dharohar

MANNMUKTI

EDITOR'S NOTE

WELCOME TO THIS YEAR'S EDITION OF MANNMUKTI, WHERE WE EXPLORE THE DIVERSE AND ESSENTIAL NATURE OF RELATIONSHIPS IN OUR LIVES. THIS EDITION IS ESPECIALLY MEANINGFUL AS WE'VE INTRODUCED VARIOUS CATEGORIES TO ENSURE OUR MESSAGE REACHES ALL AGE GROUPS IN WAYS THAT RESONATE WITH THEM. WHETHER IT'S FAMILIAL BONDS, FRIENDSHIPS, OR PROFESSIONAL CONNECTIONS, WE AIM TO PROVIDE INSIGHTS INTO BUILDING HEALTHY AND FULFILLING RELATIONSHIPS. WE WOULD ALSO LIKE TO EXTEND OUR HEARTFELT THANKS TO EVERYONE FEATURED IN THIS EDITION. YOUR VALUABLE TIME AND THOUGHTFUL OPINIONS HAVE ADDED DEPTH TO OUR WORK, AND WE TRULY APPRECIATE YOUR CONTRIBUTIONS. WE HOPE YOU ENJOY THIS EDITION AS MUCH AS WE ENJOYED CREATING IT.

WARM REGARDS, THE MANNMUKTI TEAM

NOTE FROM THE DIRECTOR

MS. LATA VAIDYANATHAN

Q-1) Given your leadership experience, how do you personally nurture positive relationships with students, teachers, and parents within the school community?

Ans. In my leadership experience, I prioritize balancing emotions and reasoning, ensuring that challenges are approached with a calm mindset. Nurturing relationships involves effective communication and knowing when to seek intervention—whether from teachers, parents, or peers, who often offer great support. It's important to recognize the role of body and mind image in leading. Navigating competition, relationships, and achievements can be complex, but with the right support system, any challenge becomes manageable. Ultimately, maintaining a calming and thoughtful approach helps foster positive relationships within the school community.

Q-2) As a director who deeply values student well-being, how do you address relationship challenges students face, such as peer pressure or conflict resolution?

Ans. I emphasize the importance of personal goal-setting rather than following others' paths, as peer pressure can distort individual strengths. Students should work on extending their abilities based on their own strengths and weaknesses, using peer pressure positively for target setting. In relationships, which are bilateral, it's crucial to understand boundaries—knowing how far to go and when to stop to avoid harm. Cultivating positive relationships is essential for success, while recognizing and distancing oneself from unhelpful influences is key to personal growth and conflict resolution.

Q-3) How do you see the evolving relationship between students and technology, and what is your approach to guiding students in managing digital relationships?

Ans. I believe moderation is key in the relationship between students and technology. I don't set strict limits but encourage students to find a balance. Technology has its benefits, but it shouldn't control them. Excessive screen time is harmful to health, eyes, and mental well-being. Students need to be in control of technology, not the other way around. I guide them to step away from constant digital engagement, appreciate nature, and experience life beyond screens. The focus should be on meaningful experiences rather than chasing the latest gadgets or comparing with others.

NOTE FROM THE PRINCIPAL

DR. MUDITA SHARMA

Q-1) . Given your leadership experience, how do you personally nurture positive relationships with students, teachers, and parents within the school community?

Ans. Through consistent communication, transparency, and a sense of empathy, all stakeholders—students, teachers, and parents—need to be heard and valued. I also believe in being visible and approachable, whether it's greeting students at the gate, interacting with teachers, or taking regular rounds.

Q-2) As a principal who deeply values student well-being, how do you address relationship challenges students face, such as peer pressure or conflict resolution?
Ans. By adopting a proactive approach, the counseling team works closely with students to mediate conflicts and teach healthy coping strategies to help them navigate peer pressure. We encourage students to reflect on their personal values and make informed decisions, as setting boundaries is important.

Q-3)How do you see the evolving relationship between students and technology, and what is your approach to guiding students in managing digital relationships?

Ans: The relationship between students and technology is rapidly evolving. With increased access to digital platforms reshaping how they interact and form relationships. To guide students in managing digital relationships, it is crucial to emphasize the responsible use of technology through workshops on cybersecurity, online etiquette, and the long-term impact of digital footprints. Students must understand that excess in any form is harmful, and technology should complement learning and social relationships, not replace them. A dialogue between parents, teachers, and students is key to fostering a balanced, healthy approach to technology.

Q-4) As someone with a deep understanding of both academic and emotional development, what do you believe is the key to maintaining a balanced relationship between academics and personal growth for students?

Ans: I believe the key to maintaining a balanced relationship between academics and personal growth lies in providing students with a holistic learning environment. This allows them to pursue academic excellence while exploring personal interests and emotional well-being. Schools should offer ample opportunities for sports, life skills, and extracurricular activities, as a healthy mind thrives in a healthy body. Setting healthy boundaries and understanding the interconnection between academic and personal growth is essential for all-round development.

NOTE FROM THE VICE PRINCIPAL

MR. SANJAY BHARDWAJ

Q.1) How do you perceive relationships with reference to Indian culture?

Ans: I am a very social person, so relationships are extremely important to me. Unfortunately, in metro cities, relationships have become less significant. However, maintaining any relationship is crucial, and its foundation should not just be the relationship itself but friendship. It is better if you cultivate a friendship with your brother, sister, mother, and father. Even among cousins, the strongest relationship is with the person you treat as a friend. Where there is formality, there will always be distance.

Q.2) Many times, there are conflicts in our relationships. How do you resolve them?

Ans: The foundation of resolving conflicts lies in managing expectations. Conflicts arise wherever expectations exist. If you keep expecting something in return for what you do, the relationship will struggle. Another crucial aspect is prioritization. Conflicts often come down to what is important to you. When people say, "I couldn't do that because I was busy," it means that task or relationship was not a priority. Everyone has time if the relationship or task is truly important to them.

Q.3) Nowadays, many people think that relationships have lost their meaningfulness. So, according to you, what are some strategies to enhance relationships?

Ans: As I mentioned earlier, the two main factors are expectations and priorities. However, this doesn't mean that one day you can just decide to stop having expectations from others. It is a gradual process that develops as part of your behavior. To maintain your physical and mental well-being, you need to keep relationships as a priority. Otherwise, you may achieve all your life goals, but you will still feel alone.

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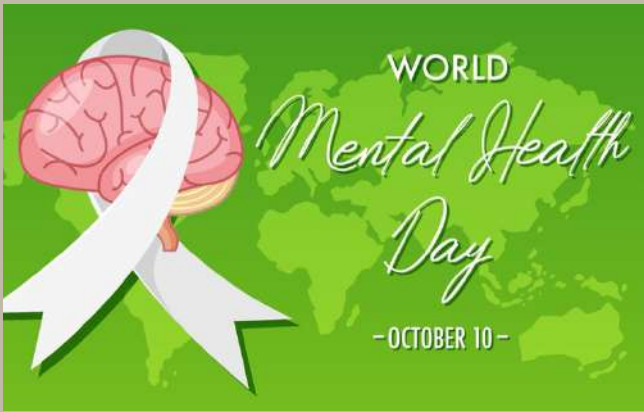
"RELATIONSHIPS—OF ALL KINDS—ARE LIKE SAND HELD IN YOUR HAND. HELD LOOSELY, WITH AN OPEN HAND, THE SAND REMAINS WHERE IT IS.
THE MINUTE YOU CLOSE YOUR HAND AND SQUEEZE TIGHTLY TO HOLD ON, THE SAND TRICKLES THROUGH YOUR FINGERS. YOU MAY HOLD ONTO SOME OF IT, BUT MOST WILL BE SPILLED.
A RELATIONSHIP IS LIKE THAT. HELD LOOSELY, WITH RESPECT AND FREEDOM FOR THE OTHER PERSON, IT IS LIKELY TO REMAIN INTACT. BUT HOLD TOO TIGHTLY, TOO POSSESSIVELY, AND THE RELATIONSHIP SLIPS AWAY AND IS LOST."
– KALEEL JAMISON

EDITORIAL

DIKSHITA TARAGI

Editor-In-Chief

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TASKS

GRATITUDE

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tracker

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☐ HAPPY ☐ TIRED
☐ CALM ☐ ANXIOUS
☐ EHHH ☐ SAD

CATEGORY 1-5

P

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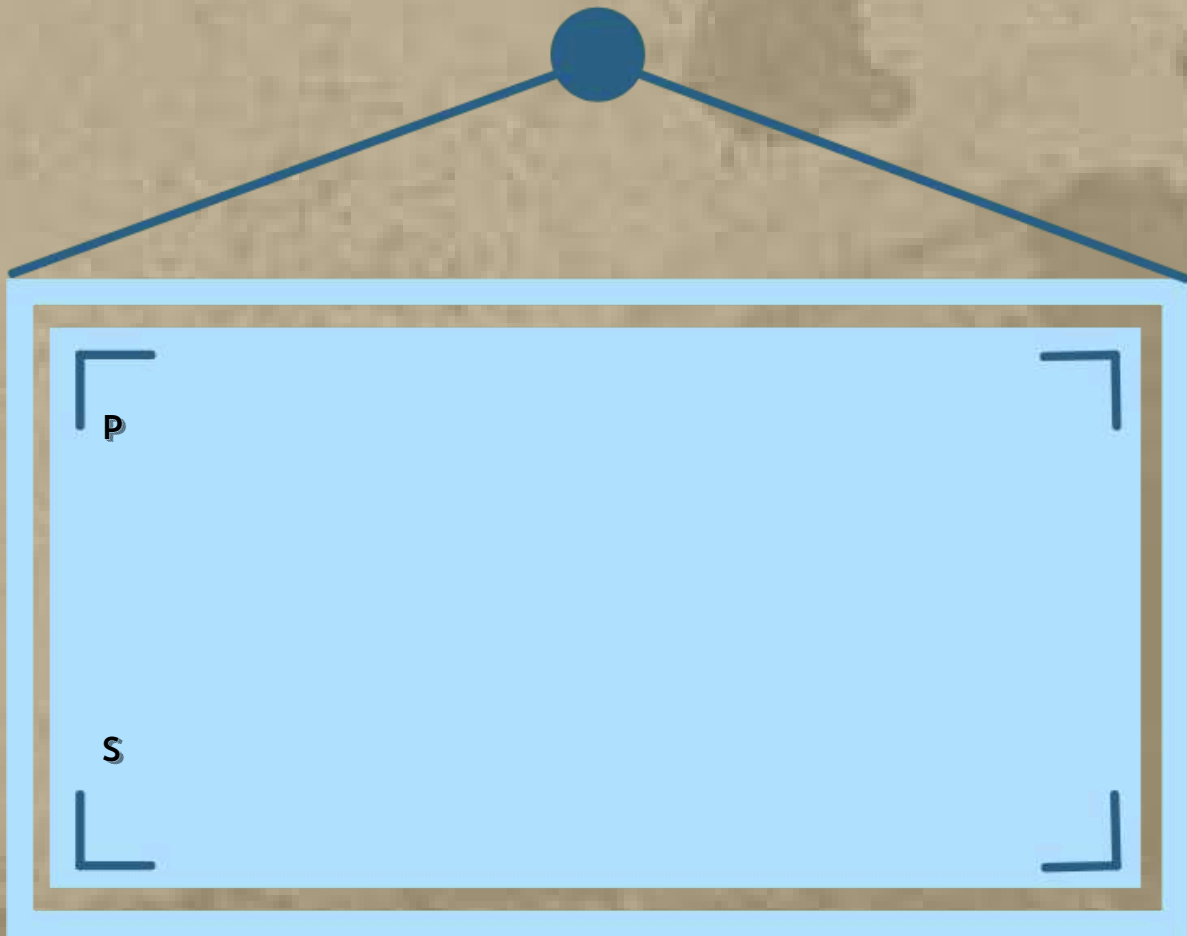
SHINCHAN

Frequent Scoldings- It seems that Misae frequently scolds Shinchan for his bad behavior, such as making rude jokes or causing trouble. This constant scolding can come across as harsh. However, it doesn't appear that Misae's scolding and disciplining of Shinchan has any effect on him.

Shinchan's Mischief- Shinchan is a very mischievous child. He enjoys teasing his mom, saying inappropriate things and embarrassing her, which adds tension between them. He frequently ignores or disobeys Misae's instructions, whether it's not cleaning his room or refusing to eat his vegetables.

Harsh punishments- Misae gives Shinchan punishments, like making him stand outside the house or hitting him with a slipper. Physical punishment can be harmful to a child's emotional development, even if it's portrayed as funny in the show.

Love and care- Despite the constant beating and fights shinchan loves Misae alot. In certain episodes, Shinchan shows genuine concern for Misae's health and happiness, even if it's subtle. Despite his troublemaking, he relies on Misae for comfort, care, and protection.

Doraemon & Nobita

Nobita's relationship with Doraemon is often seen as overdependent, as he constantly relies on Doraemon to solve his problems. Whether it's avoiding schoolwork, escaping bullies or fulfilling everyday wishes, Nobita turns to Doraemon's gadgets instead of facing challenges on his own. This dependence hinders his personal growth and resilience, as he rarely learns from his mistakes. Doraemon, while caring, often enables this behaviour by providing easy solutions, creating a dynamic where Nobita struggles to become self-reliant. This highlights the importance of balance in relationships, where support should foster independence rather than dependence.
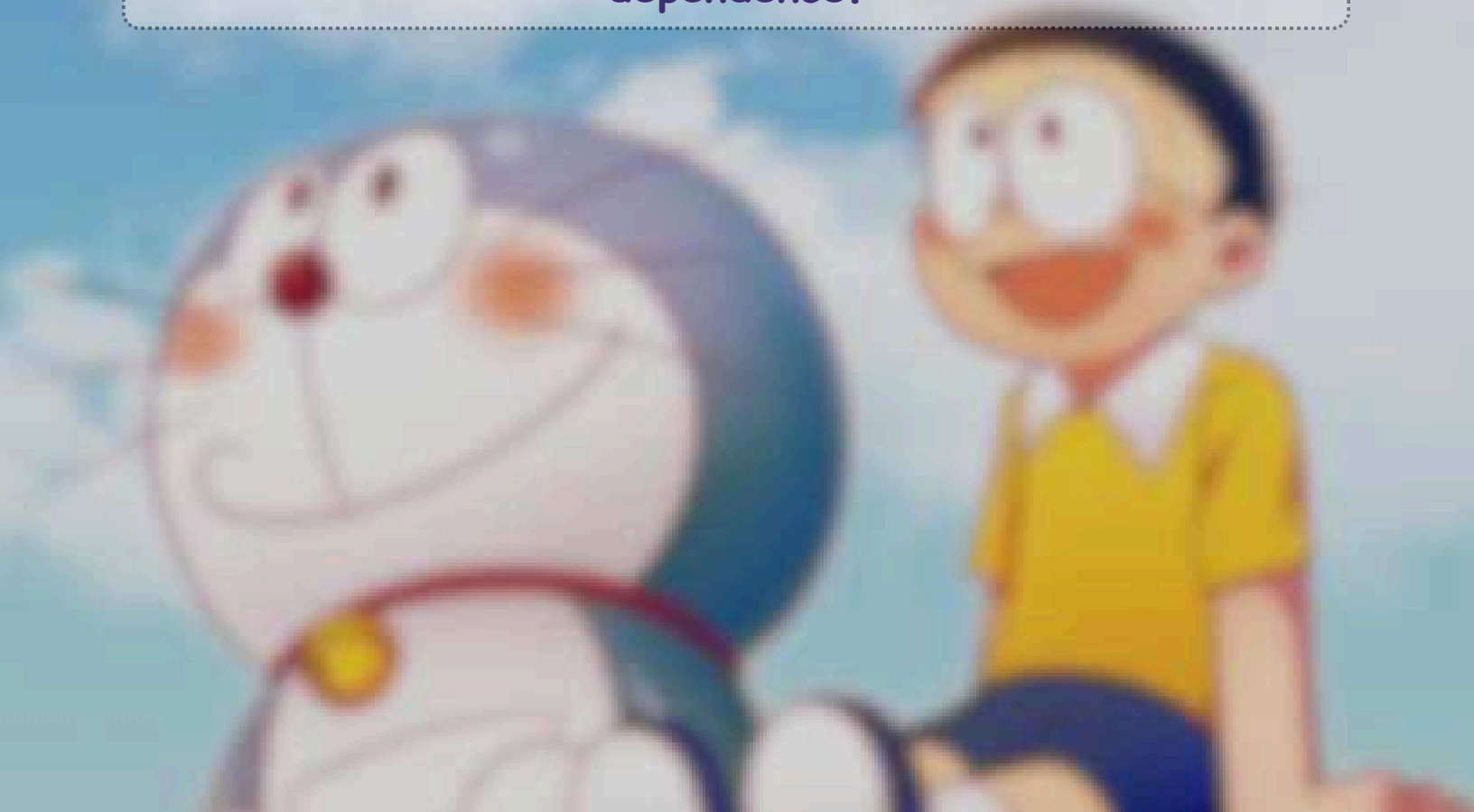
Repairing means going back to the time of distress and embracing the blame without simply saying 'sorry' and then never bringing it up again. Fostering the development of a positive bridge to eliminate differences between children and parents requires one to be humble enough to take the blame when wrong. This helps children understand that they are responsible for their actions as well as for the mistakes, which are inevitable. They do not have to be perfect; this is what it means to be a parent.

Errors are inevitable. But it is the courage to own up to one's faults and apologize that helps strengthen the bond between parents and children. Self-regulation is fostered when children see parents admitting their mistakes and facing consequences. This teaches them how to respond and relate to people in the future.

BREAKING THE CYCLE

Unfortunately, while there are many examples of good parent–child relationships, there are also many unhealthy ones. In toxic relationships, love and acceptance are tied to trickery, blackmail, and dominance. Forcing irrational expectations, emotional manipulation, or establishing conditions where a child feels worthless are common traits of toxic parenting.

Over time, these oppressive actions degrade the child's value system. Projects that arise from such 'family contracts,' which are imposed by parents without negotiation or consent, often contain aggressive behavior patterns dictated by the parents.

These contracts may include phrases like 'You are not worthy if you do not meet my expectations' or 'You will never succeed if you do not do as I say.' Such statements can trap children in an endless cycle of trying to gain their parent's favour, ultimately leading to a loss of the child's sense of self.

I think that one of the most beautiful bonds people can have is that of a parent and child. For, like every other human relationship, it thrives on affection, trust, and care but it can also lead to communication breakdowns, let alone disappointment and frustration.

There is no special hand book that is issued to parents when they are promoted to parenthood. Often they just pick things up all the time, and even if that's not exactly their job again, they sometimes in the process end up harming their kids.

Although they may not appear like all that in the heat of the moment, things such as screaming at a child out of rage or regarding poor performance at school can go a long way.

In other words, to escape these toxic patterns of thinking, parents themselves must recognize that these patterns are toxic and attempt to renegotiate these 'deals.'

Therapeutic relationship is based on mutual respect and warmth, accurate empathic understanding and the willingness of at least one of the parties to modify their behaviour.

Since parents are in charge of bringing up future generations, as parents, the relations they teach their children will dictate how they lead their lives.

CATEGORY 6-8

The relationships in The Avengers and The Incredibles provide valuable insights into teamwork, family, and friendship. The Avengers illustrate how diverse heroes unite for a common purpose whereas The Incredibles focuses on a superhero family balancing extraordinary abilities with everyday life.

These narratives reveal how relationships shape identity and resilience, offering lessons on cooperation and the strength found in connection.

AVENGERS

THE ANT AND THE WASP EXEMPLIFY A RELATIONSHIP BUILT ON DEEP COMMITMENT AND MUTUAL CARE. THEIR BOND, WHICH BEGAN WITH CONFLICT, GRADUALLY EVOLVED INTO A STRONG PARTNERSHIP WHERE BOTH SUPPORT EACH OTHER EQUALLY. THEY MAINTAIN THEIR LOVE WHILE PURSUING PERSONAL GOALS, SHOWING THAT TRUE LOVE IS ABOUT BALANCE, RESPECT AND SHARED COMMITMENT. THIS IS THE ESSENCE OF A HEALTHY RELATIONSHIP!

THE RELATIONSHIP BETWEEN IRON MAN AND SPIDER-MAN IS ONE OF THE MOST CHERISHED IN THE MCU. AS AN EXPERIENCED AVENGER, TONY STARK MENTORS PETER PARKER, GUIDING HIM THROUGH THE CHALLENGES OF BECOMING A HERO. THEIR DYNAMIC IS BOTH HUMOROUS, WITH PETER OFTEN FAILING TO MEET TONY'S EXPECTATIONS, AND HEARTWARMING, EVOLVING INTO A FATHER-SON BOND AS TONY FILLS A VOID IN PETER'S LIFE. AFTER IRON MAN'S DEATH, PETER LEARNS TO COPE WITH LOSS, SOLIDIFYING THE MENTOR-DISCIPLE ASPECT OF THEIR RELATIONSHIP AND SHAPING HIS GROWTH AS A HERO.

WE ARE ALL FASCINATED BY SUPERHEROES, AREN'T WE? THEIR SUPER STRENGTHS, POWERS, AND ABILITIES ARE WHAT MAKE US LOVE THEM, BUT SUPERHEROES ARE MORE THAN THAT. THERE IS A DEEPER PSYCHOLOGICAL ASPECT TO THEM. THEY TEACH US NOT ONLY THAT 'WITH GREAT POWER COMES GREAT RESPONSIBILITY,' BUT ALSO HOW THEY FORM DYNAMIC RELATIONSHIPS AND STRENGTHEN THESE BONDS. THEY ARE JUST LIKE US—NEEDING EMOTIONAL SUPPORT, EVEN WHEN THEY HAVE SUPERPOWERS. THEY ALSO FAIL AT TIMES, SO WHY CAN'T WE? HERE IS A LIST OF THE MANY RELATIONSHIPS FROM THE BELOVED MOVIE FRANCHISE 'MARVEL' TO TEACH YOU ALL ABOUT RELATIONSHIP DYNAMICS AND HOW THEY SHAPE AND CONSTRUCT A CHARACTER!

WHEN WE'RE FIRST INTRODUCED TO WANDA, SHE'S HOLDING HAND WITH HER BROTHER PIETRO AS THE AVENGERS WERE ATTACKING. SO, NOT ONLY ARE WE ESTABLISHED TO A UNIQUELY SUBVERSIVE VIEW POINT, BUT HER IDENTITY IS DEFINED BY A BOND WITH SOMEONE ELSE. WANDAVISION IS ABOUT THROWING THE AUDIENCE INTO THIS PSYCHOLOGY SO DEEPLY OUR BRAIN TURNS TO TOAST!

DR. STEPHEN STRANGE STARTED AS AN ARROGANT SURGEON, BUT AFTER HIS ACCIDENT, HIS TRANSFORMATION LED TO A DEEPER CONNECTION WITH WONG. INITIALLY, WONG DISLIKED STEPHEN'S ARROGANCE, BUT AS STEPHEN'S HUMILITY AND SKILLS GREW, SO DID WONG'S RESPECT FOR HIM. OVER TIME, THEIR BOND EVOLVED INTO A STRONG FRIENDSHIP, AS SEEN IN MULTIVERSE OF MADNESS, WHERE THEIR CLOSENESS IS EVIDENT. THEIR RELATIONSHIP HIGHLIGHTS HOW RESPECT AND MINDFULNESS CAN FOSTER LASTING FRIENDSHIPS, EVEN ACROSS THE MULTIVERSE.

THE iNCREDIBLES

THE INCREDIBLES: TELLING A TRULY HUMAN STORY CENTRED ON HUMANS.
A FAMILY OF HEROES THAT WOULD USE THEIR POWERS TO GET THROUGH THEIR PERSONAL TURMOIL.

"THE INCREDIBLES" IS ABOUT A SUPERHERO FAMILY LIVING IN HIDING. MR. INCREDIBLE AND ELASTIGIRL WORK TO KEEP THEIR FAMILY SAFE WHILE RAISING THEIR KIDS, VIOLET, DASH, AND JACK-JACK. THEY FACE EVERYDAY STRUGGLES ALONGSIDE THEIR SUPER ABILITIES.

MR. INCREDIBLE & ELASTIGIRL: THEIR PARTNERSHIP IS BUILT ON MUTUAL RESPECT AND LOVE. THEY SUPPORT EACH OTHER IN BALANCING THEIR SUPERHERO IDENTITIES WITH THE DEMANDS OF PARENTING. THEIR TEAMWORK IN BOTH BATTLES AND FAMILY CHALLENGES SHOWS THEIR DEEP CONNECTION.

VIOLET & DASH: ALTHOUGH THEY SOMETIMES ARGUE, THEIR SIBLING RIVALRY HIGHLIGHTS THEIR CLOSENESS. THEY RELY ON EACH OTHER FOR SUPPORT—VIOLET HELPS DASH STRATEGIZE, WHILE DASH ENCOURAGES VIOLET TO BE BRAVE AND EMBRACE HER POWERS. THIS DYNAMIC SHOWCASES THE COMPLEXITY OF SIBLINGS RELATIONSHIP.

DASH & JACK-JACK: DASH TAKES ON A PROTECTIVE ROLE WITH JACK-JACK, OFTEN FEELING RESPONSIBLE FOR HIS YOUNGER BROTHER. THEIR BOND REFLECTS A TYPICAL SIBLING RELATIONSHIP, FILLED WITH PLAYFUL MOMENTS AND DASH'S DETERMINATION TO KEEP JACK-JACK SAFE.

ELASTIGIRL & VIOLET: ELASTIGIRL PLAYS A KEY ROLE IN GUIDING VIOLET THROUGH HER INSECURITIES. AS A MOTHER, SHE ENCOURAGES VIOLET TO EMBRACE HER ABILITIES, FOSTERING A NURTURING ENVIRONMENT THAT HELPS VIOLET GROW MORE CONFIDENT AND ASSERTIVE.

WHOLE FAMILY: TOGETHER, THEY FACE EXTERNAL THREATS, PERSONAL CHALLENGES AND LEARN TO RELY ON ONE ANOTHER. THEIR EXPERIENCES EMPHASIZE THAT LOVE, COMMUNICATION AND COLLABORATION ARE ESSENTIAL TO OVERCOME DIFFICULTIES, ULTIMATELY STRENGTHENING THEIR FAMILY UNITY.

CATEGORY

9-10

>> Importance of cultivating a positive self-relationship and highlighting how self-acceptance influences our interactions with others.

>> explore the sentence completion test as a tool for understanding parent-child dynamics

>> Examining the relationship between water and fire in the movie Elemental, symbolizing the balance of opposing forces in human connections.

6 THINGS TO A POSITIVE
~SELF RELATIONSHIP~

Self Awareness

- RECOGNIZING EMOTIONS
- UNDERSTANDING STRENGTHS AND WEAKNESSES

Self Confidence

- SETTING AND ACHIEVING GOALS
- POSITIVE SELF - AFFIRMATIONS

Self Discipline

- TIME MANAGEMENT
- CREATING AND STICKING TO ROUTINES

Self Care

- EXERCISING
- MEDITATING

Self Improvement

- SEEKING CONSTRUCTIVE FEEDBACK
- EMBRACING NEW CHALLENGES

Self Reflection

- JOURNALING AND REFLECTING ON EXPERIENCES
- EVALUATING PERSONAL GROWTH AND SETTING FUTURE GOALS

Sentence Completion Test
Parent-child behaviour from the Child's perspective:

1. I feel happiest when my parents...
2. I get upset when my parents don't understand...
3. My parents make me feel loved when they...
4. I wish my parents would stop...
5. My parents show they care by...
6. I feel most supported by my parents when they...
7. When I do something wrong, my parents...
8. I think my parents should listen to me more when I talk about...
9. I feel closest to my parents when...
10. When I am scared, I want my parents to...
11. I feel ignored when my parents...
12. I wish my parents would spend more time...
13. I get frustrated when my parents always tell me to...
14. I feel proud when my parents notice...
15. When my parents punish me, I feel...
16. I feel respected by my parents when they let me...
17. I wish my parents would understand that I am...
18. I love when my parents and I do _ _ _
19. When my parents are angry, I feel...
20. I feel embarrassed when my parents...

SCORING :-

Count the number of responses that have been ended with a positive note. Each positive response will be awarded with 1 mark and the negative one with a zero. The number obtained henceforth will be your raw score. Now, check for the raw score obtained from the table given below and interpret a rough sketch of your relationship-

RAW SCORE	INTERPRETATION
0 - 4	The child may be experiencing significant challenges in their relationship with their parents. There could be a high level of dissatisfaction or unmet emotional needs.
5 - 8	The child might be facing moderate issues with communication or emotional support from their parents. Improvements in understanding or care could enhance the relationship
9 - 12	The child has a balanced relationship with their parents. There are both positive aspects and areas that could benefit from attention.
13 - 16	The relationship with the parents is generally healthy and supportive, though there may still be minor areas for growth or improvement
17 - 20	The child has a very positive and supportive relationship with their parents, feeling well-understood, loved, and respected. The bond is likely strong and nurturing.

Sentence Completion Test
Parent-child behaviour from the Parent's perspective:

1. I feel proud of my child when they...
2. I get frustrated when my child...
3. I try to show my love for my child by...
4. I worry the most about my child when they...
5. I feel connected to my child when we...
6. I feel my child doesn't listen to me when I say...
7. I wish my child would understand that I...
8. I feel happiest when my child...
9. I get upset when my child refuses to...
10. I feel responsible for teaching my child about...
11. I feel closest to my child when we talk about...
12. I wish my child would spend more time on...
13. I think my child is growing up too fast when they...
14. I feel distant from my child when they...
15. I want to support my child's dreams by...
16. I feel disappointed when my child...
17. I hope my child always remembers to...
18. I feel like a good parent when I...
19. I believe my child needs to work harder at...
20. I wish I could communicate better with my child about...

Scoring :

Count the number of responses that have been ended with a positive note. Each positive response will be awarded with 1 mark and the negative one with a zero. The number obtained henceforth will be your raw score. Now, check for the raw score obtained from the table given below and interpret a rough sketch of your relationship-

RAW SCORE	INTERPRETATION
0	Very difficult or negative relationship. The parent likely feels disconnected and struggles with their child on most fronts. This could indicate serious challenges that might require external support or intervention.
1-5	Strained relationship. The parent frequently experiences frustration, disappointment, and distance. There may be significant communication or behavioural challenges between the parent and child.
6-10	Mixed relationship. The parent experiences both positive feelings and frustrations in dealing with their child. There may be challenges in communication or expectations.
11-15	Mostly positive relationship. The parent feels connected and proud of their child, but there might be occasional moments of frustration or unmet expectations.
16 - 20	Strongly positive parent-child relationship. The parent feels a high level of connection, pride, and support towards their child. Communication and understanding between them are healthy and fulfilling.

A FIERY FRIENDSHIP DEFIES THE ODDS. IN A WORLD WHERE FIRE AND WATER ARE CONSIDERED OPPOSITES, A YOUNG FLAME MEETS A CURIOUS WATER SPRITE. DESPITE SOCIETAL EXPECTATIONS, THEY FIND SOLACE AND COMPANIONSHIP IN EACH OTHER, PROVING THAT LOVE CAN TRANSCEND EVEN THE MOST ELEMENTAL DIFFERENCES.


A FIERY SPARK IN A WATERY WORLD: THE SCENE SHOWS A WATER SPRITE AND A FIERY YOUNG WOMAN NAVIGATE A BUSTLING CITY FILLED WITH ELEMENTAL BEINGS. DESPITE THEIR OPPOSING NATURES, THEY FIND A CONNECTION THAT DEFIES SOCIETAL EXPECTATIONS, PROVING THAT LOVE CAN OVERCOME EVEN THE MOST ELEMENTAL DIFFERENCES.

A FIERY CONNECTION DEFYING THE ELEMENTS. THE IMAGE DEPICTS A STRIKING CONTRAST BETWEEN A VIBRANT, FIERY CHARACTER AND A COOL, WATERY ONE. THEIR OPPOSING NATURE SYMBOLISES THE CHALLENGES THEY FACE IN THE SOCIETY THAT MAY NOT ACCEPT THEIR UNCONVENTIONAL RELATIONSHIP. YET THEIR EXPRESSIONS CONVEY A DEEP CONNECTION AND A LOVE THAT TRANSCENDS THESE DIFFERENCES.
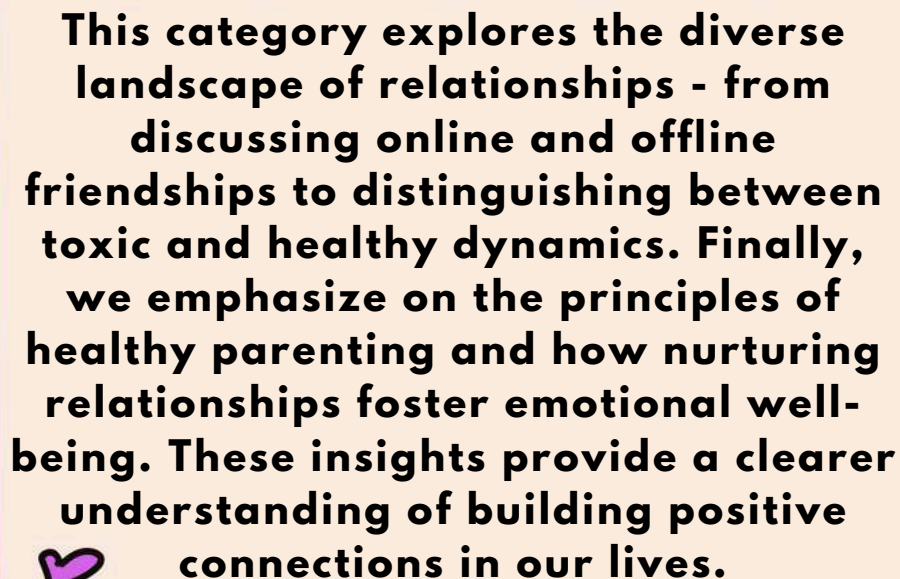

A CINEMATIC MOMENT OF CONNECTION: THE IMAGE SHOWS A GROUP OF ELEMENTAL BEINGS, INCLUDING A WATER SPRITE AND A FIERY YOUNG WOMAN, ENJOYING A MOVIE TOGETHER. THEIR PRESENCE IN THE SAME THEATRE SYMBOLISES A GROWING ACCEPTANCE OF THEIR UNCONVENTIONAL RELATIONSHIP, AS THEY FIND COMMON GROUND AND SHARED EXPERIENCES IN A WORLD THAT MAY NOT UNDERSTAND THEIR LOVE.
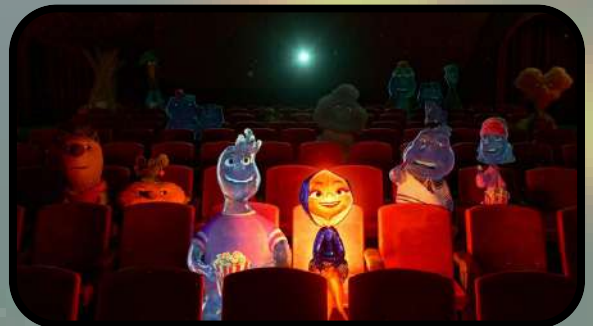
ELEMENTAL

CATEGORY

11-12

This category explores the diverse landscape of relationships - from discussing online and offline friendships to distinguishing between toxic and healthy dynamics. Finally, we emphasize on the principles of healthy parenting and how nurturing relationships foster emotional well-being. These insights provide a clearer understanding of building positive connections in our lives.

Types of friendships

Healthy

Healthy friendships are built on a foundation of trust, respect, and mutual support. These friendships involve equal effort from both sides, open communication and a willingness to listen. There is a sense of understanding and compassion that helps them overcome conflicts with maturity.

Healthy friends show genuine concern for each other's well-being. They are dependable, respect boundaries and encourage each other's growth.

F. R. I. E. N. D. S

How I met your mother

New Girl

The Big Bang Theory

Offline

Offline friendships develop through direct, in-person interactions. These friendships often grow stronger overtime through shared experiences and the ability to physically be there for one another. Also, face-to-face conversations allow for deeper emotional connections. Offline friends can meet up, engage in different activities and experience things together in real-time. There is also a sense of reliability in knowing that you can reach out and meet the person whenever needed.

Toxic

Toxic friendships are often characterized by an imbalance of power where one person controls or manipulates the other. These relations can be filled with jealousy, competition, dishonesty and may make you feel inferior or undermine your confidence in subtle ways.
There's often lack of respect and empathy. Conflicts are rarely resolved, as one refuses to take responsibility for their actions. Trust is broken leading to feelings of frustration and emotional drain for the person on the receiving end.

Mean Girls

The Devil wears Prada

Riverdale

13 going on 30

Online

Online friendships form through digital platforms, such as social media, gaming communities or messaging apps. They offer the advantage of connecting with people from diverse backgrounds and regions. Online friendships often focus on shared interests like hobbies or opinions rather than proximity.
But miscommunication can sometimes arise due to the lack of face-to-face interactions and maintaining trust can be harder in a virtual space.

Types of friends in a social circle

In a typical friends group, different personalities often emerge, creating a fun and dynamic balance. Here's a breakdown of common types of friends we might find in a group:

1. **The Mother-Like Friend**: Nurturing, protective, and always making sure everyone is okay. They often take on the role of giving advice or solving problems.

2. **The Savage:** Known for their brutally honest and often humorous remarks. They don't sugarcoat things and while their honesty might sting, it's always good fun.

3. **The Fashion Icon**: Always looking stylish and effortlessly put together. The one everyone goes to for fashion advice or outfit approval.

4. **The Studious One**: The friend who's always focused on their studies, planning ahead, and usually the most responsible. Often found helping others with homework or sharing notes.

5. **The Sweet One**: Kind-hearted, caring, and always has something nice to say. They're often the peacemaker and bring warmth to the group.

6. **The Foodie:** Always talking about food, knows the best places to eat and is constantly down for trying new dishes. Often the one suggesting where to grab a bite.

HEALTHY PARENTING

Healthy parenting involves being compassionate ,responsive, and consistent while providing support and guidance to children it can help children develop into well-behaved, independent, ,and self reliant individuals who are less likely to experience anxiety depression ,and other issues
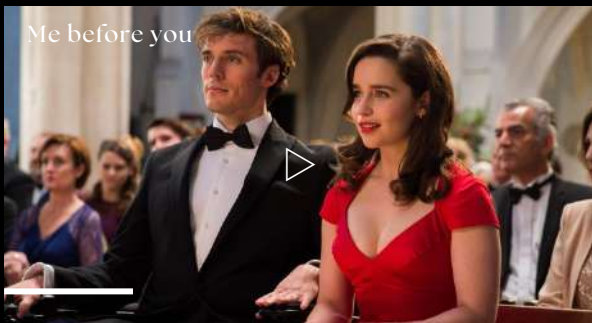
500 days of summer

· Heartfelt   · Suspense   · Melodrama

· Play   more info

Continue watching...

Me before you

The Notebook

Your list...

Crazy Rich Asians
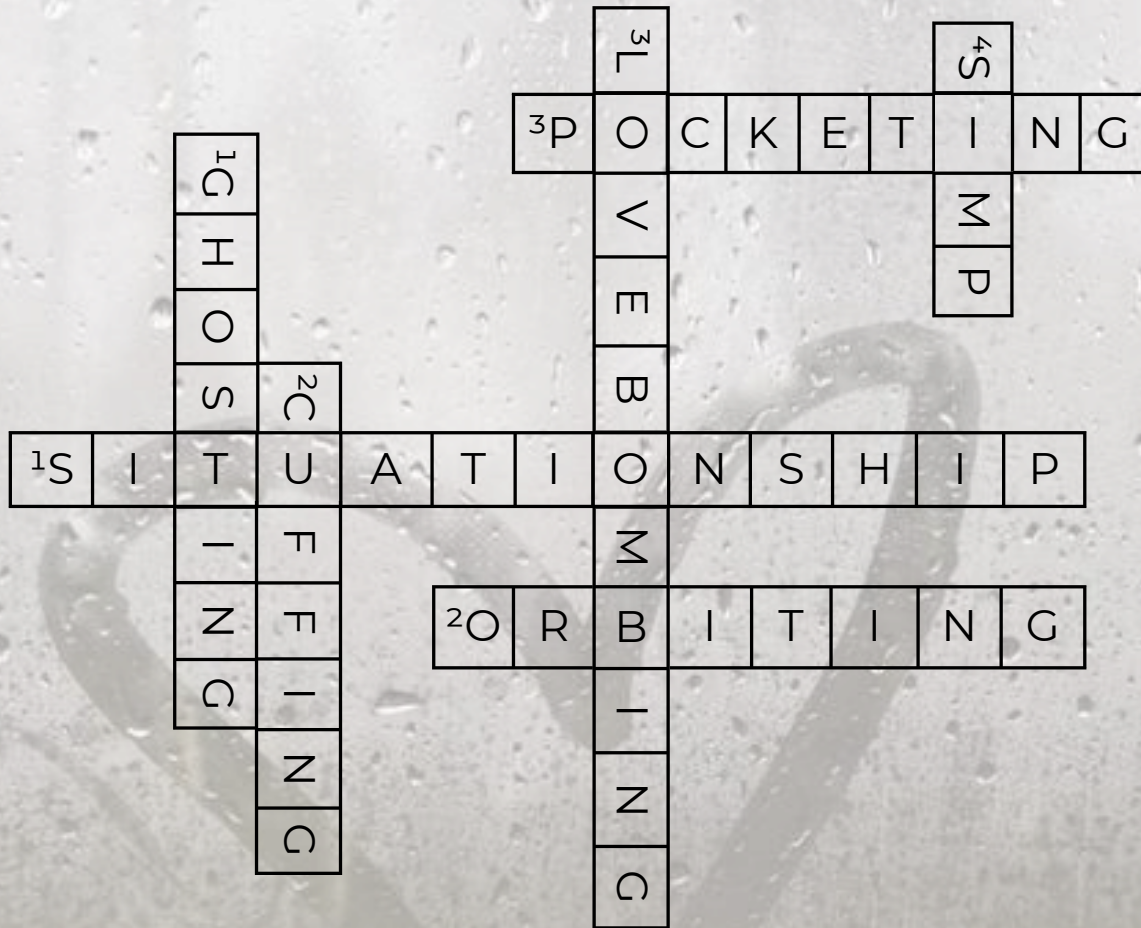
La la land

How to lose a guy in 10 days

The Vow

Popular picks...

NETFLIX

Modern Relationship Terms

Across
1. An Undefined relationship.
2. Interacting online but cutting them off in real life.
3. The act of keeping a partner hidden from family and friends.

Down
1. Abruptly ending communication with someone without explanation.
2. To get into a relationship.
3. Act of giving someone excessive compliments, attention, or affection to eventually control them.
4. Someone who goes above and beyond to impress their crush.

CREATE A CALM CORNER

SET UP A DESIGNATED AREA FOR YOUR CHILD TO RELAX WHEN FEELING OVERWHELMED.

BENEFIT: PROVIDES A SAFE SPACE FOR EMOTIONAL REGULATION.

POSITIVE REINFORCEMENT

REWARD POSITIVE BEHAVIOUR WITH PRAISE, STICKERS OR SMALL REWARDS.

BENEFIT: ENCOURAGES POSITIVE ACTIONS AND BUILDS SELF ESTEEM.

SPECIAL NEEDS

IMPLEMENT JOINT ATTENTION ACTIVITIES

ENGAGE IN SHARED ACTIVITIES LIKE READING, PLAYING A BOARD GAME OR BUILDING SOMETHING TO PROMOTE EYE CONTACT AND SOCIAL INTERACTIONS.

BENEFIT : THESE ACTIVITIES HELP CHILDREN WITH SOCIAL CHALLENGES DEVELOP JOINT ATTENTION SKILLS, A KEY TO FORM STRONG RELATIONSHIPS.

PROMOTE INDEPENDENCE THROUGH DAILY TASKS

GRADUALLY TEACH YOUR CHILD TO HELP WITH DAILY TASKS, LIKE SETTING THE TABLE OR FOLDING LAUNDRY. BREAK TASKS INTO SMALL AND EASY STEPS.

BENEFIT: THESE ACTIVITIES HELP CHILDREN WITH SOCIAL CHALLENGES DEVELOP JOINT ATTENTION SKILLS, KEY TO FORMING STRONG RELATIONSHIPS.

PRACTICE 'SENSORY BREAKS'
INCLUDE SENSORY BREAKS THROUGHOUT THE DAY WITH ACTIVITIES LIKE USING A WEIGHTED BLANKET OR PLAYING WITH SENSORY TOYS TO MEET THE CHILD'S NEED.
BENEFIT: THESE BREAKS HELP REGULATE EMOTIONS AND PREVENT SENSORY OVERLOAD, IMPROVING THE CHILD'S FOCUS ON EMOTIONAL STABILITY.

VISUAL SCHEDULES AND TIMERS
USE A VISUAL SCHEDULE WITH PICTURES AND A TIMER TO OUTLINE DAILY ACTIVITIES.
BENEFIT: HELP CHILDREN UNDERSTAND ROUTINES AND REDUCES ANXIETY.

TASK ANALYSIS
BREAKING DOWN COMPLEX TASKS INTO SMALLER, MANAGEABLE STEPS TO MAKE IT EASIER FOR THE CHILD TO COMPLETE.
BENEFIT: BUILDS THE CONFIDENCE OF CHILD AND INDEPENDENCE BY MAKING CHALLENGING TASKS ACHIEVABLE.

SCHEDULED BREAKS
ALLOWING REGULAR BREAKS DURING ACTIVITIES TO HELP CHILDREN RECHARGE AND MANAGE THEIR ENERGY.
BENEFIT: REDUCES OVERSTIMULATION, PREVENTS MELTDOWNS AND HELP CHILDREN STAY FOCUSED FOR LONGER TIME PERIODS.

Teachers

Social media has made us connect with our friends from school time. Also with facebook and instagram we are now in touch with our friends, who have been with us since school and in college. Otherwise we don't get enough time to meet and greet each other because many of them are outside Delhi. So this has brought us together back again, maintaining a balance is pretty difficult because it is very addictive but with us in teaching we don't get a lot of time because every day we are making new papers and checking answer sheets so it's pretty difficult to balance it all
~ Anjali Chibber Ma'am

मैं सोशल मीडिया पर नहीं हूँ और वहां का दिखावटीपन मुझे नहीं भाता। मेरे सिर्फ ५ दोस्त हैं, और मैं उनकी दोस्ती को मजबूत बनाने पर ध्यान देता हूँ। आजकल सोशल मीडिया रिश्ते 'गिव-ऐंड-टेक' बन चुके हैं। मैं मिलने को मैसेजिंग से बेहतर मानता हूँ, क्योंकि आवाज़ से इमोशंस और माहौल का अंदाजा लगता है। सोशल मीडिया की बातचीत जल्दी खत्म हो जाती है।
~KK Sir

Work-life balance, it's like a myth to be honest, that when someone says that 'oh, my life is really balanced!' it is actually not. It's not just the work that you do or just the friends you have, you have many other things to cater to. And for me personally, there are other things as well, like I have my own academies, baigame and everything.So, balancing life with work, it's a task to do so. And we are all struggling with it. And I think the struggle would continue for a long, long time until I stop working!
~ Ankita Chaudhary Ma'am

In this fast paced world, how have you maintained your work life balance? And how have your relationships and friendships changed?

It's all a question of knowing where your priorities are and to be able to give more attention to the things which are more important at that particular point of your life than of things which are not that important at that point of time. So for me, I just make a mental note of things which require immediate attention and sort them out first and then I go to my friends or, take care of my social life.
~ Trinu Jain Ma'am

Work life balance is very necessary so we have to limit the use of social media. I have designated a specific time for social media that is I have set boundaries between when I should spend time on social media and personal activties. The other things is that self care is very important. We can nurture our relationships with our family and friends by personal interactions, so basis is that we have to focus on our life connection.
~ Sangeeta Kamal Ma'am

As per me, there is hardly any occupation today, especially in developing countries like India, where there is work life balance. To tackle the eshaustion due to this, Personal relationships are very important, be it with your friends, family, parents. Family is the first step where you connect with each other, only then such kind of problems can be eradicated. And if we achieve this, then I think the total mental health issue that everybody faces today in one way or the other can be solved.
~Barnali Das Paul Ma'am

Social media याने समाज नागरिक शास्त्र अधिक हो गया है, विभक्त हो चुका है समाज। सब कुछ ऑनलाइन हो गया है जिससे समाज और सामाजिकता के अन्य आयाम जेसे लोगों का मिलना जुलना लगभग ख़त्म सा हो चला है। दूसरा ये कि social media कुछ मंचों पर अर्थ याने पैसे का जरिया बन चुका है, ऐसे में लोग इंस्टाग्राम, Facebook व अन्य फ्लैटफॉर्म पर ख़ुद को व्यस्त रखते हैं । तीसरा सबसे बड़ा जो असर पड़ा है रिश्तों पर वो है औपरिकताएं बढ़ी हैं रिश्तों में, भावनाएं और जज़्बात तो बस शब्द भर रह गए हैं लेकिन सिक्के के दो पहलू होते हैं तो अपवाद यह है कि कुछ रिश्ते हुए ही हैं revive social media की वजह से,वो अलग बात है कि maintain कौन कितना कर पा रहा है रिश्ते.. बात वही आ जाती है कि " सोसाइटी मीडिया हो गया है कि मीडिया ही social नहीं रहा।
~ Rajesh Tiwari Sir

As a parent of today's generation that these people are very connected through social media... but at the same time they have become very comfortable in having online friendships and online relationships. If I talk about myself as an educator, as a professional it is very fun especially as a woman! I look at recipes online and there is a lot of content to keep you entertained but at the same time I do realize that I spend more time than I should be on social media.
~ Kanika Abluwalia Ma'am

Parents

"At the get go, I'd like to point out that discipline is not contrary to affection. I push a disciplined aproach because I'm affectionate enough to choose the unpopular path if the situation so warrants. That said, finding the right balance is important to me. One needs to be flexible and accomodating as well i.e. accommodate if it was a particularly trying day. I feel that discipline is best implemented when the need for it is felt from within, as opposed to something imposed. So I try my best not to get into a pattern of repetitive reminders. Finally, I've found that appreciation of self imposed discipline, works best in the long run."

— Oasis Bera

"I try to spend time with kids to talk or for activities, listen to them, praise when they do good and try to be stern if they do not behave properly. Be there for them whenever they need. Also try to teach values to them by following the same myself."

— Binita

"I keep him updated with fact and impact of every action he takes. We talk to understand his knowledge and understanding. I not only hear him, I listen to him closely so that I am aware of what all he is adopting from his surroundings. And at certain occasions I share the example of ours and others. Certain rules have been made, but we don't impose them. We have created the atmosphere so that he inculcate in his habit. And most importantly, we ourselves have to be in limits and discipline."

— Raina Chaubey

As a parent, I prioritise open communication and lead by example to ensure a balance between discipline and affection. I set clear boundaries while being patient and understanding, encouraging growth and independence. My focus is on nurturing emotional well-being, providing both guidance and love, so my child feels supported yet learns responsibility.

— Sapna Nagpal

What strategies do you use to ensure a healthy balance between discipline and affection in your parenting?

"Children are taught to divide the day. Schooling, playing and homework. Weekly activities, sports, cycling and at times movies at home. This helps in maintaining a perfect balance... Children are taught to be self made like arranging their books, school bag, water bottle etc. They feel self confident and remain busy this reducing screen time..."

— Ravi Chandran

"Communication is the key to a good parenting. I have always been open to my kids and welcome any kind of discussion with them, be it studies, friendship or adolescent issues. I listen to them without judging them. And another important thing that I have always been conscious of is my actions, reactions and speech in front of my children. Always trying to Walk the Talk. They learn and follow. And above all, a loving and joyful atmosphere is the richest nourishment that parents can give to their children".

—Roli Dubey

I encourage talks with my son and try to actively take part in his life as well as give him space to thrive and grow as an individual. I pray with him and talk firmly.

— Naisha Das

I prioritize open and non-judgmental communication with my daughter, actively listening to her thoughts and feelings without criticism. I strive to create a safe, supportive, and nurturing environment where she feels valued, respected, and encouraged to express herself. I try to spend quality time with her, like engaging in activities which builds trusts and makes our relationship strong.

— Arshiya Svesht

Ayra, Saloni, Lipika, Vaanya, Monalika, Anishka, Preeti, Yuana, Snigdha

Aarushi, Grisha, Vanshika, Dikshita, Devika

Sanya, Aaliya, Anshika, Gunpreet, Yashika, Srishti, Aanya, Punya, Dhaani, Yana, Chukrin,
Kritika, Samonwita, Drisana, Rounak, Manisha, Aaira, Shatakshi, Rishabh, Neelesh,
Adeeb, Muskan, Hansika, Vasundhra, Diya, Bushra