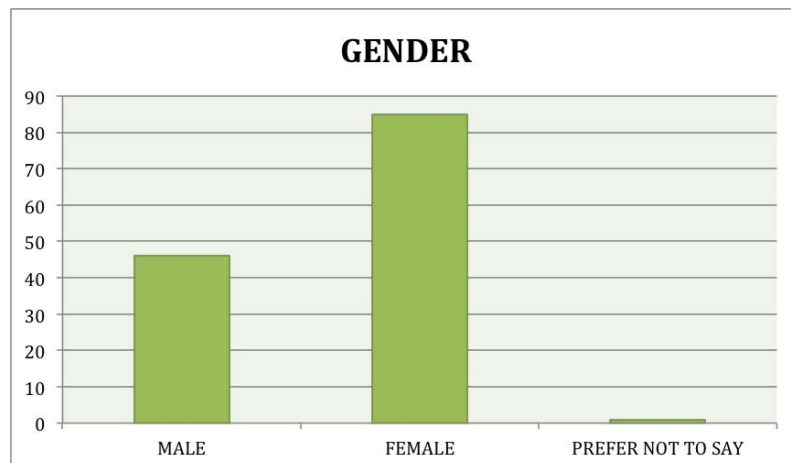
General Questions:

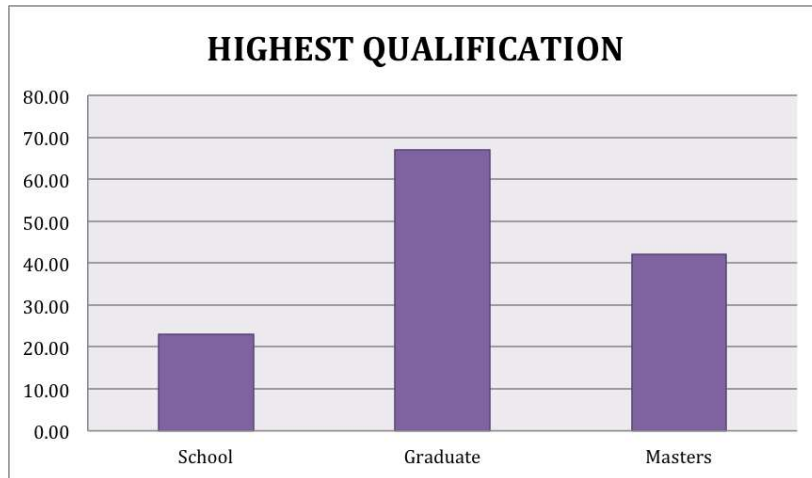
- Age:
- Gender:
- Qualification:

AGE



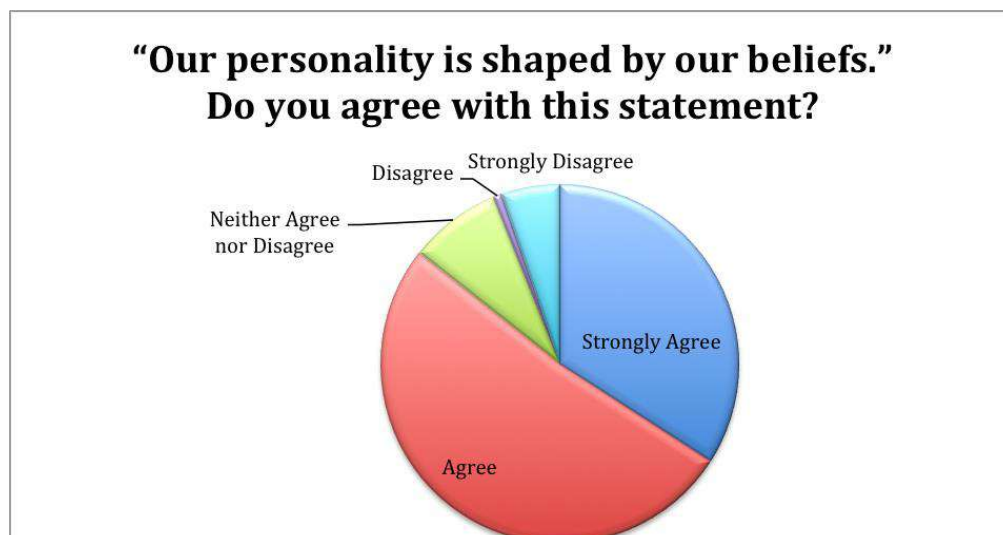
GENDER





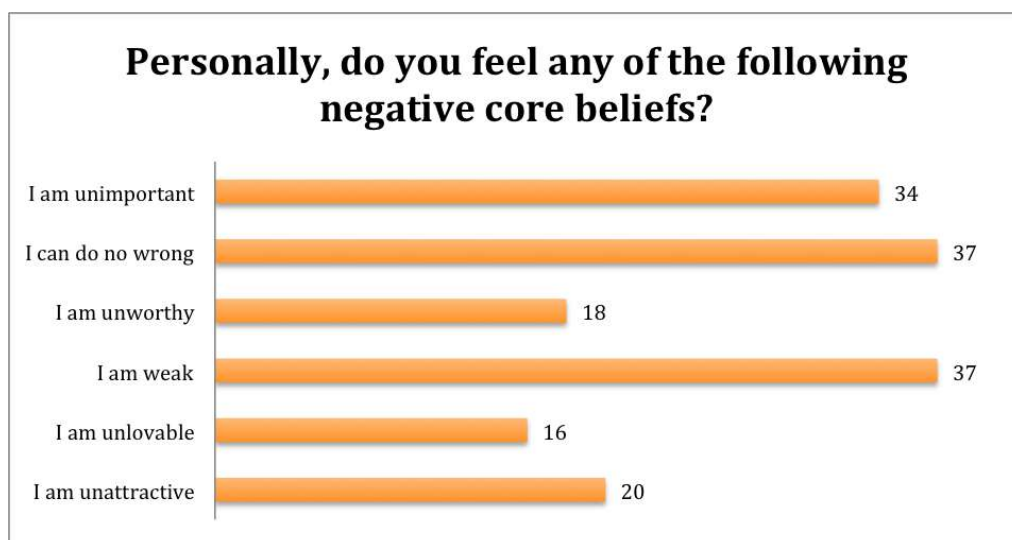
1. “Our personality is shaped by our beliefs.” Do you agree with this statement?

- Strongly Agree
- Agree
- Neither Agree nor Disagree
- Disagree
- Strongly Disagree



2. Personally, do you feel any of the following negative core beliefs?

- I am unattractive
- I am unlovable
- I am weak
- I am unworthy
- I can do no wrong
- I am unimportant



3. Was there any unhelpful experience in your life that left you with

such belief?

- Yes
- No
- Maybe
- Can't Say

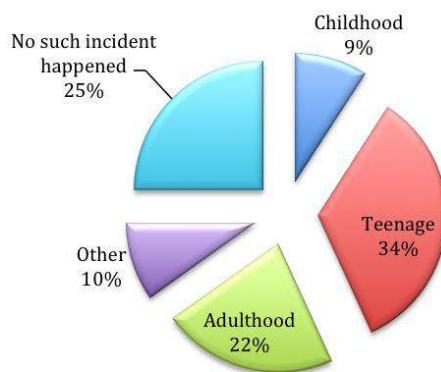
Was there any unhopeful experience in your life that left you with such belief?



4. If yes, when did first such incident occur?

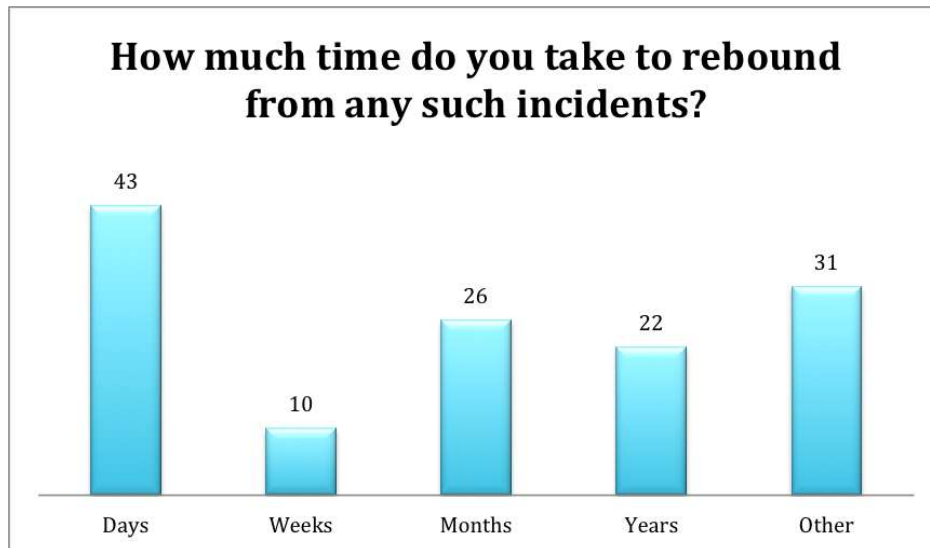
- Childhood
- Teenage
- Adulthood
- Other
- No such incident happened

If yes, when did first such incident occur?



5. How much time do you take to rebound from any such incidents?

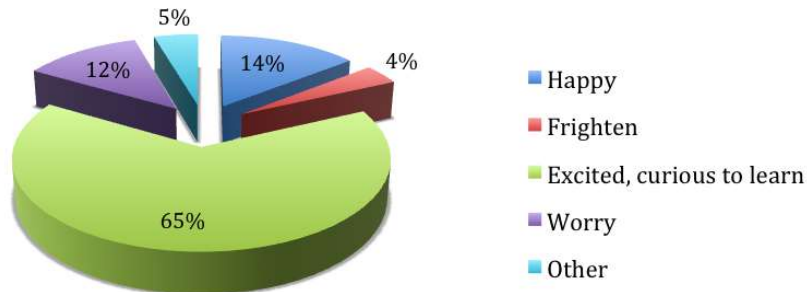
- Days
- Weeks
- Months
- Years
- Other



6. How do you react to accepting new challenges in any field of life?

- Happy
- Frighten
- Excited – curious to learn
- Worry
- Other

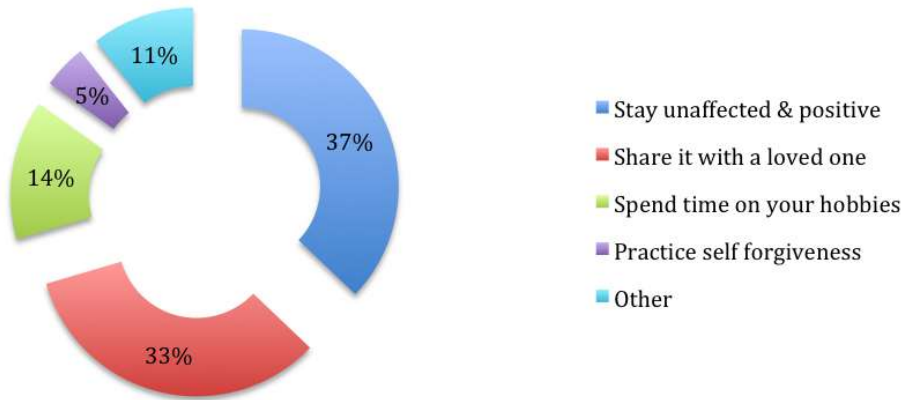
How do you react to accepting new challenges in any field of life?



7. How do you motivate yourself against any unpleasant things in your life?

- Stay unaffected & positive
- Share it with a loved one
- Spend time on your hobbies
- Practice self forgiveness
- Other

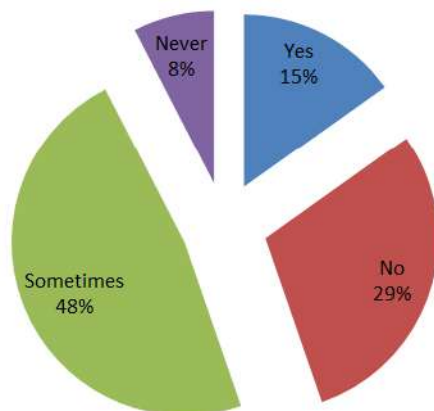
How do you motivate yourself against any unpleasant things in your life?



8. Do you rely on others for taking your life decisions?

- Yes
- No
- Sometimes
- Never

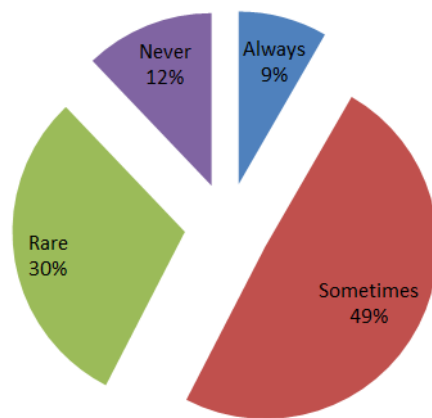
Do you rely on others for taking your life decisions?



9. Do you let your past experiences effect your present behavior & actions?

- Always
- Sometimes
- Rare
- Never

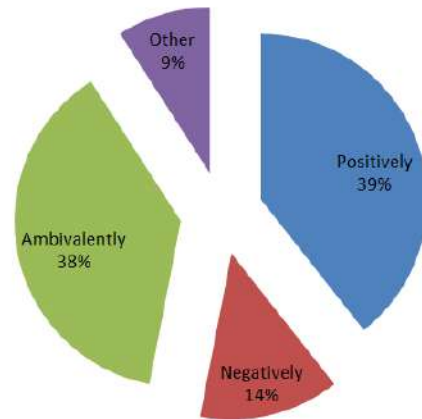
Do you let your past experiences effect your present behavior and actions?



10. How do you respond to criticism?

- Positively
- Negatively
- Ambivalently
- Other

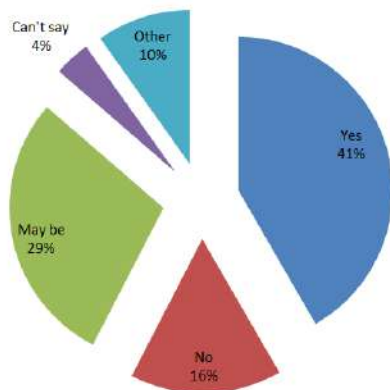
How do you respond to criticism?



11. Do you blame yourself for any unhealthy experience in a relationship?

- Yes
- No
- May be
- Cant say
- Other

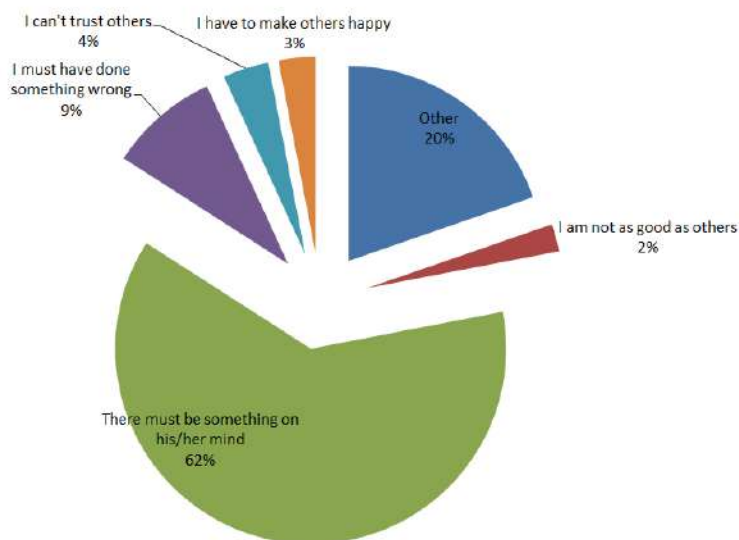
Do you blame yourself for any unhealthy experience in a relationship?



12. If a good friend you see on the street passes by without waving/looking at you, how do you feel?

- I am not as good as others
- There must be something on his/her mind
- I must have done something wrong
- I cant trust others
- I have to make others happy
- Other

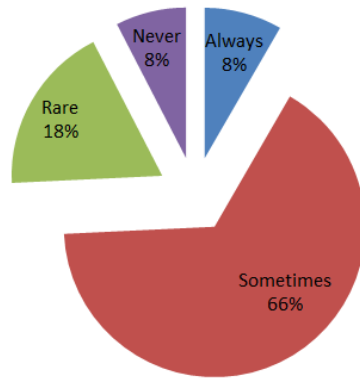
If a good friend you see on the street passes ny without waving/looking at you, how do you feel?



13. "Most of the time we think thoughts and aren't aware that we are thinking them" does that happen to you?

- Always
- Sometimes
- Rare
- Never

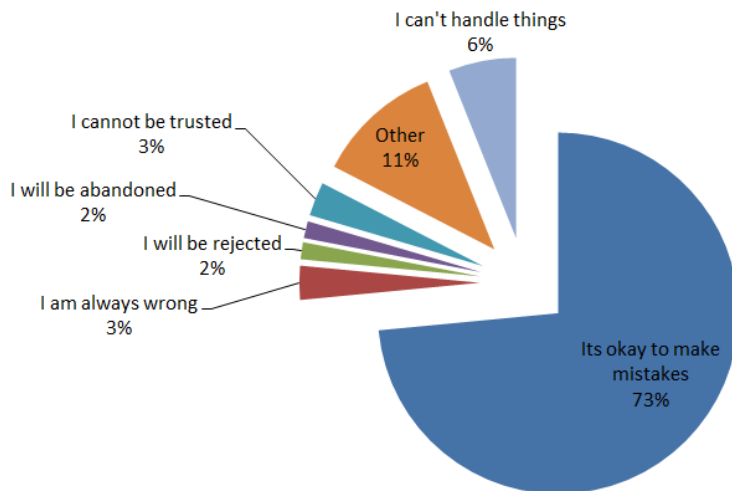
"Most of the time we think thoughts and aren't aware that we are thinking them" Does that happen to you?



14. How do you possibly react to any mistake made by you?

- Its okay to make mistakes
- I am always wrong
- I cant handle things
- I will be rejected
- I will be abandoned
- I cannot be trusted
- Other

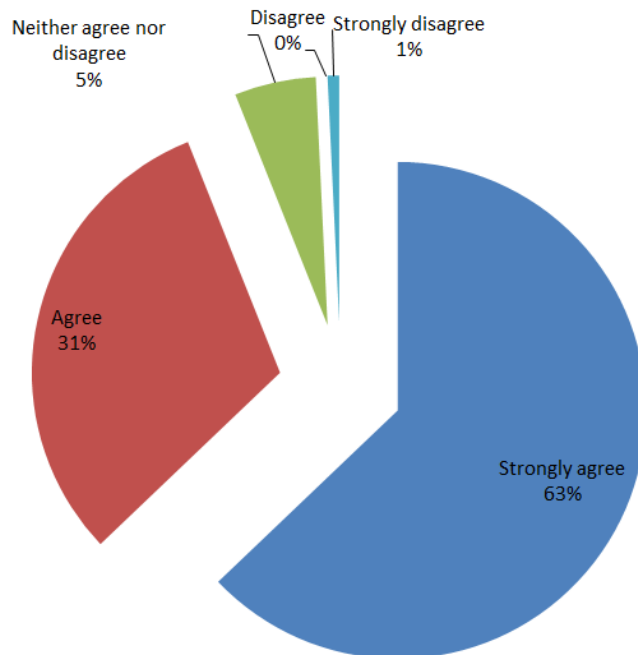
How do you possibly react to any mistake made by you?



15. Do you agree with the statement "To change your life you must first change your mindset"

- Strongly agree
- Agree
- Neither Agree nor Disagree
- Disagree
- Strongly Disagree

Do you agree with the statement "to change your life you must first change your mindset"



Conclusions:

- ✚ Most of the respondents are positive, understanding and curious learners.
- ✚ Majority of them are aware of their negative beliefs and accept them, but rely on others for their decisions and blame themselves for anything wrong.
- ✚ Change in mindset is the best solution to lead a happy and healthy life.

TEAM VIEWS

Firstly, it was an absolute honour to be associated with the ANON Group in the form of Phase 2 of this Internship. These past 15 days have provided me with such enriching experience in teamwork, time management, research and social interaction. I have learnt an invaluable lesson about negative core beliefs and how to overcome them which is something not just each but everyone and me can resonate with. I can say with confidence that skills that this project helped me develop will serve as a benefit factor in my future endeavors. Thus once again I would like to express gratitude for this platform.

--- ANANAYA KANDA

The internship program was really a great experience. I learnt a lot of things especially in the time of pandemic. It helped me in recognizing my own “Negative Core Belief”. I would like to thank my team mate Ananaya and a big thank you to our Mentor Ms. Ridhi Luthra, who was the backbone of our team. I had a great experience interning at ANON Global Foundation for providing me this opportunity. All over it was a great journey.

----- SRISTI SHIKHA

CONCLUSION

“Changing the mindset is not a sprint but like a marathon”

As Winston Churchill rightly said, “The pessimist sees difficulty in every opportunity. The optimist sees the opportunity in every difficulty”.

Therefore, if cognitive reframing of your negative core beliefs is something that you think would promote happiness and a better sense of well being, then you must work towards achieving set goals with determination. Especially because your thoughts are your constant companions, therefore it’s important to make sure that they aren’t

bullies - instead, they only make us feel better. For we are not responsible for our first thoughts, but we are responsible for how long we focus on them, act on them or do nothing.

So, Isn't it time you Identified, Processed, Shifted and Reprogrammed the *Limiting Beliefs* that hold you back from having your desires, living your dreams and showing up as your highest self. Thus, you are what you think and love so do it with purity peace and wisdom, the more you think of these qualities the more you become them and also radiate these feelings to who all you meet. Lastly, keep the positive thoughts flowing like a river, which never stops and finds its way through all obstacles.



BIBLIOGRAPHY

- <https://astoldbybex.com/how-to-identify-and-change-your-core-beliefs-for-the-better>
- www.goodtherapy.org/learn-about-therapy/types/acceptance-commitment-therapy
- <https://blog.zencare.co/negative-core-beliefs/>
- <https://eddinscounseling.com/uncover-core-beliefs-can-change/>
- www.zrcounselingservices.com
- www.betterrelationships.org.au
- www.goodreads.com/shelf/show/corebeliefs
- <https://www.thebritishcbtcounsellingsservice.com/how-do-core-beliefs-cause-mental-health-problem/#:~:text=%C2%B7%20The%20world%20is%20a%20dangerous%20place&text=However%2C%20if%20our%20core%20beliefs,a%20serious%20mental%20health%20problem.>
- <http://www.bethelhaven.net/blog/core-beliefs-what-they-are-how-they-impact-your-mental-health>
- <https://www.integrativepainscienceinstitute.com/acceptance-and-commitment-therapy-act-for-chronic-pain/>

- www.amp.wellbeing.com.au/mind-spirit/mind/core-beliefs-negative-mind.com
- www.aliceboyes.com/cognitive-behavior-therapy-blog-straightforward-guide-to-cbt/

Senior Category

Anon Global
Foundation 15 Days
Internship Program
Topic: Set your Vision
Board

Report by: Team 'The Precognition'

Members:

Mentor: Madhav Deshpande

Interns

- Deep Anand
- Shloka Mittal
- Jessica Saini

Table Of Contents

S.No.	Topic
1.	Particulars of the thesis
2.	Survey Analysis
3.	Survey questionnaire and purpose
4.	Team Members' Views
5.	References

Particulars of the thesis

What is a Vision Board?

A vision board is a visual aid based on the law of attraction which is used to help clarify, concentrate and maintain focus on what actually matters to you. A vision board is any sort of board on which you display images that represent whatever you want to be, do or have in your life.

Types of Vision Board

Vision boards cover a very wide range of fields and can be used by almost everyone to create a straightforward path to their goals. Although we have researched and listed the three of the most used vision boards.

1. Personal Vision Boards

It comprises all your personal goals and manifestations that you want to achieve in your life including your personal relationships.

2. Business Vision Boards

This type of vision board includes all short term and long term goals and all your commitments towards the business along with the plans and the problems that one might face while working on the goals.

3. Family Vision Boards

A family vision board is a great way to come together as a family and collaborate through a common vision for a new year. It also teaches children about visualisation, goal setting and the importance of creating their own happy life.

Benefits of Vision Boards

Vision Boards tend to be a really productive and effective aid and has numerous benefits that its holder might get to experience.

1. Creates Better Intentions
2. Enhances productivity
3. Provides clarity about the goals
4. Increases creativity
5. Has a major role in providing the right amount of motivation and focus required to follow those goals
6. Numerous studies have proven that vision boards drastically increase the chances of success for most people.

Vision Board Backfires

The really productive vision boards pertaining to motivate, sometimes have a backfire and may cause a few negative effects on the people using them. A study from the University of California showed that the people visualising success may not work the same amount as the ones who are not and maybe can result in them not achieving their goals and getting demotivated causing some negative effects on their mental health. This scenario still remains to be in the minority and only when people do not act after creating their vision.

This can be avoided or minimised by visualizing the process of reaching the goals rather than directly dreaming about the final destination.

How to make a vision board?

Creating a vision board may be different for everyone and varies with the mindsets. Some people prefer it to be digital while some prefer physical vision boards. But these few steps are the most basic and important steps one should follow while creating a vision board:

Step 1: Create a list of your goals and dreams and sort them according to the different fields they lie in.

Step 2: Find pictures and graphics that represent those goals.

Step 3: Add a few motivational words and quotes to your vision board to keep your spirit up

Step 4: Put up the board wherever you look the most, whether it's near a study table or in the living room

Step 5: The last and probably the most important step is to look at your vision board everyday and plan the paths to reach it accordingly, which should be followed by acting on the goals and for the goals.

Survey Analysis

Background and objective

As part of the ongoing internship program by Anon Global Foundation, our team “The Precognition” conducted a survey to collect statistical data on the utilization of vision boards.

Sub-objectives:

1. Understanding the basic viewpoint of people on vision boards
2. Determining the relation between the extent of goals and the time frame for which a vision board is to be framed.
3. Comprehending the impact of vision boards on personality development and mental health

Methodology

The key demographic of this survey were the people between the age group of

16-40 residing in any part of the world. The mode of conduction of this survey was online with randomly chosen participants.

The study saw a total participation of 173 participants, who carefully analysed the questions and gave honest answers.

The survey consisted of both open ended and close ended questions for the participants.

Summary

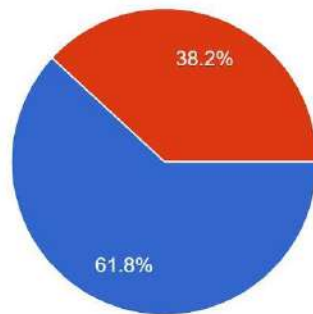
Our team, ‘The Precognition’ conducted an online survey on the

subject matter, 'set your vision board' which received over 170+ responses. The major aim behind conducting this survey was to determine how people perceive vision boards and to find the answer to the question 'do people really understand the essence of vision boards?'

Detailed Analysis

Gender

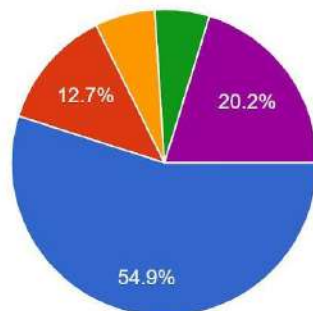
173 responses



- Female
- Male
- Prefer not to say

Age group

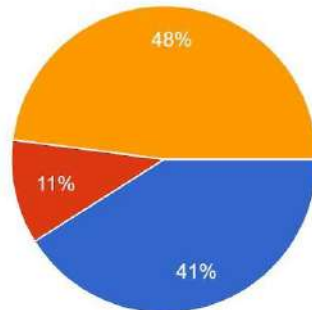
173 responses



- 16-20
- 21-25
- 26-30
- 31-35
- 36-40

1. Have you ever created a vision board for your business or personal goals?

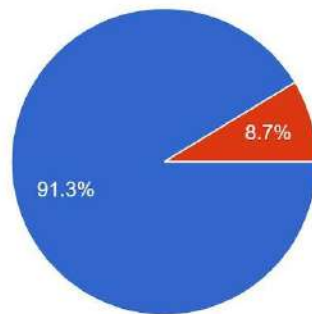
173 responses



- Yes!! I use one a lot!
- What's a vision board? I've never heard of one
- No. I don't use one

2. In your opinion, do visual aids benefit us?

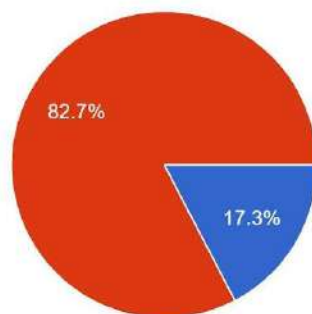
173 responses



- Yes
- No

3. Is vision board only made for studies?

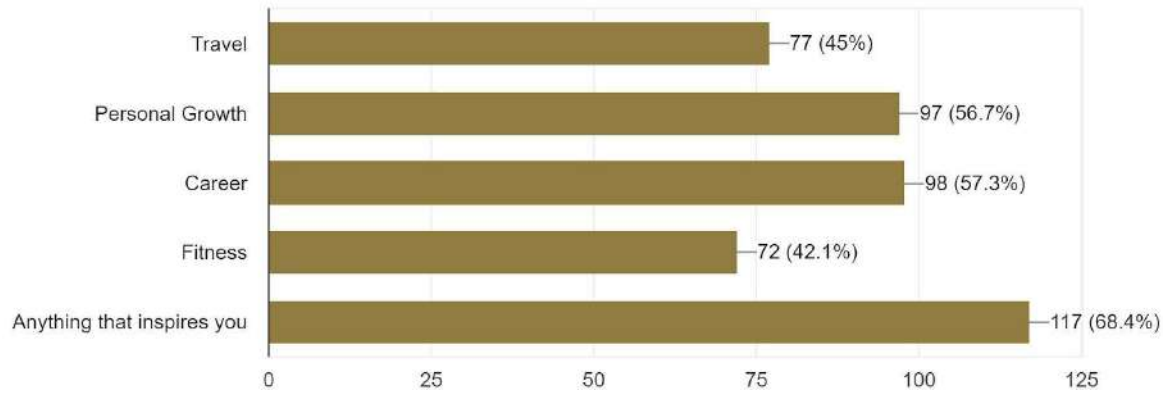
173 responses



- Yes
- No

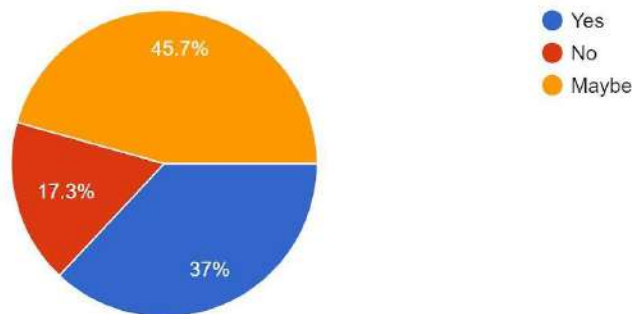
4. What should your vision board include?

171 responses



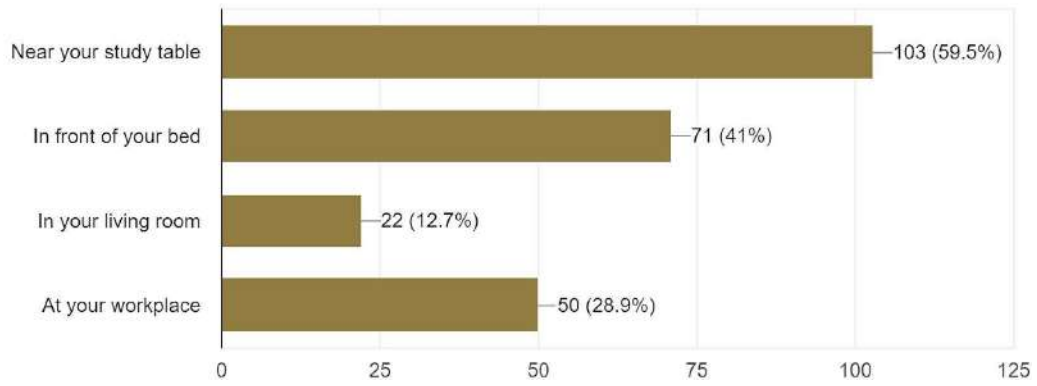
5. Do you think you should keep your vision board private?

173 responses



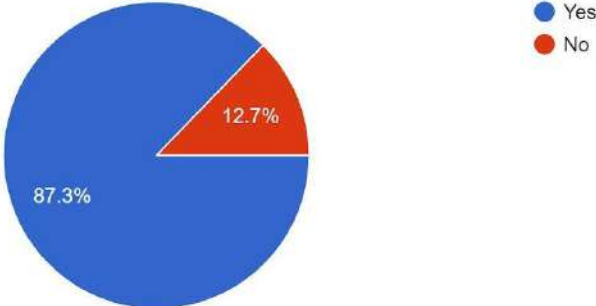
6. Which of the following is the most desirable place to hang your vision board?

173 responses



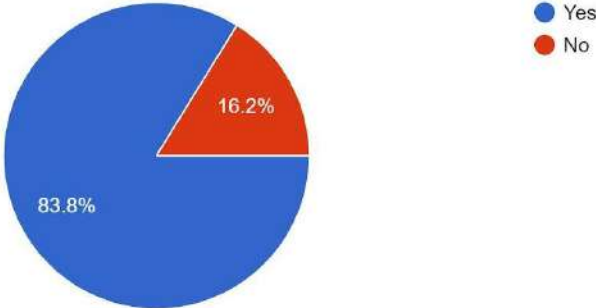
7. Do you think vision boards help in aligning your feelings and thoughts?

173 responses



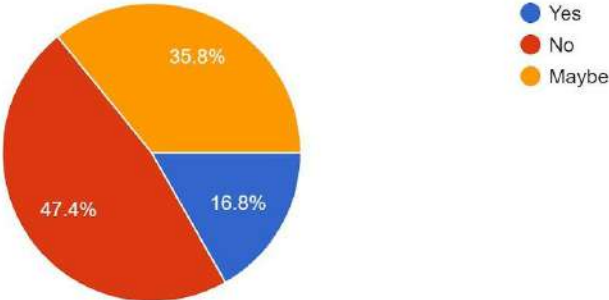
8. Do you think having a vision for future helps in altering your personality?

173 responses



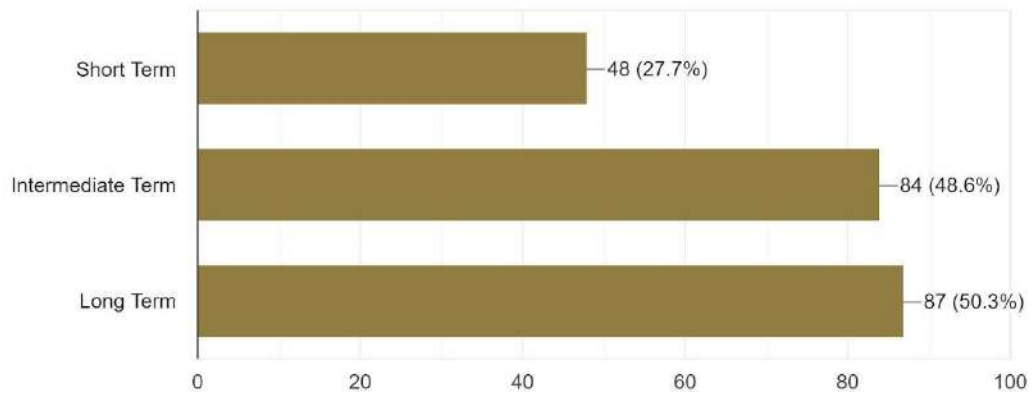
9. Do you feel that having a vision board may cause some negative psychological effects on your mental health?

173 responses



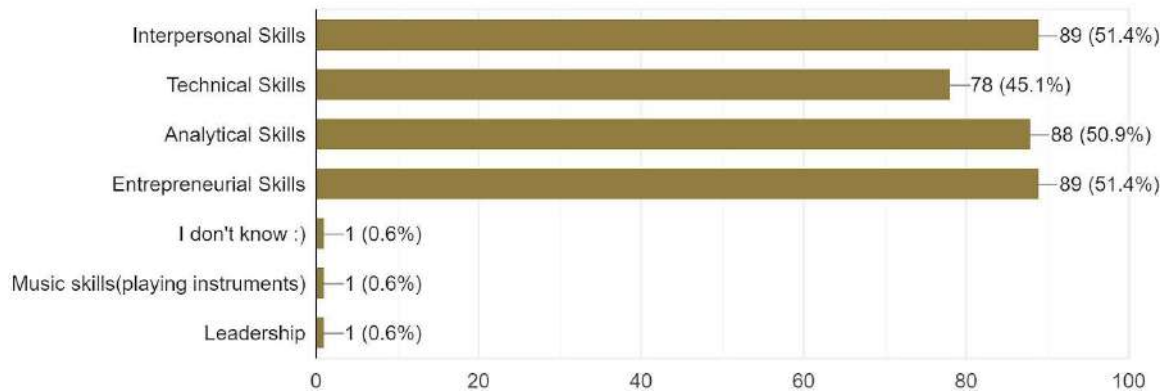
10. For what time frame, will you develop your vision board?

173 responses



11. What type of skillsets you wish to acquire in the near future?

173 responses



Conclusion

In accordance with the survey, most of the participants belonged to the age group of 16-20.

- Most of the participants knew about vision boards but on the contrary, had never put it into use. However, they believe that vision boards should contain every aspect of life and not just studies and exams.

People have somewhat mixed opinions about the privacy of one's vision. Majority of the partakers sided with vision boards to have no negative effects on mental health rather pertaining the notion that these boards help in altering one's personality

Survey Questionnaire and Purpose

General Questions

- Gender
- Age Group
- Have you ever created a vision board for your business or personal goals?
 - Yes! I use one a lot
 - No I have not used one
 - What is a Vision Board? I haven't heard of it

Section 1: Determining people's choices

1. Is a vision board only made for studies?
 - Yes
 - No
2. What should your vision board include?
 - Travel
 - Personal Growth
 - Career
 - Fitness
 - Anything that inspires you
3. Which of the following is the most desirable place to hang your visionboard?
 - Near your study table
 - In front of your bed
 - In the living room
 - At your workplace
4. For what time frame, will you develop your vision board?
 - Short term
 - Intermediate Term
 - Long Term

Section 2: Accumulating varied opinions

1. In your opinion, do visual aids benefit us?
 - Yes
 - No
2. Is a vision board only made for studies?
 - Yes
 - No
3. Do you think you should keep your vision board private?
 - Yes
 - No
 - Maybe
4. Do you think vision boards help in aligning your feelings and thoughts?
 - Yes
 - No
5. Do you think having a vision for future helps in altering your personality?
 - Yes
 - No
6. Do you feel that having a vision board may cause some negative psychological effects on your mental health?
 - Yes
 - No
 - Maybe

Section 3: Subjective Questions

1. What type of skill sets you wish to acquire in the near future?

We provided the participants with a few options but also gave an option to define their choice of skills, we received numerous interesting skills that people want to acquire in future.

2. What are your biggest goals or dreams?

We received various answers for this, each more intriguing than other but a few goals kept repeating and that were happiness, financial independence and success, all three being the essence of a good life.

Team Member's Views

It was a great learning experience of 15 to 16 days . I learned how to put things correctly in life, key to success, how to achieve your goals I enjoyed it soo much. It was very informative .It also helped in rising my confidence level and it was great working with my team . Thanks to Anon Global foundation for giving this opportunity

- Jessica Saini

Overall, it was a wonderful experience. I think the key highlight of this internship has been the format, it's so smooth and covers all the aspects and focuses on an all round brushing up of skills and not just life skills. Although that is the main motive of this internship but due to its intensive format and topics, I have grown to to learn about life skills as well as about other skills that'll be beneficial to me further

- Deep Anand

My experience has been really amazing and this internship has helped me develop various skillsets including interpersonal and social skills. I have felt the need of destigmatising mental health and the importance of such social issues that prevail in our society. I would also like to appreciate variety of topics that has been provided in this internship. I now feel that I am quite clear about creating a vision board and am really motivated towards drafting a vision board for myself. I thank Anon Global Foundation and YWCA for giving me this internship opportunity. I would also like to thank my mentor and my team mates for really supporting me.

-Shloka Mittal

References

1. *A study from the Journal of Experimental Social Psychology :*

[Positive fantasies about idealized futures sap energy - ScienceDirect](#)

2. *A study from the University of California :[From Thought to Action:Effects of Process-Versus Outcome-Based Mental Simulations on Performance](#) - Lien B. Pham, Shelley E. Taylor, 1999 ([sagepub.com](#))*

3. [Survey Shows Visualizing Success Works \(forbes.com\)](#)

Anon Global Foundation 15 Days Internship Program phase 2

Topic: Try again: Fail Forward

Report by: Team 'The Visionaries'

Members:

Mentor- Mr. Aryan Maggo

Interns- Harshil Raheja

Arjun Maggo

Punish Anand

Shivam Gahlot

Arnav Sharma

Index

1. Research

2. Survey Analysis

3. Case Studies and Examples

4. Team Members' Views

5. References

Research

What is actual failure and success?

Successes and failures are not in the volumes of money flowing into your life. They are not dependent on the recognition you are finding in the world. You are successful with life if you know how to walk with joy through hard times. Let me give you an example, a 100-year-old man in coimbatore was once asked a question, you were never able to buy a car your whole life, what is the reason behind this failure of yours? He replied, there is no such thing as failure, it was just an idea. Not being able to buy a car compelled him to walk everyday and this was the reason for him having a long life. He transformed his failure to a success, which was even better than not owning a car. And as per Thomas elva adison, failure means when you are capable of finding and exploring wrong methods of doing a particular task. This helps you to gain experience and slowly move towards a success. Now my friends will throw more light on the topic.

Causes of Failure

Lack of Persistence

More people fail not because they lack knowledge or talent but because they just quit. It's important to remember two words: persistence and resistance. Persist in what must be done and resist what ought not to be done. Look at your previous unsuccessful efforts and decide what to change.

Lack of Discipline

Discipline takes self-control, sacrifice and avoiding distractions and temptations. It means staying focused. Succeeding at one goal won't eliminate all your problems. Be clear on what will satisfy your objectives

Fatalistic Attitude

A fatalistic attitude prevents people from accepting responsibility for their position in life. Look in the mirror every day and say, I am in charge. You might not have control over every phase of your life, but you have more control than you realize, and you are responsible for your own happiness and success.

Dismissal of Past Mistakes

Some people live and learn, and some only live. Failure is a teacher if we have the right attitude. Wise people learn from their mistakes-experience is the name they give to failures.

Poor Self-Esteem

Poor self-esteem is a lack of self-respect and self-worth. People with low self confidence are constantly trying to find themselves rather than creating the person they want to be. You might have failed, but you're not a failure until you stop trying.

Different types of Reactions towards Failure

WALLOW

It is easy after a failure to sit and feel sorry for ourselves but seriously it is not useful. It just destroys your self-confidence. Just forget, what the world is going to say or think, but just stand up and try again until you cross the line of success.

PERSONALIZE

People personalise their failures as a part of who they are, in short, they become a failure - it becomes a part of their identity, until they realize that it is just part of the journey.

LEARN

People who learn and understand that there are great and useful gifts in each and every part of failure and some of the most valuable distinctions can come from failure, which can have the most life changing impact.

INSPIRED

The people that love a challenge and understand that their main opponent is themselves, see failing as just another challenge to conquer. These people get inspired by the problems they are facing and use their creativity and imagination at another level to get the most out of the given situation.

BLAME

People take no responsibility for their failures and without responsibility there is no progress and they ultimately wonder why they end up totally dissatisfied with their lives and ultimately live their lives as a victim of failure.

Is Failure Avoidable ?

People often ask this question, is failure avoidable? For this question to answer, you all will have to imagine something. So, close your eyes and let's get started. Imagine you're walking across a rope bridge that you've walked across a hundred times. As you're crossing, you suddenly feel one of the planks snap beneath your feet, and watch it plunge into the rushing river below. You freeze, with your foot suspended in mid-air. In that moment, what you do next is incredibly important. If you panic, you might end up in the river too. Or, you might freeze in place, unable to move. Either way, you are in trouble.

How do you get moving again? You have to tell yourself a story about all of the times you've successfully crossed the bridge in the past, and remind yourself that you have got this.

Failure is inevitable. what actually matters is how we deal with it according to the situation. We all have to realize that we can't stop failure from approaching us and that's okay. We all make mistakes. But the key is what we do with them. Do

Do we keep making the same ones or do we grow? Failure is not avoidable, but there is always a lesson to be learned. Remember It's a gift. "So, don't try to take the shortcut. It does its work so you become mature and well developed, not deficient in any way.

Optimism from Failure

For most of us failure is a negative word, it seems strange and weird to suggest that it can be a good sign. But we all have to agree upon this fact that failure is filled with optimism, let's see how.

Failure means you have courage

Even though you didn't get the results you wanted, at least you had tried to do something. So many people let the fear of failure prevent them from reaching for their dreams. So, don't be worried about a failure - at least you had the courage to dream and plan your success. Courage is not the absence of fear; it is feeling the fear and taking action according to the situation.

Failure helps you learn

It was Thomas Elva Edison who said that he hadn't failed in his thousand attempts to create the light bulb. His answer when questioned about his failures' was that he hadn't failed, he had just found thousands of ways that didn't work. Failure to get the results you want is not a negative thing, it is simply an opportunity to try a different method.

Failure creates new opportunities

Many people believe that everything happens for a reason. Failure often brings opportunities that would not have been available without the failure in the first place. Failure is often a bright beginning. You never know when another opportunity will open up

It makes you more compassionate

We all know the power of the mighty ego. Before we fail in a major way, ego ruins your life. You're more concerned with what people think. But when you fail, things change. Major failure causes the ego to shatter. As a result, you become more compassionate.

You realize that success isn't everything

When you fail, you come to realize that success isn't everything. That's especially true when your values aren't aligned with your goals. Failure forces us to take a deeper look, and do a deeper dive into who we are and why we do the things that we do. More importantly, when you value happiness and contribution, success becomes almost effortless.

You Imagine your goals

I don't think that our goals should be changed, even if we fail. What we find through failure is that we have to re-imagine our goals, not revise them. We need to see them clearer in our minds.

Failure Strengthens You
Failure can tear you down but it also builds you to be a stronger person. If you read the stories of all the great personalities we look up to, they all reached where they are because of failure. If you have been knocked to the ground by failure, get back on your feet and push harder to show that nothing can break you down.

Failure Gives You a Sense of Direction
Failure gives you a path for redirection. You get a sense of clarity on everywhere you have gone wrong and how to take a better path to reach where you want to be.

Failure Teaches You Value
Our values keep changing over time. With every small or big

change in our lives, our values are reshaped. Values are the greatest lessons that keep us grounded. Failure teaches us to value all the right things in order to succeed and helps us to know the real effort behind it.

Failure Gets Rid of Fear

Somehow most of the things that we fear in our lives are interlinked with failure. It is the fear of failing that holds us back from exploring our options and getting out of our comfort zones. You need to take risks and get out of your comfort zone to achieve something you want as great leaders usually say, "You need to sacrifice something important to you, if you are willing to achieve something."

Failing Backward

Blaming Others

People who fail most of the times don't have the courage to accept their mistakes and they find it easy to blame others.

Repeating the same mistake again

There is no use of failure if you don't catch the opportunity to learn from your mistakes. Failing backward includes repeating your mistakes again and again.

Expecting to never fail

This stage of thinking can be the most harmful and often lead to more failures. Never have the mindset, that you are the best and won't fail again. Remember, life shows you a huge number of hurdles.

Failing Forward

To fail forward means to purposefully and deliberately use failure to find success. To fail forward, we must DO or TRY something new – something we want to do but are afraid to do. We have to step out there, even if we don't know where the path will lead and follow our heart

.

A lot of responsibilities

Taking a lot of responsibilities will automatically aim your mindset to be more focused and look for success.

Learn from past mistakes and try not to repeat them next time

We discussed this earlier so I don't think I need to throw more light on this topic. Just remember, gain something from your failures, otherwise they are of no use. Often successful people know the fact that without failure you can't achieve success and keep a very positive attitude towards their failures and barriers.

Taking new risks

Taking risks enable you to take more pressure and challenge yourself in every possible way. The risk-taking ability defines a successful person and someone who has mastered this ability if deciding when to take risks and when to not, has gone half way through.

Why should you try again ?

Let's face it, failure doesn't feel great. Often, after encountering a setback, we can find ourselves asking if we should give it another or just leave it. And now we will discuss some points to make that question easier for you.

Recognize that this is part of the journey

In a world of flashy advertising and instant social updates, it seems that the true path of how goals are actually achieved, can easily be forgotten. The truth is, growth is rarely linear, speed bumps happen. Those challenges and setbacks are actually a part of the journey which lead to success. So, you need to accept them as well as the fact that no one on this planet is perfect, we all have our negative points as well positive points.

Often what we think we're aiming for, is a part of something bigger. For instance, saving money to buy a house is great, but more than just buying a house, it is the process of becoming a homeowner. Changing that house into a home carries certain responsibilities and management, beyond just being able to pay for a piece of real estate.

Go again, just because you can

Sometimes, the best reason to try again, is just because you can. You know more than you've ever known, you're closer than you've ever been, you've come this far, you have that trust in yourself, in your will power and you can cross all limits to make that goal of yours a reality. So have faith in yourself and just achieve success with all your heart.

So why not try again?

If the dream is still gnawing at you to become reality, why not give it another go. What is crazy today, may be seen as brilliance tomorrow. Sometimes you've just got to try it again, ignoring all possible excuses you can ever think of and not letting those people who tease you distract you in your path.

What makes Visionaries different ?

John Maxwell an American author and speaker says, "The difference between average people and achieving people is their response to failure." ... Average people expect never to fail again; achieving people know failure is a part of progress. Average people are limited by past mistakes; achieving people takes new risks. Average people expect never to fail again; achieving people know failure is a part of progress.

Creative

These kinds of people are creative and skilful. They show their creativity when in need of it. In a bad situation, they can handle anything with their creative thoughts.

They Never Lie

Visionaries are truthful in every sense of their life. They want to be Clear-cut and problem-free. They decide based on their better judgment.

Understanding

Their understanding of power is better. They always focus on their future instead of the present for better performance.

Takes Responsibility

A visionary leader knows that his or her ideas are different and are a significant risk and the people that follow such a leader are also

taking a chance in doing so. So, it's critical that you take responsibility for your actions and your vision.

Pack your bags for success

- 1) **Attitude-** A positive attitude helps you cope more easily with the daily affairs of life. It brings optimism into your life, and makes it easier to avoid worries and negative thinking. If you adopt it as a way of life it would bring constructive changes into your life, and make your journey happier, brighter and more successful.
- 2) **Positiveness-** Positive people have more energy and are more self-confident and hopeful. Because of this they tend to set higher goals and they put in more effort in order to reach their goals. This helps positive people see multiple solutions to problems and make better decisions.
- 3) **Goals-** Setting goals give you long term vision and short term motivation. It focuses your acquisition of knowledge, and helps you to organize your time and your resources so that you can make the most of your life.
- 4) **Perseverance-** Never giving up you to develop and think of new strategies because there is always a way. whether you must stay up all night, stay late at work, or miss your friends party, this is what the serious one will do.
- 5) **Opportunities, Not Problems-** If you start looking at hurdles that come up as problems you can put yourselves in a negative mindset that will prevent you from finding success. If you

instead start looking at these obstacles as opportunities, you can start finding more success. Take the challenge of approaching every problem and instantly calling it an opportunity.

For success you need failure

Failure is not a step backward; it's an excellent stepping stone to success. We will never learn to move out of our comfort zone if we don't overcome our fear of failure. The most progressive companies deliberately seek employees with track records reflecting both failure and success

To fail is not to succeed, and success is the absence of failure. ... Firstly, failure starts where success ends, and it defines the limits of success. But secondly, success often follows failure, since it frequently occurs after other options have been tried and failed.

Most of the time you won't be able to achieve success if you don't have the experience of failure. Remember this, for success you need failure.

How to Fail Forward

There is no magic formula for getting ahead in life, other than applying dedication and devotion towards it. Failing forward is essential in life so that we can find success in our life. Everyone should fail so that they can become a better person in life. Failing forward doesn't mean to fail, it means to fail and achieve success. These are the ways which are going to help all of us.

Have no regrets.

Life is too short to live with regrets. Our total time on this planet averages 30,000 days. We should value each day, and stay determined to make every second count. Go after what you want. Take risks, be aware that with every risk could come failure, but without great risk there is no reward.

Accept The reality.

The hardest part of failure can be admitting to yourself that you have failed. Acceptance makes it easier to move forward; it brings completion to the life cycle, so that we are free to discover what would be next.

Don't be a victim, be a strategist.

When you try something and it doesn't work, it can be easy to adopt a not so appreciated attitude, but that won't help you move forward. You have to correct your strategy Examine where you went wrong to prevent those errors from occurring again

Approach every day as a school day.

What this means is that there is always a lesson to be had and failure is one of our greatest teachers. You have to be open to every experience as an opportunity to learn something new. The faster and harder you fail, the less and less afraid you become of it because you have come out on the other side of it.

Survey Analysis

Background

As part of the ongoing internship program by Anon Global Foundation, team 'The Visionaries' conducted a survey to study Failures and what people thought about failing forward.

Methodology

The universe for this study was people between the ages of 11-73 of any gender living anywhere in the world. The survey was conducted online and the participants were randomly chosen. The survey received 132 responses, i.e. the sample size was 132.

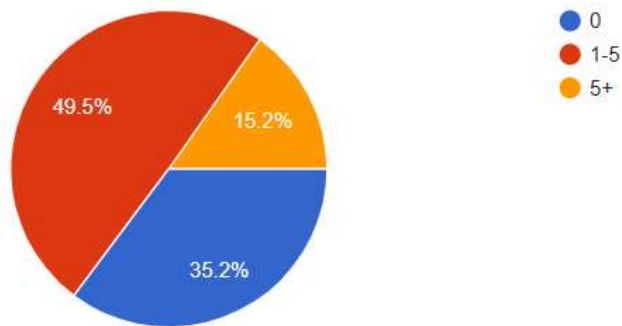
Summary

We conducted our survey on the topic 'Try Again: Fail Forward' and got a total of 132 responses. The survey intended to study the awareness and reactions towards failure and trying again among people. There is an urgent need to understand the importance of failures in our lives and through our survey we got to know that people have started to understand and believe that success is not everything. They have started giving importance to failure as well and prefer learning from them now.

Detailed Analysis

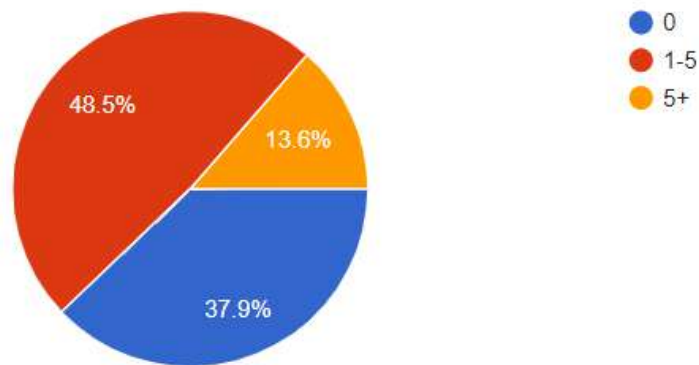
1) How many times you faced failure last month?

105 responses



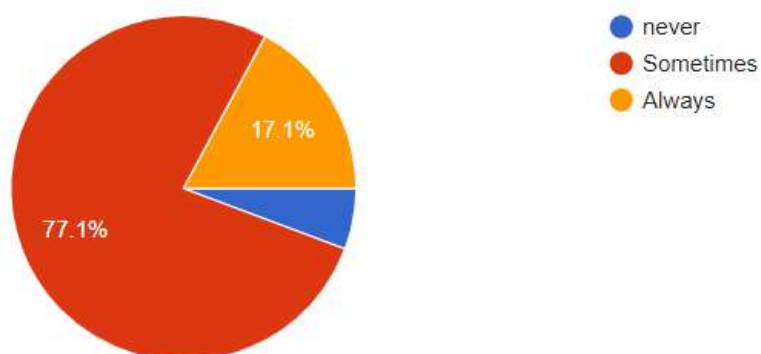
2) Number of difficulties in which you tried again after failing last month?

103 responses



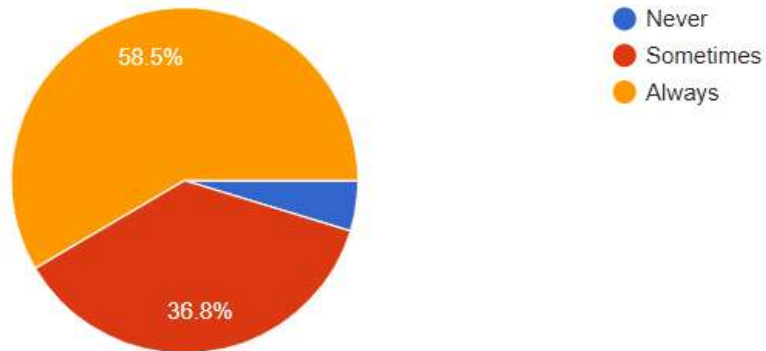
3) Do you generally achieve success in your first try ?

105 responses



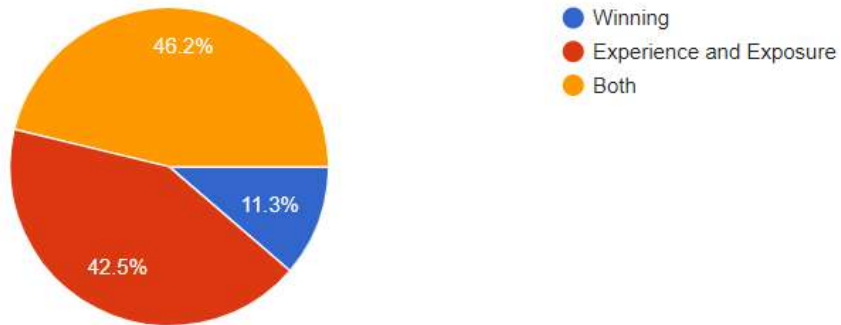
4) How often do you tell someone to try again ?

106 responses



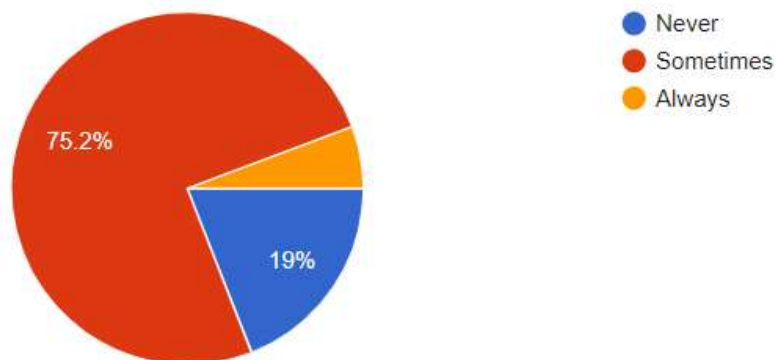
5) What matters to you in a competition?

106 responses



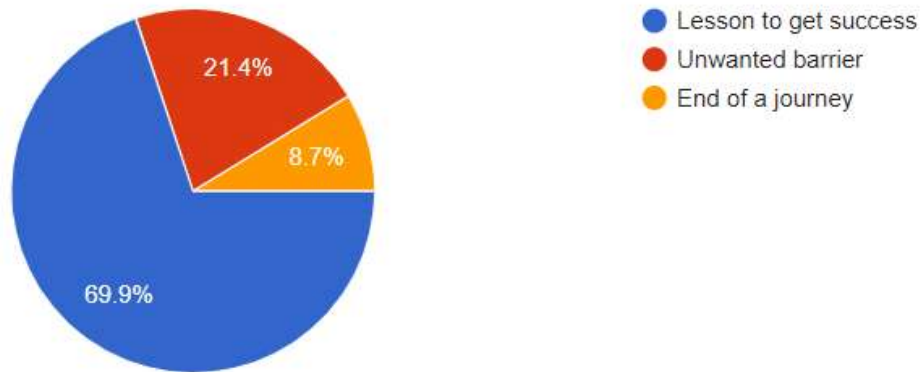
6) How often do you repeat the same mistake again?

105 responses



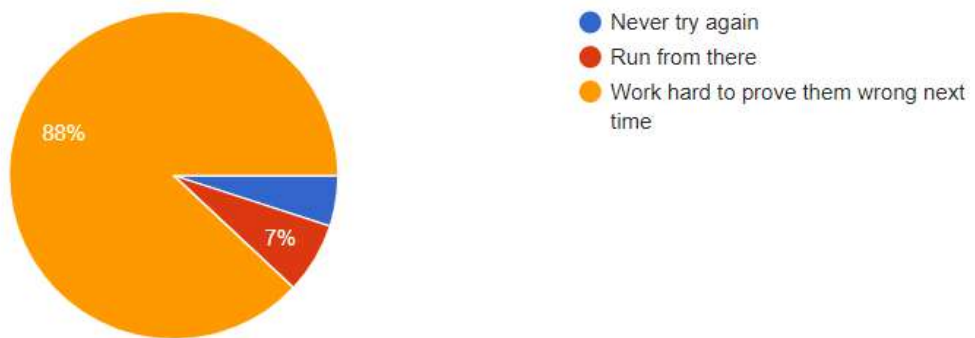
7) How can You see your failure?

103 responses



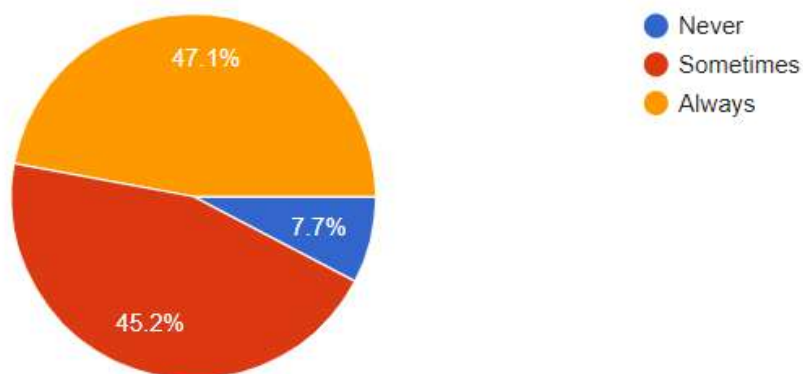
8) What will you do if, after a failure your friends start teasing you?

100 responses



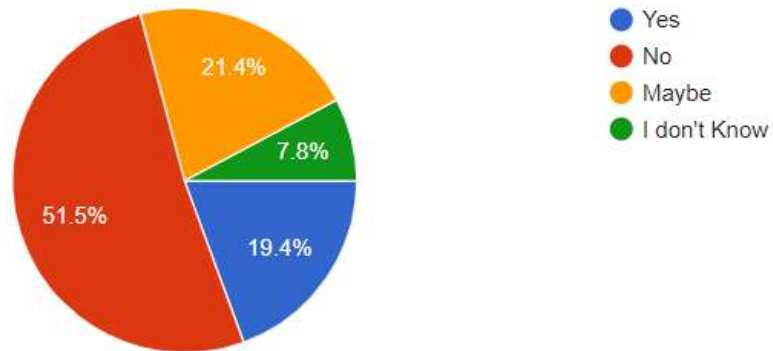
9) "Without failure you can't experience success" do you agree with this statement?

104 responses



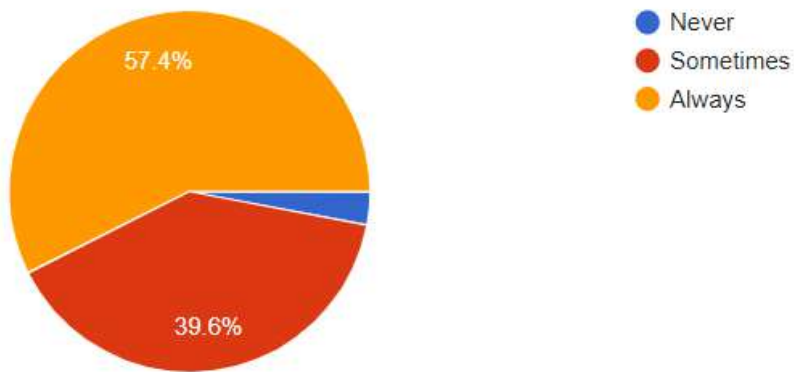
10) Do you think, Knowledge can only be gained through success?

103 responses



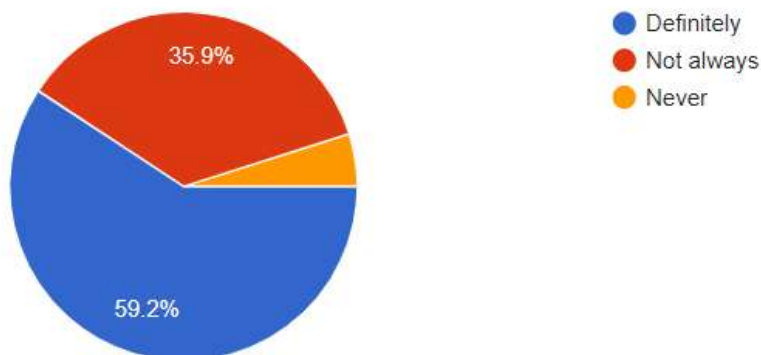
11) Do you think accepting your failure brings you closer to success?

101 responses



12) Do you think trying again and again until you achieve success is the right approach?

103 responses



Case Studies and Examples

Steve Paul Jobs - The founder of apple company a great leader he was a adopted child and was average student in school he was bullied by the high school students he saw the first computer of his life at the age of 12 his real name was, 'Steve paul jobs' he dropped out of reed college in 6 months he created apple with the help of his friend Steve Wozniak in the from his parents garage in 10 years apple grew form 2 people to 2 billion dollar company in 1984 he released mac and tosh computer and was fired out of his own company because of the disappointing sales of mac and tosh in 1997 he re-joined and saved the company because of his creative ideas and then apple became the fist trillion dollar company. One of his famous quote is sometimes life is going to hit you in the head with a brick,don't lose faith.

Albert Einstein-

As a physicist, Einstein had many discoveries, but he is perhaps best known for his theory of relativity and the equation $E=MC^2$, which foreshadowed the development of atomic power and the atomic bomb. Today the word "Einstein" is synonymous with genius, but young Albert didn't speak fluently until he was nine-years-old, causing teachers to think he was slow.He skipped class, and his professors never took him seriously. Moreover, Einstein never performed spectacularly in school. He did so poorly that he nearly decided to drop out, and just sell life insurance.After graduating, Einstein had to work many odd jobs to sustain himself. Einstein's father died believing he was a complete failure. Einstein was absolutely heartbroken. Eventually, he found legitimate employment as a patent clerk. Every day, he would sit down, review patents, and analyze mathematical equations (patents had a lot of math in them). And Einstein loved it. This is the hard work Einstein did and we all know that his brain is

still conserved in museums, this is the legacy that high school failure left for us and gave us immense reasons to be motivated.

New Zealand Army-

Failure is the one attribute likely to show you'll make it into New Zealand's Air Service

Most of us will never go through something like New Zealand Special Air Service selection. This Selection is designed to remove the mask that we humans all wear and expose the real person and their real motivations. It's designed to test candidates mentally and physically; the selection course has an 88 percent failure rate. The physical challenges increase daily, the food decreases, and the sleep is almost non-existent. Almost all of SAS soldiers failed their first selection course, just like the New Zealand SAS candidates, failure is the attribute most likely to predict our success and with this keeping in mind, those candidates are selected which have once failed in this selection process.

Lord Rama-

Life is full of challenges at every stage and problems surround us very often and it becomes difficult to decide and choose the correct path. We have to face the situation ourselves and such problems can change the entire course of life. Fall and rise is a part of life but ultimately, we should advance forward learning from our mistakes, and experiences.

Another source of inspiration that is the Ramayana. We learn a lot from the unique character of Lord Rama. He is an ideal for the entire human civilization because of his huge Virtues. We find how Lord Rama overcame problems he came throughout his journey. The pleasure came and soon turned into sadness but the huge problems

he faced gave him the Ways to advance forward. Lord Rama was intelligent, Courageous, patient & passionate to his brothers. He faced troubles most of his life and was also sent for a banishment of 14 years in the deep forest. He never lost hope and knew that he had the capability to create a wonderfully governed ram Rajya, but remember he was never over confident. Using his skills, brain and lots of determination he saved Sita from the clutches of Raavan successfully

Team Members' Views

Arjun Maggo- In this 15 day internship program we were given the topic to try again and fail forward and I could relate to this topic with my life as well as with my busy schedule. We were given the opportunity to learn about this topic and present our data .After 10 days I learnt some mind boggling facts which I didn't know earlier. We should learn in every phase of our life because nobody knows if that can be helpful in the future or not and we came across many such facts, examples of great visionaries , and learnt acting , everybody knows that the stairs of success are made by the stones of failure the internship and our topic taught us how to be patient and the famous quote 'practice makes man perfect

Harshil Raheja- I have actually learned about a lot of new things related to success and failure and could even apply some of the solutions in my day to day life. These two weeks have been very grateful for me. I learnt many exciting things and made some new friends. Our topic was also very unique and it was a great experience to research and make the presentation. We used to have a lot of fun in the meetings whenever we used to practice and it has been a great exposure for me. Thank you ANON global foundation and YWCA of India. It will be a lifetime experience for me.

Punish Anand- It was a 15 days period but it gave us knowledge and the important fact is I got new friends. Our topic was Try Again: Fail forward and I just knew a few things some time ago but now I am ready to face failure. So, at last I want to say I gained a lot much and made some amazing friends due to this internship

Shivam Gahlot- I understand that we should never give up and try again and again until the goal is achieved. I learnt teamwork. I learn

many new things. In this 15 days program I made many new friends. From my topic, I understand that success is not everything. I understand that failure is not a negative word, it is a part of success. It is the lessons to get success.

Arnav Sharma- According to my topic,I experienced that we should never give up and try to learn from each and every activity.Life gives experience to grow and learn from mistakes. Mistakes have the power to turn failure into success. In my understanding, we should learn to convert every failure into areas of opportunities. Failures are the best teachers of life, which gives lessons to make things better for the future. To be honest, a person who faces more failures becomes more successful if he/she takes them in a positive manner.At the end,I would like to say that failures are the bridge for every success.

References

- 1) WWW.inc.com
- 2) www.quora.com
- 3) www.cio.com
- 4) www.forbes.com
- 5) www.buisness.com
- 6) [4 famous failures that became massive successes](#)
- 7) [Learn to see the positive outcomes of failure.](#)
- 8) <https://prairiecothrifter.com/2012/03/7-reasons-failure-good.html>
- 9) <https://happenness.com/7-reasons-you-should-try-again/#:~:text=Sometimes%2C%20the%20best%20reason%20to,you're%20not%20dead%20yet%E2%80%A6>



**REPORT ON
STAYING FIT: A NEW MANTRA FOR WELLBEING DURING THE
PANDEMIC**

By Team: Fit Minions With Healthy Opinions

Mentor- Mr Sarthak Singhal

Interns:

Ms Tejaswi Kapur

Ms Sristi G Kaundal

Ms Garima Grover

Ms Avni Chaudhary

Index:

- 1. Introduction**
- 2. Types of Fitness**
- 3. Benefits**
- 4. Opinions of Professionals**
- 5. Research and Statistics**
- 6. Health Guidelines**
- 7. How to stay fit**
- 8. Health and nutrition**
- 9. Meditation**

Introduction:

Covid-19 pandemic has hit all of us hard, wearing masks and boosting up immunity has been everyone's top priorities in the past year. But besides all of that, there have been many tensions, regarding health and safety. When lockdown took place, everybody was sitting home, some setting up virtual meetings, and some endlessly talking to their friends and family on phone.

Along with that, there are mental, social and emotional aspects to worry about, as in these times, it is hard to meet our friends and family, go out and enjoy or even take a carefree, light stroll to the nearby garden. The topic we chose is 'staying fit: the new mantra for the pandemic'. We decided to work on this interesting topic as we could connect it to ourselves and nowadays, who doesn't need to be healthy, or in other terms- be fit.

But what does 'being fit' actually mean?

Is it seeing yourself slimmer in the mirror? Is it having great muscles? Or is it having six-pack abs? Well, it is surely none of that.

According to the United States Department of Health and Human Services, physical fitness is defined as "a set of attributes that people have or achieve that relates to the ability to perform physical activity." Or in simple terms, it means that fitness goes beyond being able to run fast or lift heavy weights. It is a state of good health and good well-being or wellness.

It is especially necessary for everyone to be fit in the midst of the covid-19 pandemic. Older adults (age 65 and older), those with chronic disease (diabetes, heart disease, and lung disease) and those with compromised immune systems are at greater risks from being physically inactive.

Regular exercise and physical activity promote strong muscles and bones. It can reduce high blood pressure, help manage weight and reduce the risk of heart disease, stroke, type 2 diabetes, many types of cancers and all other conditions that can increase susceptibility to COVID-19. Not only that but also the mind is benefited by the body is fit.

That was a brief introduction to physical fitness, however, are you familiar with the concept of mental fitness and do you know how to become mentally and emotionally fit?

TYPES OF FITNESS

Emotional fitness

- What is it?

It is the ability to be positive and focused at all times. It means you can change your mindset from angry, nervous, or sad to happy or joyous.

- Why is it needed?

Emotional fitness is important to lead a healthy, happy and emotional life, in a positive way, that supports our mental health and well being.

- How to maintain it?

Developing self-awareness, about things like daily news feeds, etc

Taking responsibility.

Being patient.

Being an optimist

Mental Fitness

- What is it?

Mental fitness is the ability of well being and to function effectively, including balancing between work and other stuff and coping up with stress and anxiety, and all.

- Why is it the need of the hour?

Mental health is important at every stage of life as it affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. And also, many people in this pandemic died, because of stress and depression, so we should always maintain this mental health.

- How can we stay mentally fit?

1) Exercise for 30 minutes every day.

2) Read often and read widely.

3) We should try to work out on our intellect and memory.

- 4) Take time to relax.
- 5) Take up a new hobby.

Physical Fitness

What is it?

Physical fitness can be defined as a state of health and well-being and the ability to perform all sports or daily activities as a nimble person.

- Why is it the need of the hour?

- 1) to prevent covid 19
- 2) to stay away from diseases
- 3) to live long, a healthy and active life
- 4) to boost our mental power as both are directly related, your body stays fit, and so does the mind

- How can we stay physically fit?

- 1) Exercise Daily, simple walks or stretching exercises between work hours will do a lot
- 2) Get enough sleep, as sleeping acts as a complement in your fitness routine, you won't be prepared for the next day if you haven't enough energy

3) Eat the Right Foods, including healthy snacks, or salads.

- How can it benefit us in the long-run?

Staying physically fit:

1) boosts the immune system, which is very important for preventing Covid 19.

2) reduces stress and anxiety

3) may prevent weight gain, which may prevent further diseases like obese, heart attacks, etc.

These were the type of fitness, but now, why do we even need to stay fit physically, mentally or emotionally? I am sure the same question might be occurring in your mind, so let us know the benefits of exercise, along with being fit emotionally and mentally.

Benefits of being physically fit:

There are many benefits of regular exercise and maintaining fitness and these include:

- ★ Exercise increases energy levels

Exercise improves both the strength and the efficiency of your cardiovascular system to get the oxygen and nutrients to your muscles. When your cardiovascular system works better everything seems easier and you have more energy for the fun stuff in life.

★ Exercise improves your bones, muscles, balance, and flexibility:

Staying active keeps muscles strong and joints, tendons and ligaments flexible, allowing you to move more easily and avoid injury. Strong muscles and ligaments reduce your risk of joint and lower back pain by keeping joints in proper alignment. They also improve coordination and balance.

This is important for everyone, especially older adults because it can prevent falls and injuries. As for children, it aids with growth and development and sets healthy habits for the future.

★ Exercise can help you to maintain a healthy weight

The more you exercise, the more calories you burn. Also, the more muscle you develop, the higher your metabolic rate becomes, so you burn more calories even when you're not exercising. You may lose weight and look better physically which will boost your self-esteem.

★ Exercise enhances your immune system

Exercise improves your body's ability to pump the oxygen and nutrients around your body that are required to fuel the cells that fight bacteria and viruses.

★ Exercise may help to reduce the risk of certain cancers

Being fit may mean that the risks of colon cancer, breast cancer and possibly also lung and endometrial cancers are reduced. Studies by the Seattle Cancer Research Centre have suggested that 35% of all cancer deaths are linked to being overweight and sedentary.

★ Reduced Stress

The ability of exercise to reduce mental and physical stress has been well documented.

Benefits of being mentally fit:

Just as physical fitness helps our bodies to stay strong, mental fitness helps us to achieve and sustain a state of good mental health. When we are mentally healthy, we enjoy our life and environment, and the people in it.

Now, mental fitness doesn't mean training for “brain Olympics” or acing an IQ test.

It means good well being of yourself and mind. Some benefits of the same include:

- ★ Reduction in anxiety.
- ★ Improved moods.
- ★ Clearer thinking.
- ★ A greater sense of calm or inner peace.
- ★ Increased self-esteem.

Benefits of being emotionally fit:

Emotional health is an important part of overall health. People who are emotionally healthy are in control of their thoughts,

feelings, and behaviours. They're able to cope with life's challenges. They can keep problems in perspective and bounce back from setbacks. They feel good about themselves and have good relationships.

But, does it mean that one has to be happy all the time in order to achieve emotional fitness? Well no, that's not the case. Emotional fitness doesn't mean that but means to be aware of your emotions. How does it really help? Let's see!

★ Resilience to stress:

Research shows that emotional distress makes you more vulnerable to physical illness by impacting your immune system.

★ Deeper relationships:

When you're equipped with the skills to manage your emotions, it's easier for you to connect with others and show more empathy and compassion. You're also better able to hold arguments and talk through your feelings.

★ Higher self-esteem:

Your thoughts, feelings, and experiences influence the way you feel about yourself. Good emotional health helps you see the best in yourself despite challenges.

★ More energy:

★ Having a positive outlook makes you feel more energized and helps you focus and think more clearly, whereas poor emotional health depletes your mental resources and leads to exhaustion.

Professionals like scientists, doctors and health practitioners also say that fitness is crucial for each and every individual, young or old.

Opinions of Professionals:

- ★ Experts say those with active lifestyles live longer and are less likely to develop heart disease, diabetes or many other chronic diseases.

The Centers for Disease Control and Prevention estimates that 300,000 deaths each year are linked to physical inactivity and poor eating habits.

- ★ An expert panel concluded that exercise increases our lifespans, prevents that sneaky annual weight gain, and reduces the risk of almost every chronic disease: cardiovascular disease, diabetes and many cancers.
- ★ Studies show that exercise builds new brain cells in the part of the brain that helps with memory and learning, says Dr John Ratey of Harvard University. Short bursts of exercise throughout the day may help students pay attention more, behave better, and feel better about themselves.
- ★ For most adults, health professionals specifically recommend doing at least two and a half hours of moderate-intensity aerobic physical activity over the week, which is about half an hour each day. (Examples are walking briskly, and general gardening).

Many universities, institutes and research centres such as National Center for Biotechnology Information, Harvard University, Centers for Disease Control and Prevention etc have

researched and found interesting statistics related to fitness. Following are some of them.

Statistics:

- ★ 1 in every 3 children is always physically active. This totals up to 34 children being active in every 100 children of the world, during this pandemic.
- ★ 5% of adults pay attention to their physical fitness routine every day, and 8% now, in this pandemic.
- ★ 40% of adults, that are 75 years or older are physically active, and 32% of adults of ages 60-70 are physically active, now.
- ★ Research has found adults in the following states to be most likely to report exercising for a week for at least 30 minutes: Vermont (65%), Hawaii (62%), Montana (60%), Alaska (60%). 67% in India.
- ★ The international average of people doing regular exercise during the pandemic is 51%.
- ★ 28.0% of Indians aged six and older are physically inactive.
- ★ Similar data shown by the US Department of Health and Human Services and World Health Organisation (WHO) recommends that all adults do at least 150 minutes per week

of physical activity at an intensity that elevates the heart rate.

- ★ Only 35 – 44% of adults 75 years or older are physically active, and 28-34% of adults ages 65-74 are physically active

- ★ Regular physical activity can lower the risk of type 2 diabetes by up to 50%.
- ★ The National Sleep Foundation says 67% of vigorous exercisers report having a good night's sleep every night or almost every night.
- ★ Research suggests that higher levels of physical activity can reduce the incidence of coronary heart disease by 21% for men and by 29% for women.

- ★ According to the World Health Organisation (WHO), insufficient physical activity increases the risk of death by 20% to 30%.
- ★ As we become older, we need more regular exercise, not less. The American Heart Association notes that 69 percent of all adults are obese or overweight, and that number continues to increase.
- ★ More than 80% of the world's adolescent population is insufficiently physically active
- ★ Globally, 1 in 4 adults do not meet the global recommended levels of physical activity
- ★ The World Health Organisation (WHO) states that physical activity contributes to preventing and managing noncommunicable diseases such as cardiovascular diseases, cancer and diabetes.
- ★ Moreover, more than 80% of adults do not meet the guidelines for both aerobic and muscle-strengthening activities, and more than 80% of adolescents do not do

enough aerobic physical activity to meet the guidelines for youth

- ★ It's hard for a lot of us to do the sort of exercise we normally do. It's even harder for people who don't usually do a lot of physical exercises. But at a time like this, it's very important for people of all ages and abilities to be as active as possible. The World Health Organisation aims to help do that, by the provided guidelines.
-

Health Guidelines- World Health Organisation

WHO has recommendations on the amount of physical activity people of all ages should do to benefit their health and wellbeing.

★ Infants under 1 year of age

- All infants should be physically active several times a day.
 - For those not yet mobile, this includes at least 30 minutes in a prone position (tummy time), as floor-based play, spread throughout the day while awake.
-

★ Children under 5 years of age

- All young children should spend at least 180 minutes a day in a variety of types of physical activities at any intensity
-

- 3-4-year-old children should spend at least 60 minutes of this time in moderate- to vigorous-intensity physical activity
-

★ Children and adolescents aged 5-17 years

- All children and adolescents should do at least 60 minutes a day of moderate to vigorous-intensity physical activity
 - This should include activities that strengthen muscle and bone, at least 3 days per week
 - Doing more than 60 minutes of physical activity daily will provide additional health benefits
-

★ Adults aged over 18 years

- All adults should do at least 150 minutes of moderate-intensity physical activity throughout the week, or at least 75 minutes of vigorous-intensity physical activity throughout the week.
 - For additional health benefits, adults should increase their moderate-intensity physical activity to 300 minutes per week, or equivalent.
 - For developing and maintaining musculoskeletal health, muscle-strengthening activities involving major muscle groups should be done on 2 or more days a week
 - In addition, older adults with poor mobility should do physical activity to enhance balance and prevent falls on 3 or more days per week.
-

Local and Centers for Disease Control and Prevention (CDC) Guidelines regarding outdoor exercise

Exercise is still encouraged in the midst of this pandemic, so there are plenty of guidelines made, which vary from state to state and even city to city. As a general rule, make sure you are not exercising within 6 feet of another person. In addition, no one should ever be working out in groups larger than 10. Beyond that, many athletes are opting to work out solo, and in some cities, there is a recommendation to limit time outdoors. Remember that there are excellent and simple ways to stay fit indoors.

From such ways, you can move a step forward in keeping both your body, mind, and spirit fit.

How to Stay Fit (The “Pandemic” Workout)

“Exercise is the food for the body”. So the gyms have been closed, maybe it still is. But that’s not the point. The point is- Did you still workout? or you just spent all the time feeling guilty about not doing so. Was it really that difficult to find some time and opportunity to move? Well, the ones who have managed to dedicate some time for it and the ones who didn’t will have very different opinions on it. Let me tell you about the experience of the ones who did- A. Rejuvenated and fresh, each day because of proper blood circulation. B. Strong and energized, because of the regular movement and proper metabolism of the food eaten. C. Happy- the feel-good hormones! These may sound like normal things, but for a situation like a lockdown, these are medicines. So, if you ever face a situation like this ever again, “move”! Move your body. As mentioned in my previous write-ups, do whatever you like or enjoy but do something, anything. If you know the postures of a squat/ push-up/ lunge/ crunch then do it. Or if you like to

dance, then dance, jump or run but never let go days without any movement.

In conclusion, things that have actually helped (or is helping) you to survive the Pandemic are pretty simple- right nutrition, positive mindset and exercise. And they are not my words. Remember, food, movement and thoughts form the cycle of health. And when you keep this cycle proper and balanced, you are less likely to be caught up by problems related to health and more likely to avoid a pandemic like this one with grace.

Along with moving ourselves, the trend is now to focus on healthy food intake as a primary fitness goal. When healthy eating habits become a lifestyle, we are healthier and happier. Eating right can help us reduce body fat, lose a few pounds, feel more confident, and reduce our risk of illness.

Frequent studies are indicating healthy food intake as the most important part of our fitness programs. Some physicians are teaching healthy eating habits and lifestyles as a way to improve overall health by reducing obesity and related disease.

Health and Nutrition

Protein

The first term to be discussed is protein. A protein supplies your body with the necessary amino acids needed to maintain healthy body tissue. While many of the amino acids that your body needs are produced within your body, there are a few that can only be obtained from outside food sources like dairy products – milk,

yoghurt, cheese, meat products such as chicken, turkey, duck, goose, eggs, fish etc.

Fat

Fat is another term that must be carefully understood as many individuals view fat as a nutrient that is detrimental to their health.

While the overconsumption of foods high in fat can lead to a number of health complications, the human body needs fat for a variety of different functions. For example, fat is responsible for storing and supplying energy throughout the body.

Carbohydrates

Essentially, carbohydrates are responsible for supplying our bodies with energy.

Carbohydrates are divided into two distinct classes, simple carbohydrates and complex carbohydrates. Simple carbohydrates are mainly found in foods containing sugars and complex carbohydrates are found in potatoes, pasta, and grains. Complex carbohydrates are the preferred source of carbohydrates as they contain fewer calories.

Fibre

Fibre is also a very important nutrient that very few people take into consideration. Fibres have a number of different digestive benefits.

Fibres are typically broken down into two classes: soluble and insoluble. Soluble fibre dissolves in water and has been proven to effectively lower cholesterol. Insoluble fibres are unable to dissolve in water and have been proven to improve the overall efficiency of the digestive system.

Vitamins and Minerals

Vitamins and minerals are not only necessary for the human body, but they are also responsible for a large array of functions that take place within our bodies. For instance, vitamins and minerals are instrumental in the regulation of our metabolism and the maintaining of healthy cellular growth and functionality.

While several vitamins and minerals are produced within our bodies naturally, a large majority of them are not and can only be obtained through the consumption of nutritional foods. For this reason, it is important to ensure that you are consuming a well balanced whole foods diet that is nutrient-rich on a daily basis.

By doing so, you will ensure that you are providing the nutrients that the body requires to effectively perform the various bodily functions required to sustain life, ward off disease, and support a life that is filled with good health and wellness.

Foods like meat, cereals, fish, milk and dairy, fruits, fruit and vegetables, nuts, citrus fruits like oranges etc are examples of foods rich in minerals and vitamins.

Meditation

Currently, in the United States, improving physical fitness and overall levels of health is largely regulated to two different elements; that of exercise and diet. Yet, to simply focus only on these two elements of physical well being is to do a raw deal to what is required to live a healthy, fulfilled life.

The mental stability and well being of an individual is subject to disease just as the body is. This being said, when compared to physical and nutritional health, mental health and wellness is equally important. Hence, to truly live a lifestyle that is filled with good health and fitness, individuals must include achieving mental wellness as well.

One approach to ensuring mental balance and wellness that can be utilized, and has been for thousands of years, is the practice of meditation.

In general, meditation is the practice of achieving and balancing, the mental, physical, and emotional aspects of one's existence. Today, meditation is used to reduce, or eliminate, the symptoms associated with depression, stress, and anxiety. The "deep rest" that is achieved through the practice of meditation can eliminate stress and confusion, and uncertainty and allows the individual to make better decisions through a clearer and more focused thinking. In addition, in many cases, meditation has been proven to improve self-esteem in individuals with low self-confidence.

Some benefits of meditation include reducing or eliminating the pain associated with headaches and (sometimes) migraines, helping in weight loss, increased lung function. Shockingly, a recent wind musician's survey showed that meditation was able to increase lung capacity by 5% in only two weeks of regular practice. Plus, by relaxing the brain, meditation has often been shown to increase memory in the participant and meditation is often helpful in dealing with a minor problem or resolving an

issue without turning to more drastic measures that are unnecessary.

There are many meditation techniques like:

★ Sitting

Many approaches to meditation require the person to sit motionless for a long period of time. This requires the person like a statue and enables enlightenment. The primary purpose of this technique is to allow the most self-discovery without any discomfort or minimal effort.

★ Sitting

Many approaches to meditation require the person to sit motionless for a long period of time. This is intended to make the person like a statue and enable enlightenment. The primary purpose of this technique is to allow the most self-discovery without any discomfort and minimal effort.

★ Sitting/Standing

This technique allows an individual to practice using meditation while performing simple movements to achieve an active form of relaxation. In this method, one is sitting for some time and then standing for other portions of the meditation period.

★ Reclining Chair

This is an alternative technique to the sitting/standing method for people that are uncomfortable sitting for several hours. Many students and office workers may find it distracting to transition continuously from sitting to standing and this technique serves to solve this problem. One of the primary benefits to this technique is the increase of blood flow to the legs and the relief of cramps and numbness that can be associated with long sessions of cross-legged sitting.

★ Self Inquiry

This technique of meditation is often used as a form of chanting to help the mind achieve greater focus and clear it of unnecessary thoughts. The chanting that you perform should be a strategy of questions rather than a repetition of memorized phrases.

All these ways don't seem that hard, do they?

Our Experiences:

Tejasvi Kapur: My experience while doing this internship has been very nice. I surely enhanced my leadership skills as I am our team representative, communication skills, teamwork, time management and responsibility. I would like to thank Anon Global to give me this wonderful opportunity. This is the first time I have done an internship and it is surely an amazing one.

Avani Chaudhary: It was a great experience. I learned many things during this Internship like first I had learned time management and I researched many things on fitness. And I think I am very fortunate to be the part of this internship program. Our mentor is also very good he always helps with our work and our team members are also good we became friends very soon.

Srsiti G Kaundal: ANON taught me how to co-operate with people I had never known. It taught me interaction skills and speaking skills, too. I also learned about fitness in detail and got to know much about the term. This programme also made me realise the importance of fitness during this time. I really appreciate the efforts put up by the team.

Garima Grover: My Experience in doing this internship was amazing. I have never thought I have learned so much from this internship. I learned how to make ppt in teams, how to do analysis, survey and all. My team is very helpful especially our mentor. I have learnt so much in these 15 days. It's a good place where students can learn so much. It was a fun learning experience with team anon. Thank you

Sources:

- <https://www.healthline.com/health/depression/mental-fitness#mindbody-connection>
- <https://toronto.cmha.ca/documents/benefits-of-good-mental-health/>
- <https://positivepsychology.com/benefits-of-mental-health/>
- <https://familydoctor.org/mental-health-keeping-your-emotional-health/>
- <https://www.businessinsider.com/health-experts-say-exercise-could-improve-your-lifespan-2018-11#:~:text=Based%20on%20this%20evidence%2C%20an,much%20good%20for%20your%20health.>
- <https://www.bupa.co.uk/newsroom/ourviews/waking-up-stretching#:~:text=Stand%20upright%20and%20gently%20bend,repeat%20with%20your%20other%20leg.>
- <https://www.wakecounseling.com/therapy-blog/emotional-health-is-equally-important-to-physical-health>

- [https://www.tribdem.com/news/health-matters-experts-participants-say-physical-activity-is-key-to-healthy-busy-life/article ce315c78-3543-11e8-a34c-0b37ac36cc99.html](https://www.tribdem.com/news/health-matters-experts-participants-say-physical-activity-is-key-to-healthy-busy-life/article%20ce315c78-3543-11e8-a34c-0b37ac36cc99.html)
- https://www.educationworld.com/a_lesson/newsforyou/pdfs/newsforyou064-download.pdf
- <https://comparecamp.com/fitness-statistics/>
- <https://www.hhs.gov/fitness/resource-center/facts-and-statistics/index.html#:~:text=Less%20than%205%25%20of%20adults,of%20physical%20activity%20each%20week.&text=Only%2035%20%E2%80%93%2044%25%20of%20adults,65%2D74%20are%20physically%20active.>
- <https://disturbmenot.co/exercise-statistics/>
- [https://www.heart.org/HEARTORG/HealthyLiving/PhysicalActivity/StartWalking/The-Price-of-Inactivity UCM 307974 Article.jsp#.WBgGMrKb-](https://www.heart.org/HEARTORG/HealthyLiving/PhysicalActivity/StartWalking/The-Price-of-Inactivity_UCM_307974_Article.jsp#.WBgGMrKb-)
- <https://www.healthline.com/health/heart-disease/exercise-statistics#Aging,-exercise,-and-heart-disease>
- <https://medalerthelp.org/blog/exercise-statistics/>
- <https://www.who.int/news-room/factsheets/detail/physical-activity>
- <https://www.who.int/news-room/campaigns/connecting-the-world-to-combat-coronavirus/healthyathome/healthyathome---physical-activity>
- <https://www.narayanahealth.org/blog/coronavirus-how-to-stay-healthy-while-working-from-home/>
- <https://www.verywellfit.com/eat-healthy-feel-healthy-and-look-amazing-3121363>

- <https://www.betterhealth.vic.gov.au/health/healthyliving/protein>
- <https://www.nhsinform.scot/healthy-living/food-and-nutrition/eating-well/vitamins-and-minerals#minerals>
- <https://www.fitnesshealth101.com/fitness/nutrition>
- <https://www.fitnesshealth101.com/fitness/meditation>
- <https://www.fitnesshealth101.com/fitness/meditation/techniques>
- <https://www.lifhack.org/articles/lifestyle/9-reasons-why-people-are-not-able-always-keep-fit.html>
- <https://www.active.com/fitness/articles/the-13-biggest-fitness-myths/slide-2>
- <https://www.nbcnews.com/better/health/5-most-commonly-believed-fitness-myths-are-holding-you-back-ncna837236#anchor-Myth3Liftingweightswillbulkupersonup>
- [https://nutritionguide.pcrm.org/nutritionguide/view/Nutrition Guide for Clinicians/1342043/all/Nutritional Requirements throughout the Life Cycle](https://nutritionguide.pcrm.org/nutritionguide/view/Nutrition%20Guide%20for%20Clinicians/1342043/all/Nutritional%20Requirements%20throughout%20the%20Life%20Cycle)
- <https://www.niddk.nih.gov/health-information/weight-management/healthy-eating-physical-activity-for-life/health-tips-for-adults>

CLOSING REPORT

Workshops

- Total no. of schools covered at PAN India Level: **19**
- Total no. of colleges/universities covered at PAN India Level: **09**
- Total no. of sessions conducted on Psycho-Social and Mental Health issues: **73**
- Total no. of speakers from varied backgrounds and experiences: **24**
- Total no. of participants including all age groups (preschool, school and college students, parents, teachers, faculty members) : **20083**

Internship Program

		Phase 1	Phase 2
Interns	Undergraduate	17	32
	Senior	49	38
	Junior	20	31
Mentors	Undergraduate	3	8
	Senior	10	9
	Junior	5	7
Total		104	125

Anon Global Foundation is proud to reach almost all states of India as well as abroad during the project “Covid Crisis Response Initiative” in collaboration with YWCA of India.

GRATITUDE

In the accomplishment of this project successfully, many people have pledged their time, support and guidance. Anon Global Foundation acknowledges and appreciates the valuable contribution of all the people who have been associated with this project.

Primarily, we would like thank **World YWCA** and **YWCA India** for partnering with us in their PAN-India project COVID CRISIS RESPONSE INITIATIVE. Our special thanks to **Ms. Kamini Abraham, Vice President YWCA Jabalpur, Ms. Kunjamma Mathew, Vice President YWCA India, Ms. Rio Kalpana David, National General Secretary and Ms. Dhiya Ann Mathew, National Secretary Administration**, for their support and suggestions that served as the major contributor towards the completion of this project.

Secondly, we express our sincere gratitude to all the distinguished jury and our esteemed speakers, whose valuable contribution added distinctive quality to our project and enhanced the knowledge and skills of our participants.

We would also like to express our special thanks to all the schools, colleges or institutions and our young people, who enthusiastically participated in this project, attended the sessions and interned or mentored the internship programme. With your zealous participation, this project became a success story at pan-India level reaching out to diverse population of the country. Anon Global Foundation recognises these young people as its

brand ambassadors and torch bearers for its initiative of a flourishing society.

Last, but not the least, we thank the entire team of Anon Global Foundation and all the people who contributed, directly or indirectly, to this project. Without your tireless efforts and undying spirit, this project was not possible. Our immense thanks to each and every person who contributed to this project.