

**THE BI-ANNUAL MAGAZINE OF "UDAAN"  
THE MOTIVATIONAL SOCIETY**



**ADHVAN**

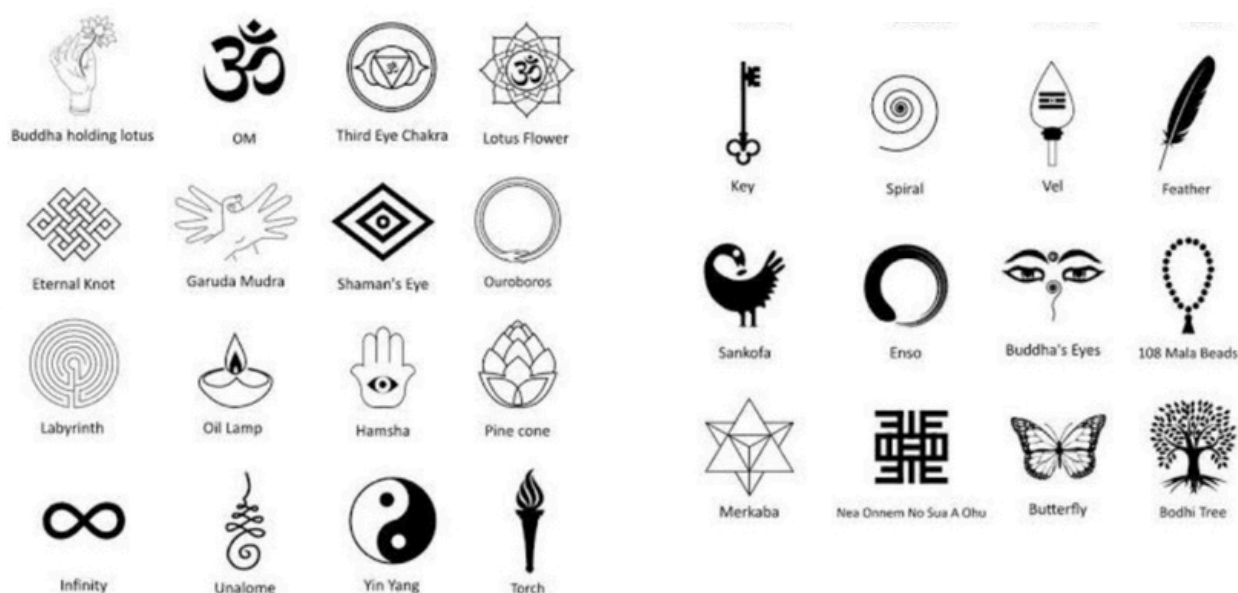
**A JOURNEY TOWARDS BLISS 1**



# Find the **Hidden** Symbols Challenge

UDAAN Magazine invites you to an exciting quest!

Hidden throughout this magazine are meaningful symbols from the list given below, each representing profound ideas and values. Discover any 10 of them and get featured on our UDAAN Instagram account!



## How to Participate?

1. Carefully explore every page of this magazine to find the any 10 symbols.
2. Tag us in your Instagram story with the symbols you find.
3. Find all 10 symbols to win a special shoutout on our Instagram page!

Let the **hunt** begin!

Follow us on Instagram [@udaan\\_hansraj\\_college](https://www.instagram.com/udaan_hansraj_college) and share your story today!





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# ABOUT HANSRAJ

**HANSRAJ COLLEGE: WHERE DREAMS ARE BORN,  
NURTURED, AND TURNED INTO REALITY**

Welcome to Hansraj College, a Legacy in Education nestled in the vibrant heart of Delhi, Hansraj College stands as a symbol of excellence, innovation, and inspiration. Known as one of Delhi University's crown jewels, Hansraj isn't just a college—it's an experience! With a history as rich as its campus culture, Hansraj College has been shaping minds and changing lives since its establishment on July 26, 1948.

Hansraj College began its journey under the visionary guidance of the D.A.V. College Managing Committee, with principles inspired by Maharshi Dayanand and Mahatma Hansraj, champions of education and social reform. Maharshi Dayanand's philosophy challenged casteism, superstition, and inequality, while Mahatma Hansraj devoted his life to creating spaces where education could flourish alongside values of equity and compassion.

Hansraj is the alma mater of some of the brightest stars, from the corridors of power to the world of entertainment. Picture this—Shah Rukh Khan, Anurag Kashyap, Rannvijay Singha, and IAS stalwarts like Deepak Aggarwal and Sanjeev Kumar all walked these very halls! A special wall of fame on campus proudly celebrates their accomplishments, inspiring generations of students to dream big.

Spread across 15 lush acres, Hansraj is more than just academics—it's a lifestyle. Boasting 61 state-of-the-art classrooms, 2 spacious auditoriums, and a sprawling ground with facilities for football, basketball, badminton, and more, the campus thrives with activity. Want a dose of spirituality? The Yagyashala is your spot. Need a place to crash? The hostels have you covered. Science enthusiasts? The laboratories are equipped to fuel your curiosity.

Hansraj believes in creating well-rounded individuals. With over 60 societies, ranging from cultural to dance and debate, students here don't just learn; they thrive. Whether you want to join the literary society, rock the stage in a dance crew, or advocate for sustainability, Hansraj has a place for you.

Hansraj takes pride in supporting deserving students with scholarships and empowering them with placement opportunities. It's not just about getting a degree; it's about building a future.

As Hansraj celebrates its 77th year, it continues to uphold its reputation as a beacon of excellence. The college has not only nurtured students to achieve greatness but has also contributed to building a society grounded in knowledge, equality, and integrity.

From its illustrious history to its modern infrastructure, Hansraj College is not just an institution; it's a thriving legacy. Whether you're a student, alumnus, or visitor, Hansraj offers an unforgettable journey of growth, learning, and lifelong memories.





# ABOUT UDAAN

UDAAN is one of the prestigious registered societies of Hansraj College, University of Delhi, it has created a positive and empowering atmosphere for its members and the college community. The society strives to foster a nurturing and supportive environment where individuals are motivated to explore their potential and achieve their personal and professional goals. With the inspiring motto, “Hausla hai to UDAAN bhi hogi” (If there is courage, there will be flight), UDAAN aims to ignite resilience and self-confidence among students. It envisions holistic development by offering a platform to engage in meaningful activities that enhance skills, broaden perspectives, and encourage a sense of responsibility.

UDAAN is more than just a society—it’s a family, a home where individuals come together to support and uplift one another. Through every challenge, whether it’s hard work, setbacks, or obstacles, the UDAAN team stands united, bound by love, unity, and a shared dream of creating a better world. With unwavering dedication, UDAAN strives to foster growth, not just among its members but also within the larger community, inspiring and motivating people through its thoughtfully designed events. At UDAAN, you'll encounter all kinds of personalities—introverts, extroverts, and even ambiverts. But here's the beauty of it: the lines between these labels blur. UDAAN creates a space where differences dissolve, connections thrive, and everyone finds a sense of belonging. It's a vibrant, inclusive community that celebrates individuality while fostering meaningful bonds.

UDAAN, as the Motivational Society of Hansraj, champions the spirit of optimism, perseverance, and self-growth. Through initiatives like speaker sessions, open mics, interactive workshops, and engaging events, it creates opportunities for students to share ideas, overcome challenges, and UDAAN’s dynamic and inclusive approach ensures that every student feels empowered to take flight. Whether through leadership opportunities, personal growth workshops, or unique initiatives like promoting societal awareness with hampers or creative reels, the society continuously redefines how motivation is practiced and celebrated. It is a shining beacon of encouragement, motivation, and excellence within the Hansraj College community, proving that with courage, no dream is out of reach.



# NOTE FROM THE PRINCIPAL



## PROF. (DR.) RAMA

Dear Readers,

With immense admiration I would like to convey that witnessing the dedication and resourcefulness of our student community in bringing forth the inaugural edition of ADHVAN, the bi-annual magazine of UDAAN – The Motivational Society of Hansraj College allocates a sense of pride. This magazine is a step towards a more holistic environment capturing all edges of youth, as it opens a multitudinal discourse about pivotal agendas - mental health, inspiration and motivation.

A distinctive theme is introduced through ADHVAN, which overcomes the barriers of traditional academic notions, fostering a space for introspection, creativity, and personal growth. It redefines the pre existing theories and boundaries of education which seem like they are confined to textbooks and grades, and encourages young minds to engage deeply with their emotions, thoughts, and the world around them. This magazine imparts a symbolic importance of comprehensive growth and multifaceted development, expressing that self introspection is crucial for sustaining the knowledge one holds. Learning is not confined, it's about self - awareness and resilience too.

Acknowledging the deep endeavors of our students, and respective faculty involved who have worked tirelessly to make this vision a reality, I express my appreciation for each and every member. Also I highly appreciate the guidance and support provided by the convenor that have been invaluable in shaping this initiative.

I sincerely hope that Adhvan becomes a source of inspiration and thoughtful introspection for every reader, sparking meaningful conversations and self-discovery. My heartfelt congratulations to the dedicated UDAAN team and convenor, whose unwavering commitment and hard work have brought this magazine to life so successfully.

With Best Regards,  
Prof. (Dr.) Rama  
Principal, Hansraj College



# NOTE FROM THE VICE PRINCIPAL



## PROF. (DR.) VIJAYRANI RAJPAL

Dear Readers,

It is a pleasure to witness the diligence and endeavors of the students of UDAAN – The Motivational Society of Hansraj College – in achieving remarkable milestones throughout the year. I am deeply honored to be part of the launch of the inaugural edition of ADHVAN: Journey Towards Bliss, the bi-annual magazine of UDAAN. It is impressive that this magazine deals with mental health care, a crucial yet often overlooked aspect of student life.

This year's theme, Beyond Grades and Classroom, serves as an important reminder that education is not just about marks and academic achievements but also about personal growth, resilience, and emotional well-being. Your marks do not define your personality—your learning does. Even studying a single biological cell can offer profound insights into discipline and dedication, teaching you how to incorporate these values into your life. It is this understanding and growth that truly matters.

In today's fast-paced world, students often find themselves under immense pressure, striving for excellence while neglecting their mental health. However, true success is not just about grades—it is about self-awareness, creativity, and the ability to navigate life's challenges with confidence. Our institution is committed to foster an environment where students feel supported not just in their studies but also in their journey toward holistic well-being.

I would like to convey a heartfelt appreciation for the faculty involved and the convenor Vikas Singh for his guidance and immense support. I extend my appreciation to team UDAAN and other contributors for their dedication in bringing this vision to life.

I wish this magazine serves as a beacon of encouragement, reminding every student that their worth goes far beyond any report card. Wishing you all a journey filled with growth, resilience, and inner peace.

Best Regards,

Prof (Dr.) Vijay Rani Rajpal

Vice Principal, Hansraj College

# CONVENOR'S MESSAGE



**MR. VIKASH SINGH**

With profound pride and heartfelt admiration, I extend my heartfelt appreciation to the entire UDAAN team for their dedication and perseverance in bringing ADHVAN to life. This magazine is more than just a collection of words; it embodies the spirit of UDAAN—fostering motivation, self-growth, and meaningful discussions beyond the conventional academic framework.

ADHVAN stands as a testament to our commitment to holistic development, bridging the gap between knowledge and introspection. It opens doors to conversations on mental health, resilience, and self-awareness—topics that are crucial for shaping well-rounded individuals. The dedication and creativity poured into this initiative reflect the passion of our team, and I am incredibly proud to witness this collective effort take shape so beautifully.

I sincerely appreciate the tireless contributions of every member involved, from writers and editors to designers and coordinators, whose commitment has made this vision a reality. Your hard work and enthusiasm continue to push UDAAN towards greater heights.

As we celebrate this milestone, I hope ADHVAN serves as an inspiration for many, igniting curiosity, introspection, and meaningful conversations.

Looking forward to many more achievements together!

With Best Wishes,

Dr. Vikas Singh

Convenor, UDAAN

Hansraj college



# PRESIDENT'S MESSAGE



## ARPIT YADAV

Dear Readers,

With immense pride and heartfelt gratitude, I extend a warm welcome to each one of you as we step forward on the path of bliss, we begin an enriching journey towards a nurtured mental space. It is an absolute honor to present ADHVAN, the inaugural edition of the bi-annual magazine of UDAAN – The Motivational Society of Hansraj College.

ADHVAN is not just another magazine, it encapsulates a deeper sense of Mental Wellbeing, profound care needed and often shunned issues that in turn emerge out as traditional taboos. This magazine embraces the essence of human behavior and emotions, it delineates an itinerary of compassion and empathy to establish a good mental state. I wholeheartedly acknowledge the dedication and persistent efforts of everyone who nurtured and grew this magazine with care till it blossomed exquisitely this spring. I feel truly grateful for the immense hard work weaved into the pages of ADHVAN.

I extend my heartfelt gratitude to Vikas Singh Sir the convenor of UDAAN, for his invaluable guidance and support throughout the course of this magazine. His wisdom and leadership has been instrumental in shaping this publication.

To the Editorial Team - your passion, dedication and inundated creative endeavors curated a magical experience for our readers. You have breathed life into nothing more than a vision, an idea—presenting it with such ethereal grace, creating an impact far beyond words. I am deeply appreciative of your constant efforts.

Lastly, I am grateful to the entire Team of UDAAN and all its members for being my family and upholding the very essence of our society's motto with unwavering hardwork—elevating it to great heights and continuing to soar even higher. Your enthusiasm and passion for UDAAN are the driving force behind our success.

So, dear readers, as you turn the pages of ADHVAN, I hope you step into a realm where radiant, uplifting thoughts take root—guiding you toward a nurtured, serene mental space. May these words weave a gentle smile upon your face, for that has always been the heart and soul of our efforts.

Warm regards,

Arpit Yadav

President

UDAAN-The Motivational Society of Hansraj College



# EDITORIAL DESK

Welcome to the first edition of **ADHVAN – A Journey Towards Bliss!**

This magazine explores mental aspirations, emotional stability, and inspiration. A culmination of creativity and passion, ADHVAN symbolizes learning beyond textbooks—through experiences, relationships, and self-discovery. More than a magazine, it reflects UDAAN's values—promoting mental health, motivation, and well-being.

This edition's theme, "**Beyond the Classroom**," highlights that real learning happens outside textbooks—through experiences, relationships, and introspection. We provide insights on coping mechanisms, self-discovery, and creative expression, fostering empowerment.

As the editorial team, we are thrilled to present this space for reflection and growth. **ADHVAN embodies UDAAN's spirit, encouraging exploration and evolution.** Our team's dedication shines through every page, making this magazine possible.

ADHVAN is a platform for sharing stories, struggles, and triumphs. Learning is about discovering ourselves and our place in the world.

To empower the core motto behind this magazine we would like to convey that your voice matters—share your feedback to help shape future editions. Let's continue this journey together, inspiring and growing beyond the classroom.



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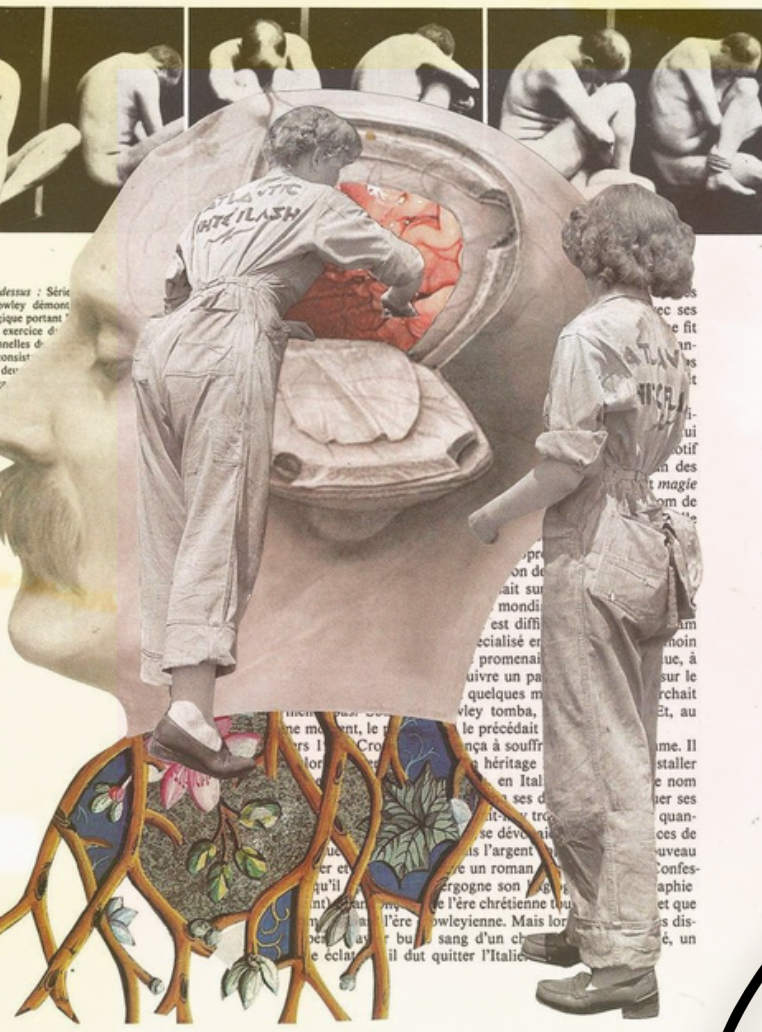
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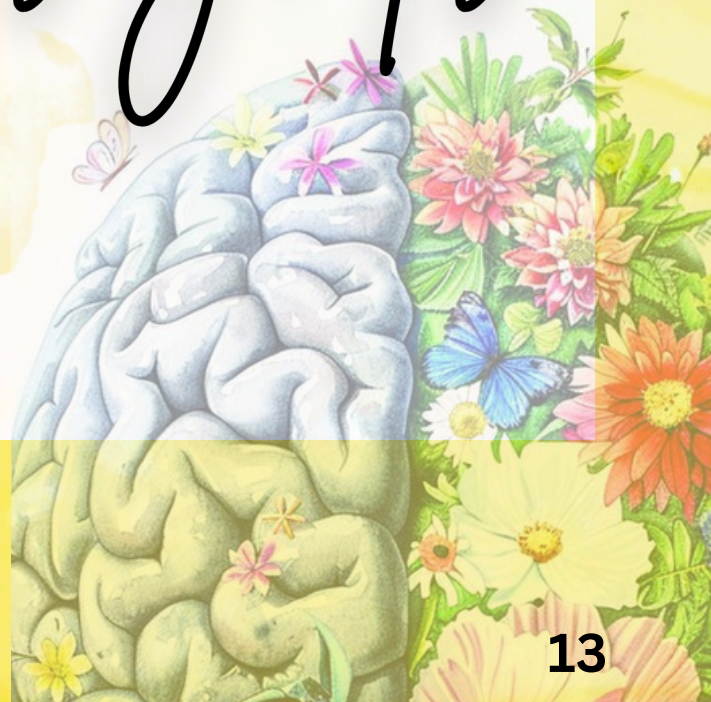
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# Expert Insights





# Beyond the Classroom

## Exclusive Interview on "Mental Well-being in Academic Spaces" With

Rachel Alice



A psychologist who has worked extensively with adults and adolescents. With 5 years of experience in both clinical and educational settings, Rachel has helped students navigate anxiety, stress, and emotional well-being.

In this conversation, she shares her thoughts on perfectionism, unhealthy coping mechanisms, the impact of digital overload, and the importance of emotional awareness.

**Question: Students often struggle to balance their academics, extracurricular activities, and personal life. For students who take on multiple responsibilities and have perfectionist tendencies, what strategies or habits would you recommend to help them avoid burnout?**

**Rachel:** *"We are in one of the best colleges in India, where toppers keep coming in, and they have been conditioned to think that whatever they do must be perfect. But perfection is subjective. What one person considers perfect may still be lacking for another.*

*I believe students should create a balance. There is a lot of promotion of hustle culture in our society, but in the long run, it is very unhealthy. As a psychologist, I do not encourage it because it can lead to burnout—not just physical exhaustion, but emotional burnout as well. Eventually, it can even lead to an existential crisis where students start questioning, Why are we even doing this?*

*In their early 20s, students naturally want to explore everything in life, and they should, as much as their resources allow. However, they must also take care of themselves. Their body and mind need attention. It's not just about working tirelessly until the age of 25 or 26 and then stopping altogether."Instead of chasing perfection, students should focus on giving their best without expecting an unattainable standard. If they achieve what they aimed for, that's great. If not, it's okay—there will always be another project or opportunity. It's important to learn to let go. Many students struggle with this, but understanding where and when to let go is crucial for maintaining mental well-being."*

**Question: Stress and anxiety are common in student life, but knowing when to seek help is crucial. How can one recognize when it's time for therapy or professional support?**

**Rachel:** *"Stress and anxiety are normal and, at times, can even act as motivational factors.*

*But when they become intense to the point where a student is unable to function—like not being able to eat or sleeping too much or too little—it is a sign that professional help may be needed. Repetitive negative thought patterns, persistent guilt and self-criticism that one cannot escape from are also indicators.*

*Many clients describe feeling stuck in an endless loop of overthinking and sadness without knowing the reason. If they have tried to manage it on their own but cannot break the cycle, therapy can help. Therapy does not work like magic, but it helps individuals recognize their patterns and understand their emotions better."*



**Question: Sometimes students don't even realize they are using unhealthy coping mechanisms. Apart from binge eating, what other habits might seem normal but can actually be unhealthy?**

**Rachel:** "Some common unhealthy habits include:

- Not eating at all as a response to stress
- Excessive use of social media
- Porn addiction
- Substance abuse
- Over-exercising – Yes, even gymming can become an unhealthy coping mechanism when done excessively.
- Gymming, for example, releases happy hormones, making people feel good. And I encourage it. But if someone uses gymming to escape responsibilities, neglect other aspects of life, or push their body beyond healthy limits, then it becomes a problem."

**Question : It's common for Gen Z to use psychological and medical terms like ADHD, OCD, or gaslighting casually. Do you think this affects their mindset or trivializes real mental health issues?**

**Rachel:** "It does trivialize real mental health issues, and it can be disrespectful to those genuinely struggling with these conditions. However, I also understand where it comes from.

For a long time, we had a very limited vocabulary to express mental health struggles. In Hindi, for example, there isn't a direct word for anxiety. So, when people use psychological terms casually, they may be doing it because they feel they don't have the right words to express their emotions. Instead of dismissing them for using terms like ADHD or OCD incorrectly, I think it's more important to understand what they are trying to express. However, we should also work towards spreading awareness about these terms and using them responsibly."

**Question: Our magazine focuses on the theme "Beyond the Classroom"—the idea that marks are not everything and that learning happens outside the classroom too. What advice would you give students who struggle to believe this, especially those who feel that without good grades, they cannot succeed?**

**Rachel:** "I understand this mindset. When we are in the academic system, it feels like marks are the most important thing. And to some extent, they do matter—they look good on a resume and can open doors. But students are more than just their report cards. The world does not see a walking grade sheet. It sees a person.

Success is not just about academics. It's about personal growth, emotional intelligence, and the ability to connect with others. A person who only focuses on grades but neglects self-development may find it difficult to navigate the real world.

So yes, focus on academics, but also focus on who you are becoming as a person. That matters just as much, if not more."

**By Anushka Dhar**



*the*



**USE**

*within*



### ***“Why not?”***

you think to yourself as the guy beside you passes you the drink. But you know the answer to that question. The answer might be rooted in years of conditioning, perhaps in your understanding of what alcoholism can lead to, or maybe it's that certain strange feeling—like the one you get when you're about to confess to your crush—the feeling that something bad might happen. Whatever it is, you take the glass and look deep into it.

### ***“It's not that deep,”***

your friend says with a smile, the disco light glinting off his braces and casting green reflections on his square glasses. His teeth are tinged purple, and he smells intoxicatingly of something alluring, something desirable. He's the epitome of what you want to be. The whole room seems to vibrate with joy—dancing, drinking, laughing, not caring. What's deep about this? You want to join them. You want to be part of it all, part of what they're having, part of something bigger. You want to sing “Orgy Porgy” too. But then you look back at your glass. Is it really “not that deep”? Or is it too deep, a swirling reflection of every moral and ethical boundary you've grown up with? These rules, formed by your culture, your upbringing, the very fabric of who you are—are they shallow? You wonder if everything could have been different had you grown up somewhere else, in another time or place. The clarity you seek eludes you.

### ***To drink or not to drink?***

That is the question. You remember the glamorous scenes in movies, where people drink and laugh, cry, or sit in contemplative silence, experiencing life under the influence of this same glass. Could you have that too—life, distilled into a moment of abandon?

### ***But then, you also remember the stories.***

The cautionary tales of those who lose themselves to alcohol. You think of your friend's story, the one who spoke of his father—how he used to beat him and his mother when drunk. Those memories flood back, sharp and painful.

You sigh and take the gulp. It burns as it goes down, and you feel something—something unreal, something that might just be what you were looking for. But here's the truth: it doesn't matter what choice you make as long as it's truly yours. To give in, to abstain, to laugh, to cry, to lose yourself—make it your decision. That is how you find your voice amid the clamour of peer pressure. That is how you stay true to yourself. Because in the end, it's not the glass or the drink that defines you. It's the choices you make—the ones you can own without regret.



Time has passed really fast. I've entered the era of self-realization, yet also of self-doubt. I find myself riding a roller coaster of emotions-joy intertwined with anxiety and moments of depression. But there is no other option. People say they also faced these things, so will I. Still, I can say that I have experienced so many things, many of which were beyond the classroom. Back in school, I used to be an obedient girl focusing on academics only. My teachers used to praise me for my excellence in academics. My world only revolved around textbooks and grades, and I believed that everything worth learning came from the classroom. One day, my school announced a community service project. Students were asked to spend a weekend helping at a local shelter for underprivileged children. After seeing this notice, the first thought that struck my mind was that it would be a waste of time. But I was asked to join, so I did. That day, I got a little late coming to school. So I was scolded. I thought, ***look how your day has started. Now, the whole day will be like this.*** But you know, it isn't always true.

We arrived at the shelter. I felt something different. The air was odorless as usual, but it was different. I saw children of my age but with vastly different lives. They wore worn-out clothes and had little to call their own, yet their eyes sparkled with curiosity and joy. I was tasked with teaching basic math to a group of children. At first, I struggled. I was used to answering questions, not explaining concepts. I simplified problems, used games to teach, and laughed along with the children, I realized how much I was learning about patience, empathy, and adaptability. During a break, a girl named Meera showed me a notebook filled with drawings. Despite having no formal art training, Meera's creativity was remarkable. I was struck by how passion and talent could thrive, even without access to resources.

That evening, as I walked home, I felt a ***shift within myself***. The experience had taught me lessons that no classroom ever could: the importance of empathy, the joy of sharing knowledge, and the power of resilience in the face of challenges. From that day on, I began to see the world differently. I volunteered more often, explored my own passions beyond academics, and learned to value experiences over grades. I realized that life's greatest lessons come from stepping out of one's comfort zone and engaging with the world. Riga's story is a reminder that true education happens when we go beyond the classroom and open ourselves to the lessons life has to offer.

~ ***Sonia Bhardwaj***



*Have you ever felt like you're living someone else's life, performing on a stage created by other's expectations?*

From the moment we are born, we are surrounded by expectations- to excel in school, conform to societal norms, and achieve “milestones” that define the term “success”. All this results in a **“Mirage of Personality”** which reflects not who we are, but what others want us to be.

We all are now at such a stage of our life where we are the **“decision makers”** for our future self. What we want and aspire to be, should not be governed by just some group of “unconsolidated advisers”. We are the ones who will go through all the situations ahead and hence the vision, planning, efforts should solely be ours.

For many the mirror they look in everyday doesn't reflect their true self but a collage of societal, familial pressures. But what happens when we break free from this distorted image?

*The answer lies in introspection.*

“The practice of connecting to our thoughts and gain consciousness to decelerate our thoughts and be in peace for a moment, away from every day's hustle, is what we want”. It helps to recollect our thoughts and to recognize our flaws and helps in making us stand ready for coming events.

It becomes more important to listen to our inner voice in decisions which will dictate our future, and to get answers to questions- do I really need to do this? Am I really into the work I am doing currently either course or career, is it my choice or it's inflicted upon me by others? In all such matters go through your heart and let your inner voice guide you towards your goal and let it redefine your strengths & help you uncover the passion embedded in you and to enjoy the essence of who truly you are.

This same message was personified by the character of “**Aamir Khan**” in “**3 Idiots**” which is quite popular among youth – he was the one who realized his passion for engineering and also of his friends and told them to pursue their passion. There was also a “contrasting character” who was behind only to gain all compliments and was trying to be at top either by hook or crook. And we all know that by the end who was a real success. Amir Khan's character was one who became a “mirror” to his colleagues to follow their own heart and to take a risk of embarking a new journey and their true essence rather than juggling between expectations and fulfilling them.

We all are on same page therefore we all need to re evaluate ourselves time-to-time. For this we can indulge ourselves into “Journaling” or simply write your thoughts in any way until you reach a point where you get answers to all unanswered questions and you will eventually feel more conscious of your thoughts and what you really want.

“Building a new mirror”- to build a “new” you, learn to embrace small victories, validate yourself and also embrace your imperfections as yours truly “unique identity”. And be a mirror for someone else who needs words of assurance. Be a reflection of reminder- to listen to our own voice and a determination to grow as a person while carrying your unique-“imperfection”.

~ *Anshika Raj*



# Articles

***“Our greatest glory is not in never failing but rising up every time we fail”***

Mental health problems can affect many areas of students' lives, reducing their quality of life, academic achievement, physical health and satisfaction with the college experience and negatively impacting relationships with friends and family members. These issues can also have long-term consequences for students, affecting their future employment, earning potential and overall health. The high prevalence of depressive symptoms among high school and university students is a worrying aspect for all of us because it interferes negatively with their leading performance, academic success and increasing risk of diseases. High school and university students present significant risk factors for depression since they need to deal with academic stress on a daily basis. The rate of depression among college students is rising. In a 2021-2022 survey of students across 133 college campuses, 44% of students reported symptoms of depression and 15% reported seriously considering suicide in the past year. Children are being pushed to their limit as early as elementary school. As a result, their mental health and well-being are suffering. They often feel intense pressure to succeed while still developing necessary life skills. Students set unrealistic goals for themselves. Giving 100% at all times in all areas of life is unrealistic apart from this, parents and teachers should encourage students to focus on making the most of their experience by forging positive relationships, creating fun memories and preparing for their future careers. College students may be exposed to many situations or risks that could trigger depression.

***Himanshi***

***1st Year (BSc Honours Zoology)***

A comparison factor with their peer is fear of disappointing parents because of grades and career path, relationship breakup, sexual assault, etc. Suicide is also the leading cause of death in young people ages 20 to 24. While the factors that led to suicide are multifaceted such as not clearing any competitive exams, increasing the use of alcohol or drugs, and engaging in risky or self-destructive acts such as using drugs or driving recklessly. Students often feel that they are to blame for their mental health concerns and many young adults experience depression.

There is a need for college and high school students to be educated about depression to improve recognition and diagnosis. Parents should feel free to talk with their children about depression and also not give them unnecessary burden & pressure to push themselves beyond their limits. The government has also initiated one step to make a change in academic curriculum and made it mandatory to have a counselling class once in a week for every student. It has also set an age limit for the students to study in coaching institutes for the preparation of UPSC, NEET & any other competitive exams.

All these changes develop a significant improvement in decreasing the cases of depression and suicide among students. -

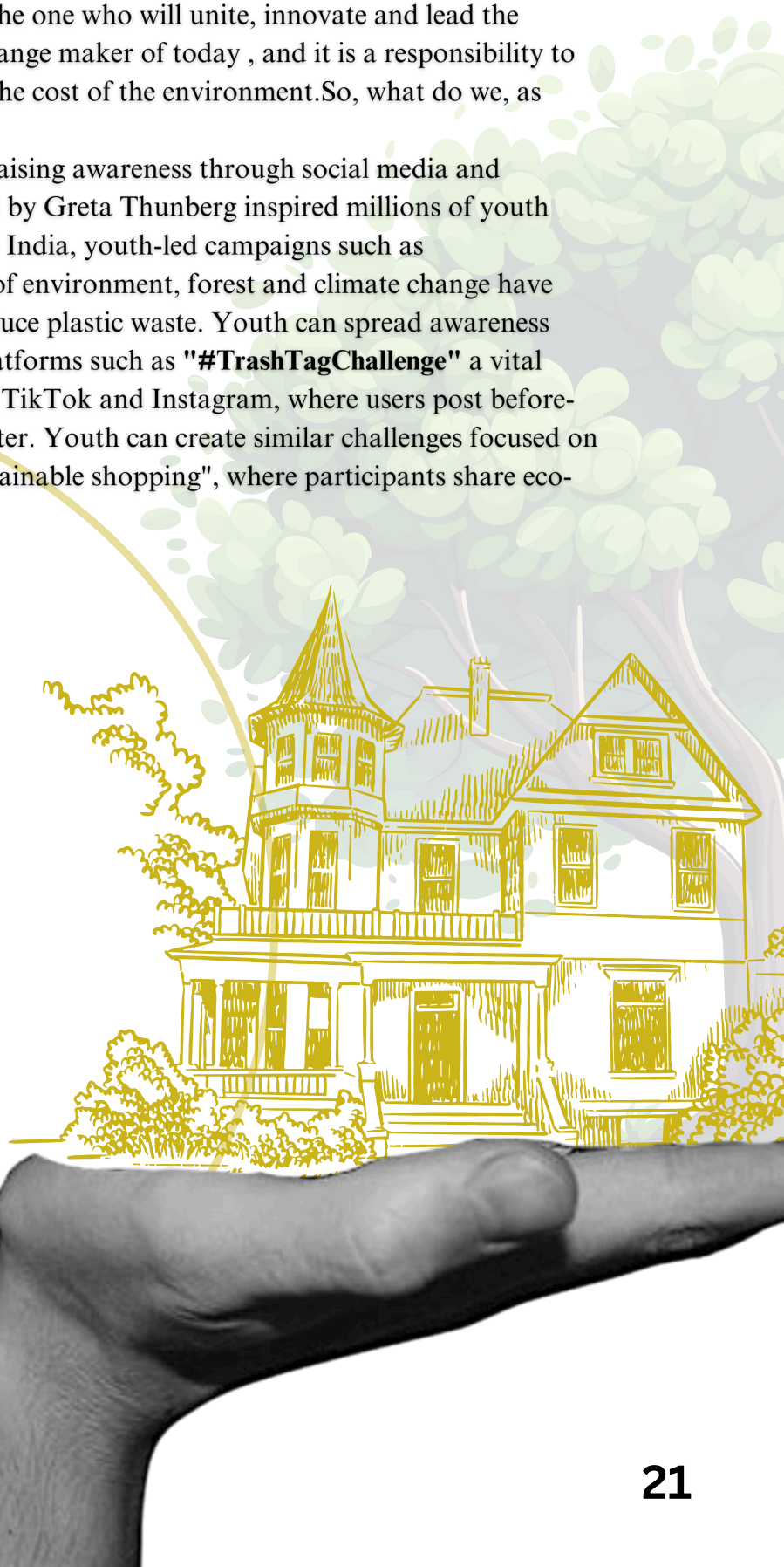



# India,

a nation progressing at an unprecedented rate. We are one of the fastest-growing economies in the world and our cities are transforming into vibrant hubs of innovation and industry. However, admitting this growth, we face a critical challenge: the environmental impact of our actions. As we aspire to be a developed nation, we must adopt a sustainable path forward and the youth of India are in a unique position to lead the challenge. We are the one who will unite, innovate and lead the nation not just as a leader of tomorrow but as a change maker of today, and it is a responsibility to ensure that India's development does not come at the cost of the environment. So, what do we, as youth, play in this vital cause?

One of the most significant role youth can play is raising awareness through social media and grassroots movements like "Friday's for future" led by Greta Thunberg inspired millions of youth worldwide to demand climate actions. Similarly, in India, youth-led campaigns such as **"#BeatPlasticPollution"** initiative by the ministry of environment, forest and climate change have begun to make a difference by urging people to reduce plastic waste. Youth can spread awareness about environmental protection through digital platforms such as **"#TrashTagChallenge"** a vital campaign that gained popularity on platforms like TikTok and Instagram, where users post before-and-after pictures of areas they cleaned up from litter. Youth can create similar challenges focused on sustainable living, like "zero-waste weeks", or "sustainable shopping", where participants share eco-friendly tips and their efforts.

To reduce waste. Youth can play a transformative role in spreading awareness about environmental concerns and programs through innovation and technology. Youth can develop eco-friendly apps and platforms like "My Waste" help users identify proper waste disposal methods, while "iRecycle" offers recycling tips and guidelines. Crowdsourcing platforms can also be used to gather ideas from a global pool of young minds. For instance, an online challenge could ask participants to develop low-cost, scalable solutions 3/4 for cleaning polluted rivers or creating sustainable environment can play a transformative role in spreading awareness about environmental concerns and programs through innovation and technology. Youth can develop eco-friendly apps and platforms like "My Waste" help users identify proper waste disposal methods, while "iRecycle" offers recycling tips and guidelines.



A large, stylized green tree with many leaves occupies the left side of the page. A hand is visible at the bottom left, holding a yellow, curly branch that extends towards the center. A thin yellow arc curves from the hand towards the text.

Crowdsourcing platforms can also be used to gather ideas from a global pool of young minds. For instance, an online challenge could ask participants to develop low-cost, scalable solutions for cleaning polluted rivers or creating sustainable packaging materials. Hackathons for Sustainability have been held worldwide, and many youths have contributed ideas for apps, systems, and technology to tackle these concerns. Smart India Hackathon 2024 is gearing up to celebrate India's brightest minds where youth creates real solutions in real time for India's day-to-day challenges. To ensure that sustainable development becomes a priority, the youth must be actively involved in the policymaking process. As you know, in India, the National Youth Parliament and various state-level youth councils give young people a platform to engage in the decision-making process. Young people should aim to become part of these advisory boards or seek election to local or national political offices where they can directly influence environmental policies and advocate for the interests of future generations. Lobbying is an essential part of the policymaking process, and youth can use this tool to push for the creation of robust environmental programs. Lobbying can be done through petitions, meeting with lawmakers, or organizing public awareness campaigns that influence decision-makers to act. By using social media, petitions, and grassroots movements, youth can make their voices heard. As young citizens, we must not only advocate for change but also actively engage in creating solutions through innovation, education, and grassroots action. The path to a developed and sustainable India requires our participation, passion, and commitment. Let us rise to the challenge and take on the responsibility of safeguarding our environment for generations to come.

*~ Nishita*  
*BA program*  
*Hansraj College 1st year*



Fourteen years, 168 months, 730 weeks, and 5,114 days—this is the span an average student dedicates to education, hoping for improved life prospects. Yet, we often forget that no one can guarantee a long life. It's a hard truth, but it's the reality of existence: no one knows their fate, though many choose to believe in it. Many average students struggle with the concept of being "average" because society has normalized this term. Being average is not inherently bad; it is perfectly acceptable to excel in some areas while being average in others. This societal obsession with perfection often leads to an identity crisis. The challenge is not knowing when to rest or when to work, and lacking structure in your schedule is far more detrimental than having none at all.

Consider the scenario of an impending exam, and you make a to-do list of essential tasks for preparation. Instead of working through the list one task at a time, you succumb to pressure, procrastinate, and ignore the need for breaks. This behavior does nothing but deteriorate both your physical and mental well-being. It is vital for every student to practice discernment, but sacrificing mental health for productivity is never wise. The need to address this is urgent, as we cannot afford to lose more friends around the world to the weight of mental strain.

To overcome this struggle, we must focus on several key aspects, such as establishing a schedule that includes breaks to prevent mental exhaustion. Additionally, we need to cultivate mental strength to resist procrastination and work efficiently. Rather than forcing yourself to complete tasks, choose to do them willingly. Incorporate discipline into every aspect of your life; make it an integral part of your routine. Don't grow weary of it; instead, take pride in it, because in the end, it's you versus yourself—no one else.

Nevertheless, stress is an inevitable part of life, and learning to manage it alongside our daily tasks is not a mere desire, but a necessity. We cannot eliminate stress simply by ceasing to worry; instead, we must find ways to endure it and become stronger. Learning from our mistakes is the only true path to growth, not just academically, but in all aspects of life.

Politics, whether in college or the real world, can be unpleasant, and the best way to avoid it is simply by staying clear of it. In my opinion, there's no need to delve into it—just focus on enjoying a happy college life with a few genuine friends. However, there will be times when avoiding it isn't possible, and you'll have to confront it. In such situations, be honest and vocal about your thoughts, then walk away. There's no need to try to understand those who aren't willing to understand you.

Whether voluntarily or by necessity, you must choose a society in college for your personal development, and instead of abandoning it, fight for it. Societies are one of the best ways to experience the harsh realities of the world at a young age—where there are no friends, only competitors. Gaining knowledge in life is crucial, and not taking college life seriously is a significant issue today's youth is facing. Instead of focusing on learning and acquiring knowledge, students often neglect essential aspects of life, prioritizing mere fun.

Now, regarding the youth, it is vital to fully understand them in order to expect something in return. To do so, we need to engage with the youth directly. In today's generation, it is essential to have initiatives like youth parliaments, youth in parliament, and youth for the parliament. This is the only way to redirect today's youth toward a positive and productive path.

~ *Ishmeet kaur*  
(*Ramanujan college, DU*)



On 27th December, 2024, Zoho CEO Sridhar Vembu provided his rationale on X, over the 70-hour-work week discourse initiated by Infosys founder Narayan Murthy. Murthy stressed on the dire need of Indians to start working as much as possible to develop India and embrace “compassionate capitalism.” On the face of it, this dialogue seems very amiable for developing India, and its economic growth. However, Vembu criticises drawing inspiration from countries like Japan, South Korea, Taiwan, China and their incessant working culture. Vembu remarks how these very countries struggle overwhelmingly with low birth rates. He argues that work-life balance is necessary and questions whether such a development is even “worth the price of a lonely old age with a large mass of people.” These kinds of debates lead us to ponder — is there any benchmark that defines ‘enough work?’ Does consistent labour disguised as ‘work’ have no space for rest and rejuvenation?

Rise of competitive employment seekers and workaholism in present landscapes, especially amongst students, fuel these notions of intermittent work, pressure and advancement without rest. These are the very notions which lead to severe ‘burnout’ in millennials and generation z. Urban Dictionary defines Burnout as “a state of emotional, physical, and mental exhaustion caused by excessive and prolonged stress.” Burnout is when we feel inundated, heavily emotionally spent, incapable of fulfilling demands, and cognitive exhaustion.

If I spend a day heavily invested in recreational activities like badly painting a self-portrait of Albert Durer, I feel like a waste of space because I didn’t spend the day hyperventilating and ticking off tasks from my to-do list. Burnout is the recent norm because we have internalized the idea that we should be working all the time. Why have we internalized, and even sometimes idealised, this idea of Burnout? Because everything and everyone in our lives has reinforced it, explicitly and implicitly. As Anne Helen Petersen remarks in *How Millennials Became the Burnout Generation* — Businesses became more efficient in making a profit for which the next generation is positioned to compete. In today’s day and age, we can’t just show up with a degree and expect to get employed and keep that job that would allow us to retire around sixty years of age. In a watershed shift from the generations before, present youth need to optimize themselves to be the very best workers possible.






While a negative, defeatist attitude is definitely unhealthy, why can't we invest in out-of-reality instances yet be pragmatic at the same time? This notion that "temporary distraction is fine, but you can't avoid your problems forever" is well-said and true to some extent, but denouncing the pleasant bouts of delight and euphoria that students and youth experience via engaging in escapist fantasies is unmatchedable.

The German word related to escapism is *Sehnsucht*, which translates to a longing, craving, and yearning for an ideal alternative experience but often without hope of actually attaining whatever it is. This phenomenon of *sehnsucht* empowers individuals subtly but incredibly to attain a transient stage of salvation. Sure, running away from reality is not going to solve the problems. However, perhaps after one heals, realizes that and turns around, one looks at the distance created between them and the problem which is now seen from a new and wider perspective. Such that one now has a refreshing vision of what needs to be done to solve it.

In this rabbit hole of capitalist competition that students and youth today face, where does escapism come into play? Escapism, rudimentarily, is mentally diverting oneself from certain (un)pleasant parts of everyday life through engaging in leisure, though this loose definition is subject to varied interpretations. This is not a present-day invention, and has been going for myriad years. In 1935, the Pack Horse Library Project was initiated in the regions of the USA hit with the Great Depression. They delivered books, magazines, and other reading materials to remote Appalachian communities like Kentucky where education and reading resources were scarce. During these tumultuous times, the families of Kentucky could experience the joy and comfort of literature as a mode of comfortable escapism from harsh conditions which prevailed during the 1930s. Almost rapidly, escapism became a blanket of warmth to students going through major academic and miscellaneous stress. The *Frontiers in Psychology* study found that it is largely common for college students to release academic stress by consuming media. Key researchers remark how media, whether light-hearted or heavy, can affect students' stress levels and anxiety factor. While there exist different types of escapist modes, and not every is deemed by psychologists as 'healthy' – where the individual completely loses touch with reality through social media, video games, books, movies and even drugs and alcohol.



The background image shows a city street scene, likely in Japan, with a large green sign featuring the Japanese characters 'サロンパス' (Salonpas) visible in the upper left. A yellow circular overlay is centered on the page, containing the main text. The text discusses the concept of escape and burnout, referencing William Blake's poem 'Jerusalem'.

The idea that escape is horrid and inherently tainted – is an argument of privilege made primarily by people who have never been in a position where the need to escape from a situation occurs, when the actual, physical escape becomes impossible. When someone lives in a traumatic ambience, especially a student – work and studies become depressing chores. In such a situation, a vacation, a book, a media outlet and so on are sometimes precisely what one needs to rejuvenate and refocus on career, academics, and other priorities – avoiding the spirality of burnout in youngsters. In today's day and age – we see a growing resurgence towards art, craft and poetry, in the way people assemble at galleries, concerts, national parks, and distant tourist attractions – all a comforting escape from hustle culture and burnout. In Jerusalem, a poem by William Blake, a stanza elucidates the horrendous effects of industrial revolution. After witnessing the effects of industrialization, he becomes furious. He thus looks to the Greek gods for power in an attempt to overthrow everything. At last, he clarifies that the fight is a mental one rather than a physical one. In the lush and pleasant English lands, he hopes to establish Jerusalem.

*And was Jerusalem builded here,  
Among these dark Satanic Mills?  
Bring me my Bow of burning gold:  
Bring me my arrows of desire:  
Bring me my Spear: O clouds unfold!  
Bring me my Chariot of fire!*

*I will not cease from Mental Fight,  
Nor shall my sword sleep in my hand:  
Till we have built Jerusalem,  
In Englands green & pleasant Land.*

Similar to Blake seeking refuge in the mental fight to establish 'Jerusalem' from dark realities of the present, we discover meaning when we return to nature, dreams and stories. We gain truth when we return to the tangible. We are once again turning our gaze to the hills, the forests, the wild places both inside and outside. Despite the fluorescent brightness of the city, its lights don't provide us with any warmth. It will be among those hills and forests, among the make-belief and belief, among fictional narratives and memoirs — we will find it in something meaningful, strong, and true. Let us all let our souls loose to the escapist fantasies, giving way to comfort and joy, away from grim realities of burnout.

*~ Sonal Butley  
BA(H) History*

# Poems

*The College walls that have seen you struggle to pass,  
Show it how you used to excel in class.  
The books that have seen you stressing over grades,  
Show them your big smile and let them praise.  
If you want to save your mental health but don't know where to go,  
There's a Counselling Unit office where you can go,  
I've been there, so let me show.  
When you're feeling low and want to share, but think nobody is gonna care,  
Remember our society is here with open arms, waiting for you to share.  
I know your bed gives you comfort, and you might want to stay there forever,  
But I urge you to leave it and tell me your favourite game; we can play it together.  
I'm waiting for you on the ground with a bat in my hand.  
Don't let your friends feel lonely; bring them along if you can.  
Don't try to control; try to manage.  
Letting go takes a lot of courage.  
Mental wellness is key to a life so bright.  
Seeking help doesn't make you less masculine; that idea just isn't right.  
Leaving behind your fake, sigma, stoic personality is the first step to becoming brave.  
If you don't reach out, how can we save ??  
Tell us how can we save ??*

~ Dhanraj





# IN THE ASHES WE RISE



*When the world feels cold, and the shadows fall,*

*When you're crumbling beneath it all,  
Remember, my friend, the darkest night,*

*Birthe the dawn and its guiding light.*

*Each tear that falls, each broken dream,  
Holds lessons wrapped in a fragile seam.*

*The pain you feel, the battles you fight,  
Are sculpting your soul, igniting your might.*

*For every loss, there's a strength you find,  
A hidden gift to free your mind.*

*The scars you bear are marks of grace,  
Proof that you've walked through life's hardest  
space.*

*Think of the seed buried in dirt,  
It must break apart to quench its thirst.*

*Like you, it struggles, yet reaches high,  
Breaking the ground to meet the sky.*

*So let the storms rage, the thunder roar,  
Let the waves crash against your shore.*

*In every fall, there's a chance to rise,  
To see the world with wiser eyes.*

*Be grateful for the trials you've known,  
For they've shown you strength, you'd never have  
grown.*

*And as you walk, keep this in view,  
The best version of you is breaking through.*

*Hold on, dear heart, for this is your climb,  
Each step forward rewrites your time.*

*Never give up, let hope be your guide,  
In the ashes of struggle, your wings reside.*

**~ Manya Tiwari  
Bcom(h) 2nd year**



# LAVENDER

*Lavender In a bouquet of white roses,  
There was lavender, in between,  
Covered with black,  
Tied with a ribbon golden gleam.  
Laid a person in front of me, just trying to live,  
But the knell rang,  
As if trying to tell us, one gone can't come back,  
Pushing up daisies now, beneath the black.  
It's not a death, but a loss of light,  
Who's gonna build a tomb for what's hidden  
from sight?  
They won't allow people to accept that lavender,  
The struggle of gender dysphoria now ended  
forever.  
In a spectrum, they only saw pink and  
blue,  
Not realizing the truth of you.  
his is not just an elegy,  
But a story of lavender in a hue.  
Acceptance was all it required,  
The person lived, but  
metaphorically expired.*

~ Afeefa Nasir  
BA (H) Political Science  
Daulat Ram  
College, 2nd year



# SLOWLY DROWNING

*It feels like I'm slowly drowning, not in the sea, but in my mind.*

*Who says the mind isn't a sea? It is  
A sea full of thoughts: positive and destructive.*

*I'm myself, but myself isn't I,  
Trying to understand, where do I lie  
In this immense world?*

*The world that isn't Disneyland,  
And nor was I the princess-I've grown up now.  
I'm surrounded by beings,  
but still miles away in the mind.*

*It is controlling me.*

*I want to run, run from the inner voice- Loud and noisy.  
My mind is pulling me. I'm calling for help, but only my eyes are speaking,  
Pleading for mercy. What's happening to me is orphic.*

*Guarding the heart isn't the solution.*

*But I remembered what Lancali said: "Time will end. Disease will fester.  
Death will die." It's  
life to live-even ascetics are living.  
Why can't I?"*

*"I don't know how to swim!" I said to the voice. "Try! Trying  
will not make you a loser."*

*"But how do I?"*

*Said the voice, "Open your arms and fly!" "But what if I  
fall and get hurt?" I said, with the  
urge to run away.*

*The end of the world isn't the sea!" The answer is in  
shattering the silence-it's irenic,  
Irenic to a caged mind.*

*Losing is the only way to be found.*

*In a new place, a new form-reborn.*

*Who taught the flowers to bloom?*

*Now I'm the phoenix, slowly drowning,*

*But this time, drowning to rise!*

*~ Afeefa Nasir  
BA (H) Political Science  
DRC, 2nd Year*





# FLAWLESS

## IS BEAUTIFUL

*BUT I LIKE THE ONE WHO LIKES TO FLAUNT HIS FLAWS.*

*Is absolute perfection truly attainable? Can anyone exist entirely without flaws?*

*In this fast-paced world, everyone seems to chase the ideal—sometimes out of personal ambition, and other times, driven by societal pressure. While striving for betterment can be a positive force, what happens when that very pressure begins to suffocate us in the relentless pursuit of perfection? It is vital to remember that every human being carries imperfections. Some embrace them, while others spend their entire lives chasing an unattainable ideal. Yet, those who accept themselves and others with their flaws often discover profound happiness, for imperfections have their own unique charm.*

*Aspiring to become a better version of yourself is admirable, but not at the cost of losing your essence. Today, as every institution in society demands us to be mere resources, we must not forsake genuine happiness in exchange for an elusive, fabricated ideal.*

*Do you ever feel compelled to be someone you're not? Why wear a mask, why hide your face, when flaws are part of your unique grace?*



*Stand tall, be proud, let truth unfold, your story's worth is purest gold. The moment you accept yourself, you'll meet an extraordinary individual—someone uniquely you under endless skies—rather than just another face in the crowd.*

*So, instead of searching for someone who sees you as perfect, seek someone who values your uniqueness over perfection. There will always be people quick to point out your flaws, but the ones who cherish your imperfections are rare gems. And if no one else does, then choose yourself—A heart that sparkles, raw and wise.*

~ Palak Chauhan



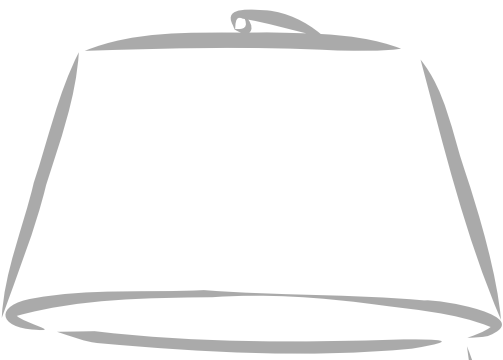




ये पेड़ , पहाड़ , समंदर और आसमान मोह लेगा इस नयन को  
और इस नयन से मैं डूबता हुआ सूरज देखूँगी, डूबते सूरज को देख यह आँखें भी नम हो  
जाएंगी और इन नम आँखों से मैं दरिया देखूँगी,  
ये ग़ज़ल, ये नज़्म में और ये एहसास केवल एक पल का है और इसी पल मैं दुनिया को  
बदलते देखूँगी,  
समेट जाते हैं बि बि खरे पत्ते भी एक दिन  
और मैं लोगों के सिमटे हुए अल्फ़ाज़ को बिखरता देखूँगी, आसान नहीं होता यह  
'मन' को भी मना लेना  
और मैं मन-ही-मन 'मन' को बदलता देखूँगी,  
लोगों कि इंसान के प्रति क्रूर एक पन्ने के समान होती है जैसे, पन्ने कयी बेबायां चीजों  
को समझ जाते हैं और, इन्हीं पन्नों में कयी बार चने भी बिक जाते हैं।

~ एमन





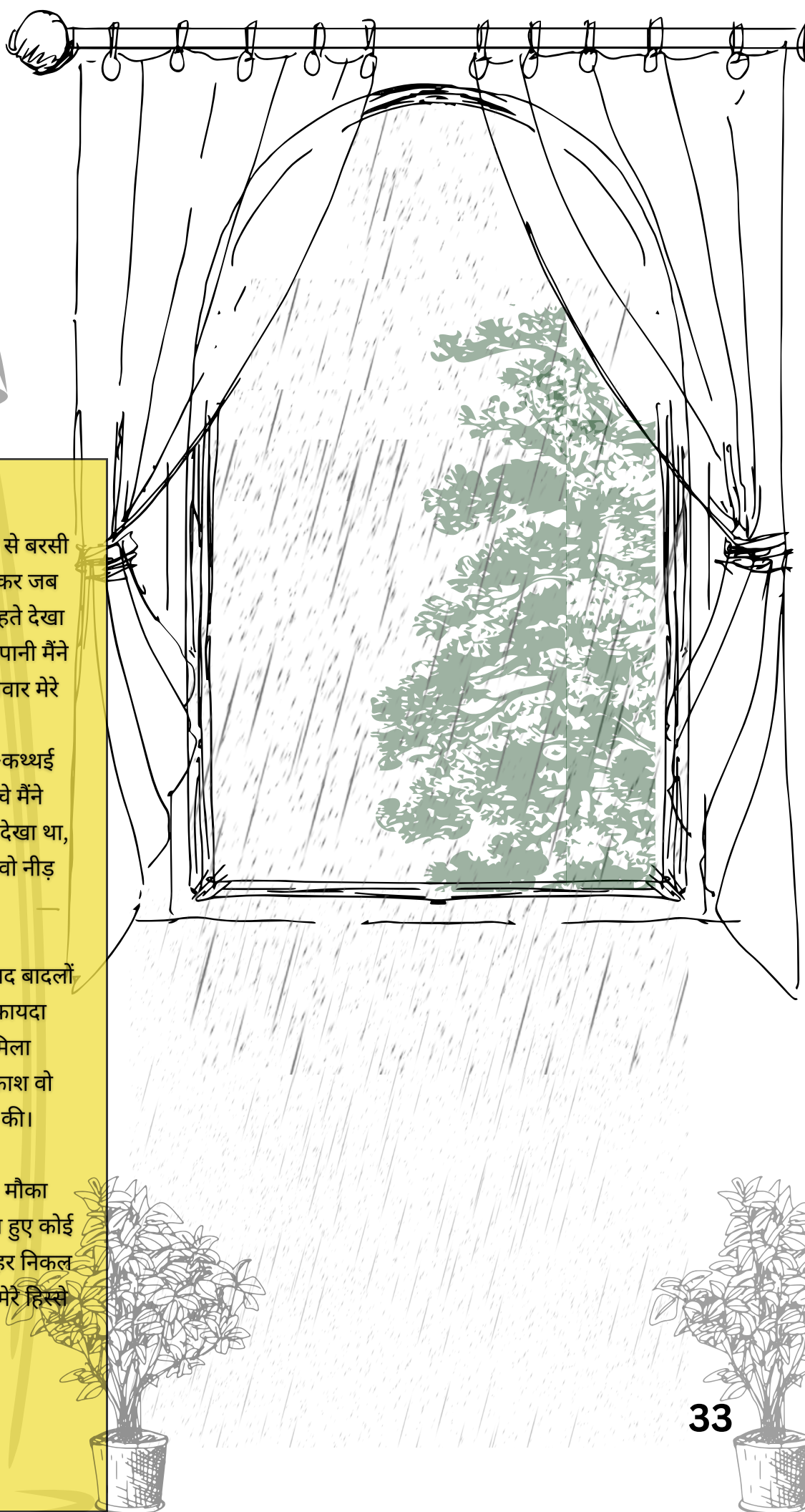
परसो खिड़की से बाहर देखा तो बारिश दाब से बरसी थी और उसका पानी पत्थर की दीवार से होकर जब गुजरा, एक कलाकृति सी रचकर मैंने उसे बहते देखा था, यह देखा तो चाहत हुई कि कि काश वो पानी मैंने गेरा होता, काश वो मकान मेरा होता और दीवार मेरे हि हि स्से की।

लेकिन कल शाम को जब आसमान में नीले-कथई रंगों ने घेरा डाला, उस शाम की छाओ के नीचे मैंने चिड़िया को तिनका-तिनका जोड़ घर बनाते देखा था, काश वो तिनके मेरी बुनाई होते, होती काश वो नीड़ मेरे हिस्से की।

आज जब देखा तो सूरज निकल आया, शायद बादलों ने थक कर अध्याय पलट दिए, किरणों का फायदा उठा कर जब फूल खिले, तो तितलियों को मिला रास्ता नया, जिनमें मंजिल थे वो फूल नए। काश वो किरणें मेरी होती, होती वो मंजिल मेरे हिस्से की।

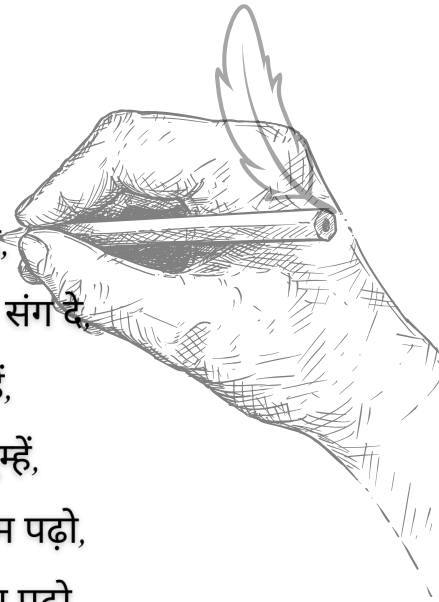
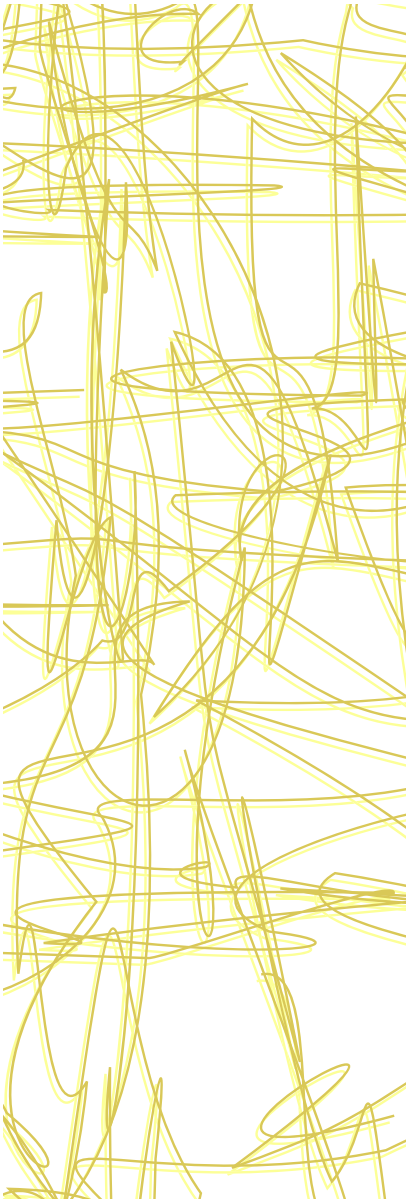
हर रोज जब मौसम ने एक नया पन्ना खोला, मौका मिला एक नई किताब लिखने का, बहुत दिन हुए कोई नज़्म लिखे, तो सोचा आज इस कमरे से बाहर निकल के चाँद पर लिखकर कर लू वो कि कि ताब मेरे हिस्से की।

~ सोमिल सजे





# लफ्ज़ों से रोशन राहें



पढ़ो लिखो लिखो पढ़ो,  
कि खुद से कुछ परे बढ़ो.  
पढ़ो कि कोई गीत तुमको हार में उमंग दे,  
किसी का कुछ लिखा जो तेरा जिंदगी में संग दे,  
पढ़ो कि कोई सीख इसी ढेर में मिले तुम्हें,  
कि जिंदगी का सार किसी शेर में मिले तुम्हें,  
सफर हजार मील का, शुरू तो हो जो तुम पढ़ो,  
पढ़ो ना ग्रंथ आज ही, कोई गज़ल - नज़्म पढ़ो,  
अब इतने साल ना पढ़ा, तो कुछ मलाल आएगा,  
कहा से अब शुरू करे यही सवाल आएगा,  
कि क्या पढ़ें औ क्या लिखे ना सोच के उदास हो,  
पढ़ो जो दिल कि आस हो, लिखो जो दिल के पास हो

~ अभिजीत  
फिजिक्स ऑनर्स  
२ साल



# The Playbook

**Curious about how UDAAN boosts its motivation?  
We've included some of our favourite fun and interactive games for  
you to challenge your mind and give it a bit of a mental workout!**





START



# The Preference Test

Which of the following group of activities do you prefer?

- A) Solving puzzles, making to-do lists, planning schedules
- B) Drawing, listening to music, daydreaming



# The Interlocking Test

Interlock the fingers of your hands together  
(because we know you're single )  
Which thumb rests on the top?



# Story or Number?

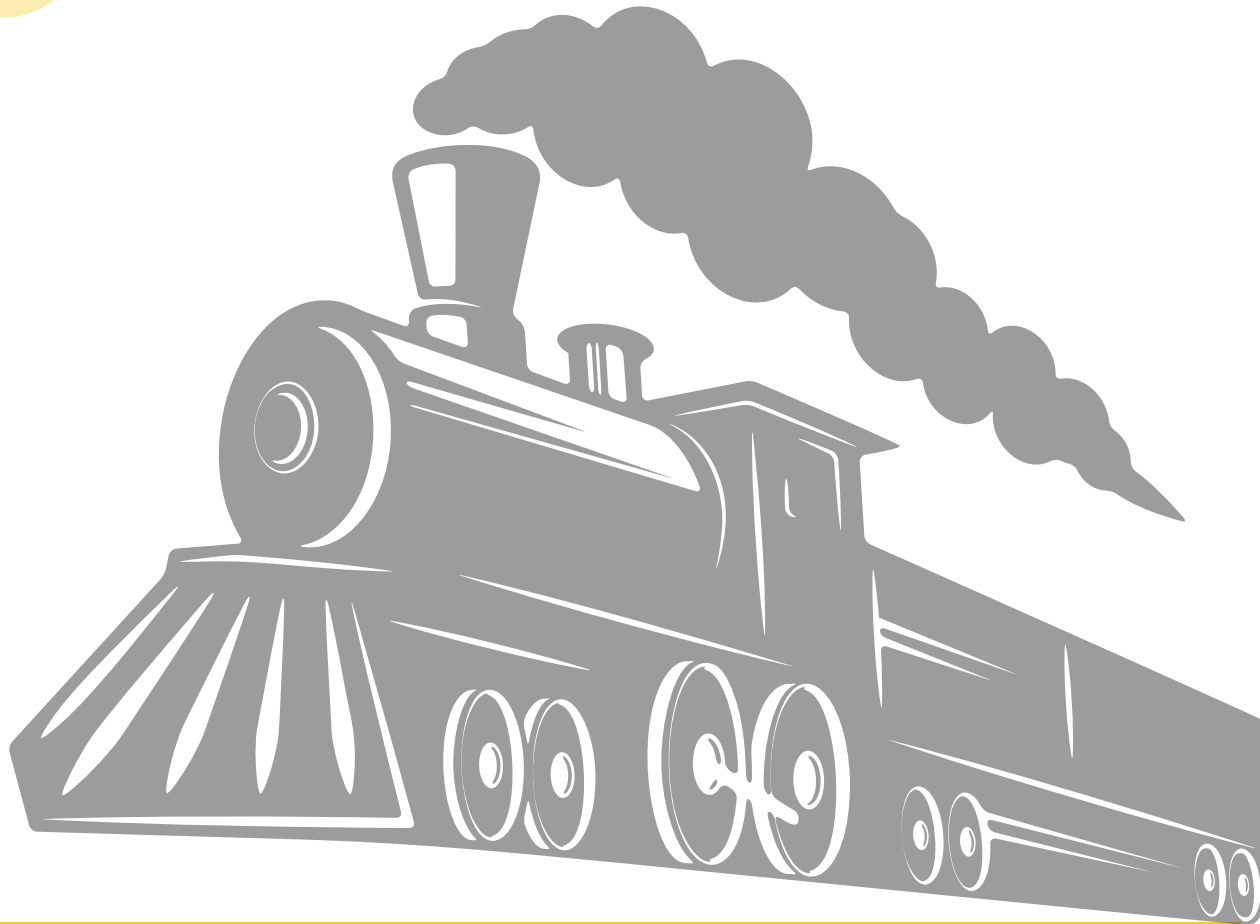
Would you rather analyze statistical data to solve a problem or hear a story that provides insights into the same issue?



# Moral Dilemma

**You're on a train and a stranger sitting beside you starts sharing their deepest darkest problems with you what do you do?**

- A) Listen attentively and try to give advice**
- B) Nod politely but keep a distance**
- C) Feel uncomfortable and find an excuse to leave**
- D) Engage deeply, sharing your own experiences as well**
- E) Buy popcorn**



**The Preference Test**  
A) Mostly Left brained (structured, analytical, math-oriented)  
B) Mostly Right brained (artistic, free-thinking, emotionally expressive)

**The Interlocking Test**  
Right thumb - Right brained (emotional, imaginative)  
Left thumb - Left brained (practical, structured)

**Story or Number**  
Prefers story - Right brained (intuitive)  
Prefers numbers - Left brained (data driven)

**Moral Dilemma**  
A) Empathetic, natural problem solver  
B) Respectful, values boundary  
C) Private, avoids deep emotional involvement  
D) Open-hearted, connects easily with others  
E) Certified Komolika









# NIL BATTEY SANNATA

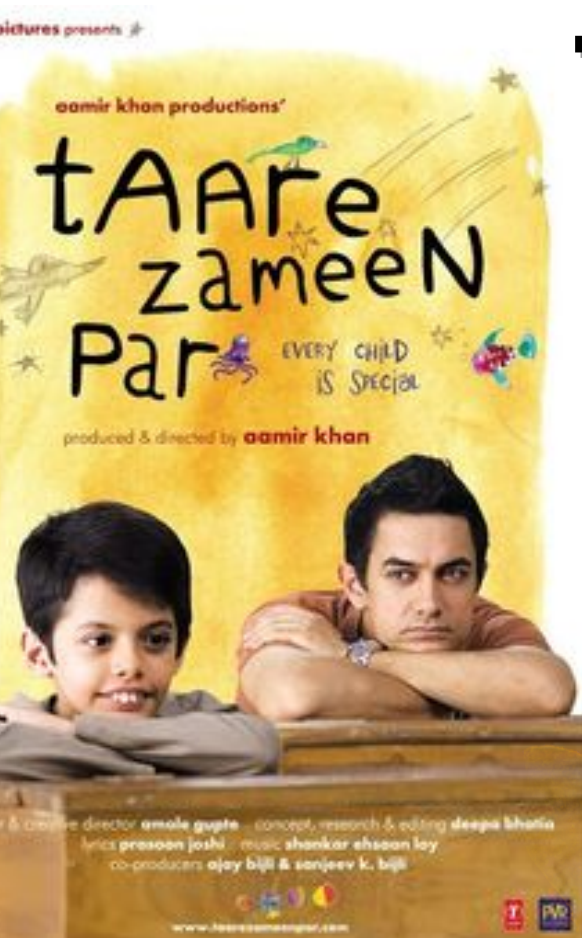
*-Every Parent Dreams without Limits for Their Child.*

Directed by Ashwiny Iyer Tiwari, Nil Battey Sannata is a contemporary film that advocates ambition and nobility. "Apu," played by Riya Shukla, is an unmotivated student who manages to reach 10th grade despite her lack of interest in studies. Her mother Chanda (Swara Bhaskar), a high-school dropout, works four menial jobs to support her daughter and her future.

As the story unfolds, Apu's relentless cynicism is characterized by the line "The poor have no right to dream", immediately followed by an abrupt scene of her mother contemplating, "Those who don't dream are poor". Troubled by her daughter's attitude not to try her way with studies as she visualizes her life in the same profession as her mother she comes up with an idea to enroll herself in the same class as her daughter to learn and tutor Apu herself and to make her understand the value of education and most of all, believing in oneself. Embarrassed by her mother's antics leads to a fight between them and emerges as a challenge to Apu from her mother -if she can beat her at math, she (Chanda) will drop out of school. Apu manages to score more and once the bet is over she returns to her lazy days. But soon she realizes her mistake upon confrontation by one of her classmates about her mother's struggling jobs and pain to bring her up, she decides to "pull up her socks" and study harder. And that's not all she wanted her mother to finish her matriculation, and that's how the duo beat math together. Later Apu is seen as a candidate interviewing for Civil Services and her mother as a tuition teacher.

This film is a guide to children to dream big and never set a limit to one's capabilities. And this film fosters a deep sense of respecting your parent's views and their vision for you as they dream for you without setting limits to altitude.





# TAARE ZAMEEN PAR

"हर बच्चे की अपनी खासियत होती है. अपनी काबिलियत होती है..."



Taare Zameen Par (2007) is a heartwarming Bollywood drama directed by Aamir Khan that sheds light on the struggles of children with learning disabilities, particularly dyslexia. The film revolves around Ishaan Awasthi, an eight-year-old boy who battles with academic challenges and is often misunderstood by his teachers and parents. His world is filled with colors, imagination, and creativity, but his inability to cope with conventional education leads to feelings of isolation and rejection.

Ishaan's life takes a transformative turn when he is sent to a boarding school, where he meets art teacher Ram Shankar Nikumbh (played by Aamir Khan). Unlike others, Nikumbh recognizes Ishaan's true potential and employs unconventional teaching methods to nurture his unique abilities.

Through patience, compassion, and creativity, he helps Ishaan overcome his struggles and regain his confidence. The film beautifully captures the emotional turmoil of children who feel out of place in a rigid educational system and emphasizes the importance of understanding, empathy, and individualized learning approaches. Its poignant storytelling, soulful music by Shankar-Ehsaan-Loy, and powerful performances make it a deeply moving experience.

Taare Zameen Par is more than just a film; it is an eye-opener that challenges societal norms and advocates for inclusive education. Aamir Khan's direction and Darsheel Safary's brilliant portrayal of Ishaan bring authenticity and emotional depth to the narrative. The film strikes a perfect balance between emotional drama and social message, leaving a lasting impact on audiences. It is a must-watch for parents, educators, and anyone who believes in the potential of every child.





# "12TH FAIL"

"Main 12th fail hoon. lekin main IPS ban gaya." ("I failed my 12th exams. but I became an IPS officer.")

"12th fail" is a biographical drama film directed by vidhu Vinod chopra, based on the truly inspiring story of Manoj Kumar Sharma, a determined youngster who fought against every obstacle to pursue UPSC and serve as an IPS officer.

The story begins with Manoj kumar sharma as a young boy from a small town with lack of resources. His father was suspended from his job due to corruption. Meanwhile, he also failed his class 12th. These events tend to be one of the impactful events of Manoj's life, which made him more inclined towards his transformative journey. Manoj moved to Old Rajinder Nagar in Delhi to study for UPSC ( A hub of UPSC aspirants) , where he also found his love interest named shraddha. However, Manoj's journey was never easy, he faced numerous setbacks which included financial difficulties and multiple failures. But despite these challenges, his never giving up attitude and determination was commendable.

Manoj's hardwork and resilience eventually paid off, and he cleared the UPSC exam to become an IPS officer with the support of his friends and loved ones.

Overall, 12th fail is an inspiring and motivational film that shows that courage is beyond academic achievements , this movie is a testament to the human spirit's capacity for grit, determination and fortitude. This film clearly depicted the importance of passion and dedication to achieve one's goal.



# HICHKI

*"School ke bhr jab zindagi imtihan leti hai. to subject wise nahi leti."*

Hichki (transl: Hiccup) is a 2018 Indian Hindi-language comedy-drama film co-written and directed by Siddharth P. Malhotra and produced by Aditya Chopra and Maneesh Sharma.

Based on an American motivational speaker Brad Cohen's autobiography: Front of the Class, this movie stars Rani Mukerji as Naina Mathur, affected with Tourette syndrome. Although being an aspiring teacher, she is rejected by many schools because of her Tourette syndrome until she is accepted at St. Notker's School, her alma mater.

She is assigned to teach students from a nearby slum in class 9F, which was created by the Government of India to fill a quota for the underprivileged.

The students of 9F, discriminated against by education and inequality, have created a stereotype about the teachers. She soon tries to do whatever she can to make her rebellious and troublemaking students realise their full potential. How Ms. Naina Mathur becomes successful in breaking this stereotype and makes the students discover their dreams and improve their ability in the studies and the society is the climax of the society.

Such an inspiring movie! This movie highlights that nothing can direct and judge your future. This movie is for all those students who once faced discrimination in the school. This movie successfully reflects how any student, despite his/her conditions in the society, can achieve his/her aim. Emotional but inspiring, this movie will give you a taste of how it feels when you achieve your goals by crossing all the obstacles of physical appearance, social boycott, and failures.





कुत्ते दुम टेढ़ी टेढ़ी



# CHHICHHORE

*Tumhara result decide nahi  
karta hai ki tum loser ho ki  
nahi ... tumhari koshish decide  
karti hai*

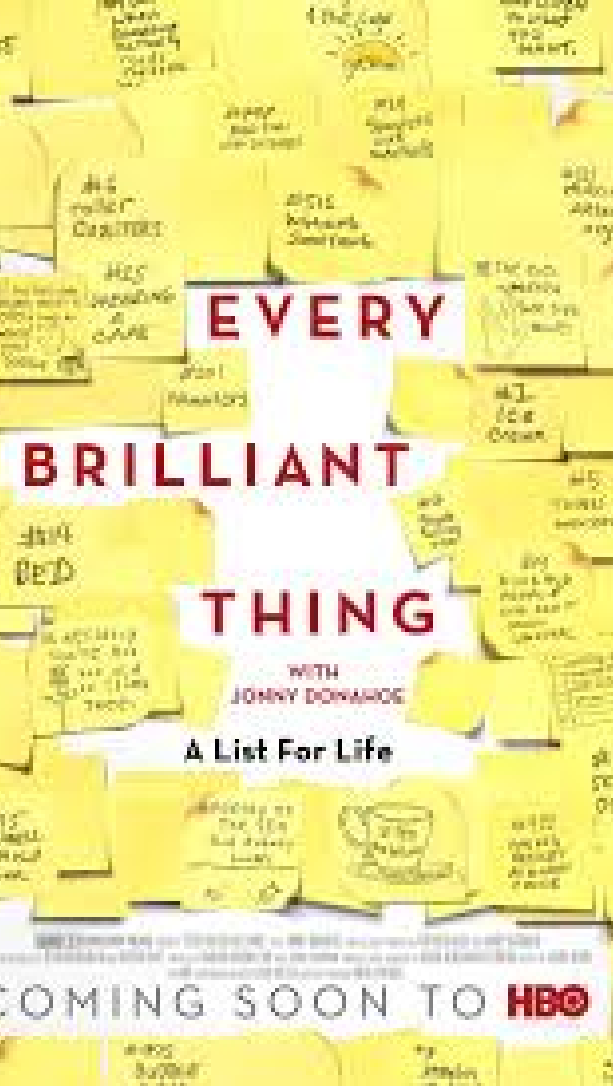
Chhichhore explained the story of Anirudh “Anni” pathak, a middle age divorced man whose son Raghav tries to commit suicide .

After failing to clear the JEE (entrance examination) and who, despite survival, is unwilling to live due to the fear of being tagged as a “loser”, which makes a desperate Anni recount his own experience to Raghav of his own time at college , wherein he and his five friends too were called as ‘losers’, and how they managed to remove that ‘tag’, as he continued along to narrate his story, the other five join their friends and complete the story.

We should overcome every setback courageously because every hardship or challenge gives you a lesson to improve yourself for the future. You are braver than your life challenges so don't let your problems make you weak , learn from your past to grow in your future.







# EVERY BRILLIANT THING

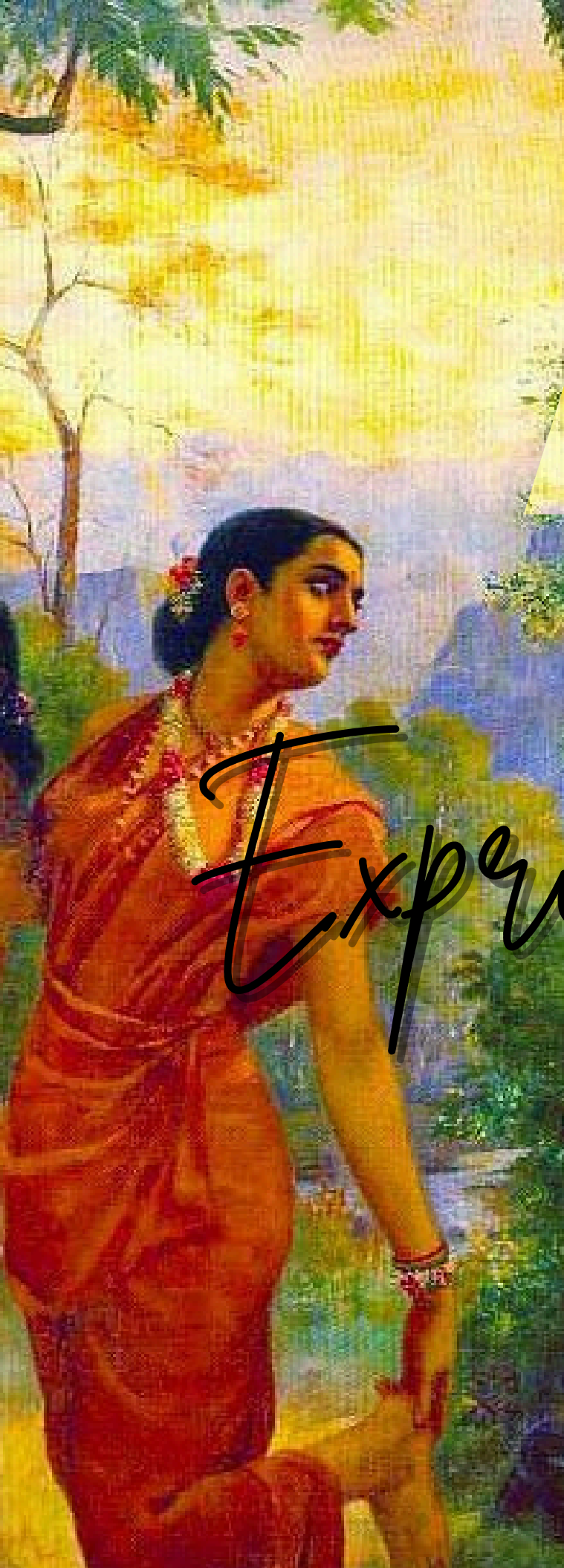
*"If you live a long life and get to the end of it without ever once having felt crushingly depressed, then you probably haven't been paying attention"*

A filmed version of Jonny Donahoe's acclaimed one-man show about depression, suicide and the lengths to which people go for those they love. Poignant and humorous, it follows a young boy who attempts to ease his mother's depression by starting an enormous running list of everything worth living for.

1 – ice cream, 2 – water fights, 3 – staying up beyond bedtime and being allowed to watch TV, the colour yellow, things with stripes, people falling over. As he grows older, the focus changes and the list of brilliant things becomes more sophisticated but keeps expanding. This documentary tells one to spot a million brilliant things in the midst of a life lived in the shadow of suicide, and where depression and mental illness is a never absent companion.





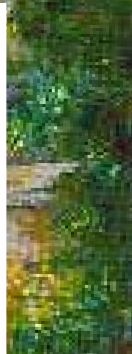
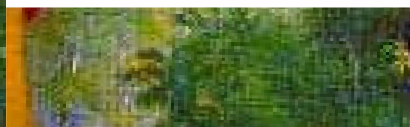


A

R

# Expressions

*As seen by the eyes*







**Titled The Enchantment of Nature, this picture captures the soul's journey towards freedom and transcendence. As sunlight filters through mist-kissed treetops, it evokes a sense of wonder and connection with nature's magic. The drifting clouds seem to welcome the soul, uniting it with the vast sky, a moment of profound spiritual awakening, where one feels deeply intertwined with the universe's mystery and beauty.**

**Abhijeet  
BA(H)English  
2nd year**



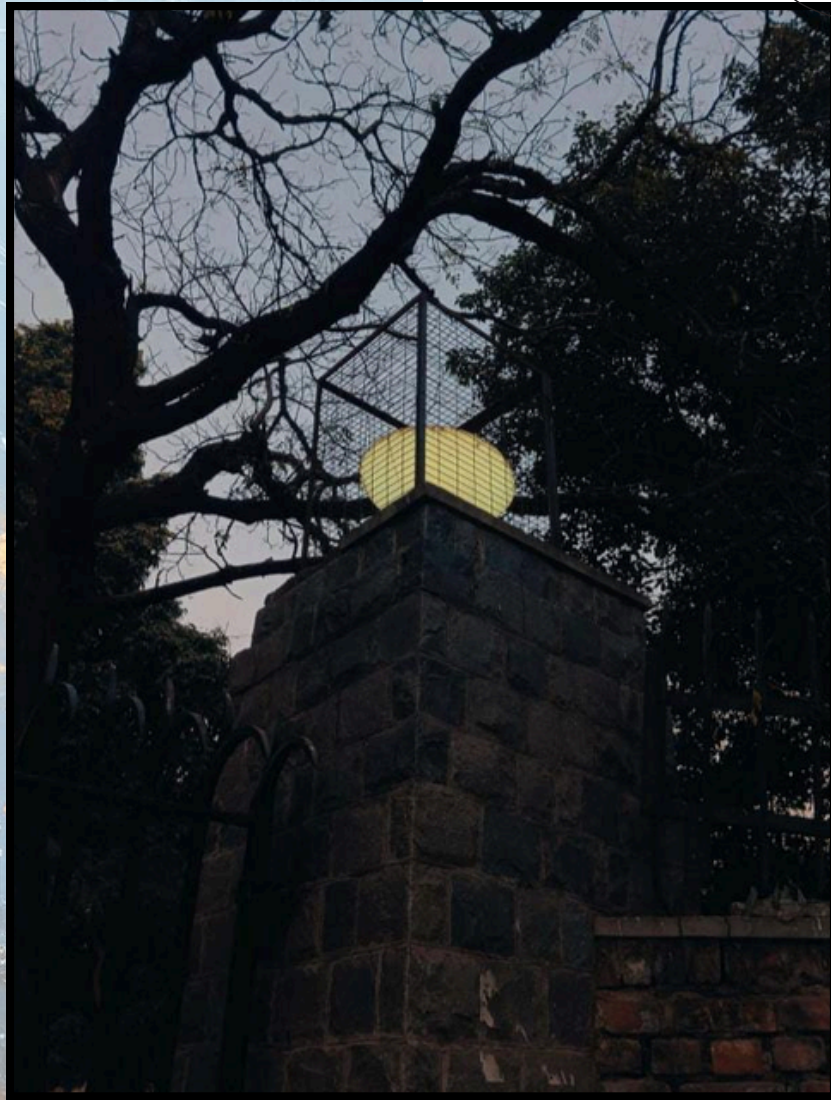


*When the world rushes by, some moments choose to stay still...*

**This image captures the contrast between a world constantly rushing forward and a moment that chooses to linger. His weathered hands, the lines on his face, and the slow curl of smoke drifting into the air tells a story of patience, experience, and detachment from the chaos of time. It's a reflection of those rare instances when time seems to pause, allowing us to simply exist, without urgency or expectation.**

**Shree  
Bsc(H)Zoology  
2nd year**



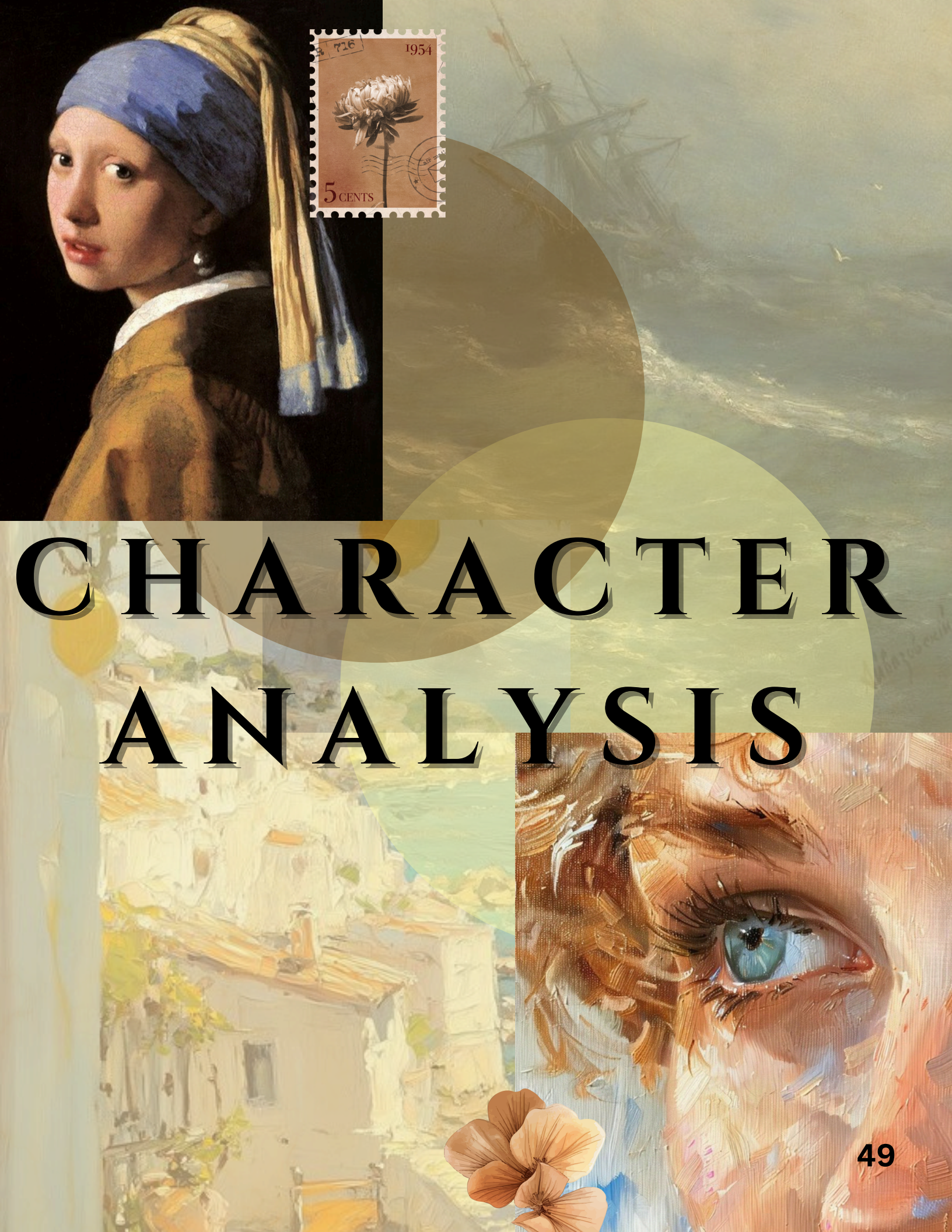


## **Even within limits, brilliance finds a way to shine.**

**A glowing, cage-like structure rests atop a sturdy stone pillar against a twilight sky, juxtaposed with a barren tree. This image symbolizes the contrast between confinement and illumination, resilience and limitation. It reflects themes of suppressed potential, inner brilliance, and the search for meaning within restrictions and time's passage.**

**Shobhit  
Bsc(H)Electronics  
2nd year**





# CHARACTER ANALYSIS





# REMUS LUPIN

**“It is the quality of one’s convictions that determines success, not the number of followers”**

Remus Lupin was a beloved character in the Harry Potter Universe. He taught Defence Against the Dark in Hogwarts and in his own time had remained a prefect of Gryffindor house. Remus Lupin was an old friend of James and Lily Potter and Sirius Black which readers might have interpreted as one of the reasons why he was very kind and helpful towards Harry Potter. But in reality, Remus Lupin was a kind, empathetic and a very knowledgeable and skilled wizard. His way of teaching demonstrates his approach towards going beyond a curriculum set by the ministry. The curriculum issued by the ministry focused more on the theoretical concepts of Defence against the dark but Lupin stepped up and presented a highly difficult subject with such an ease that students who were afraid enough to not understand a word started actively participating and became a part of the final hogwarts war. Lupin’s teaching style was not only practical but also led him to connect with students and peers at a higher level of understanding.

Lupin believed in learning beyond what a classroom can provide, he was the reason Harry was well versed in his skills of defence against the dark. He provided with students with practical approaches and advice to fight against those hiding in the shadows, it was him who actually led Harry through his victory from the dementor’s by teaching him the patronus charm a OWL’s level skill which he made easy enough for Harry to understand and pass through his fears of facing dementor’s. Apart from his friendly nature he stood strong on his principles and had a good understanding of what’s right and wrong. He never hesitated to point the right and wrong in someone’s actions, he took a hard step in scolding Harry when he was sneaking out when he was not supposed to and became the bad cop who just wished the best for Harry.

Lupin was not only a good teacher but a strong figure who survived the heartache of all his best friends without even showcasing a hint of it. He never acted as a father figure to Harry Potter but as someone who wanted to be there for him as his friend and a confidant. After the death of Sirius Black, Lupin stood beside Harry strong and loyal, ready to sacrifice himself and even his unborn child at the hands of one of the most powerful wizards which shows his strength, loyalty and most importantly his belief in the power of love.

Overall Remus Lupin is a role model who provided a shoulder to everyone in need and never expected the same for himself. He was a powerful wizard and even a great teacher that everyone secretly wants but never got :)





# Munna Bhai / Murli Prasad Sharma

"Jadoo ki jhappi dene se sab theek ho jata hai."

Munna Bhai M.B.B.S.'s Munna Bhai, or Murli Prasad Sharma's inspiring discourses, have redefined the way we see humans. Munna, played by Sanjay Dutt, is a brilliant hooligan who enrolls in a rehabilitation college in an unusual way in hopes of fulfilling his father's dream. What makes Munna special is his casual yet largely compassionate approach to life and healing. While traditional doctors rely on clinical methods, Munna's reasoning is based on compassion and passionate fellowship. He controls the "jadoo ki jhappi" (mystical hug) to heal loneliness, fear, and passionate pain that medicine cannot.

His famous line, "Dil se special banunga, logon ka dard samajhne wala!" signifies his mission to redefine what it means to be a healer. Munna's journey is a journey that transcends the common. It can be a breaking lesson. Instruction and victory seem to be found not only in the course or classroom but also elsewhere. It helps us understand and encourage others.

His ability to solve problems with kindness and humor is a reminder of the transformative power of thoughtfulness. Munna Bai's story can be a timeless reminder that worship, compassion, and human connection are the greatest healers.







# Bunny

"Main udna chahta hoon, daudna chahta hoon.  
Girna bhi chahta hoon. Bas, rukna nahi chahta."

These words resonate with the raw, unfiltered ambition of Kabir Thapar urf Bunny, a man who wears his dreams on his sleeves and carries his wanderlust in his veins. He is the epitome of a restless soul, always seeking, always moving, but never stopping to take stock of what he might leave behind. Seated on a heavenly peak in Manali, in a quiet moment, if you would have asked him, "What does freedom taste like, Bunny? Is it the snow-laden peaks you've climbed or the adrenaline rush of chasing sunsets in distant lands?" He'd probably flash that charming, mischievous grin and tell you, "Freedom tastes like life—not perfect, not planned, but alive. It's about chasing the wind even if it means losing your breath." Bunny's charm lies in his duality. He's the man we all secretly wish to be—unbridled, fearless, chasing his passions without a second glance. Yet, he's also the man we fear becoming—so consumed by dreams that the moments meant to be cherished slip away unnoticed. In *Yeh Jawaani Hai Deewani*, Bunny's journey is a symphony of self-discovery. He begins as a boy whose map is dotted with faraway destinations, and ends as a man who realizes that no destination is worth reaching without the right people beside you. His character isn't just relatable—it's a mirror. We see ourselves in his laughter, in his fears, in his mistakes. Bunny expresses that chasing dreams isn't wrong, but forgetting the heart along the way is. His character is a gentle reminder for us to balance ambition with affection at the right time.



# Mahavir Singh Phogat

"Gold toh gold hota hai, chhora laaye ya chhuri."

The above lines in Dangal epitomize the essence of Mahavir Singh Phogat's inspiring travels. Portrayed by Aamir Khan, Mahavir can be one such living god who shattered norms to train his daughters, Geeta and Babita, for wrestling in an attire dominated by men. As people used to say, "Chhuri ko kushti sikhayega?" he wonderfully retorted, "Duniya medal dekhegi, naam nahi" This belief converted cynics into fans.

Despite the disapproval of society, Mahavir's unwavering commitment and thorough preparation made his daughters into champions. His genuine but defiant response, "Log sirf hasna jaante hain, medal jeetna nahi", epitomizes his vision to resist standards and redefine victory. With perspiration, resignation, and ceaseless love, he proved that magnitude emanates from discipline and fearlessness, not from being male or female. Mahavir's story could be an immortal lesson in diligence, rousing us to dream enormous, challenge standards, and accept that victory talks louder than societal judgments.



# Mary Kom

The truth is, the harder you fight, the sweeter are the rewards in the end.

– Mary Kom

Mary Kom's life is a true example to this powerful truth. Her journey is not merely about boxing but about resilience, breaking barriers, and redefining what it means to be a fighter. Born into a humble family in the small village of Kangathei, Manipur, she dreamt beyond societal norms, economic hardships, and even her own family's apprehensions. From an early age, Mary Kom had an indomitable spirit within her, one that refused to be extinguished by the challenges life threw her way. She had to find her way the predominantly male sphere of boxing which presented significant challenges but she was firm about her goals and vision. She faced skepticism, resistance, and a scarcity of resources. Training in inadequate conditions, enduring injuries, and navigating financial hardships, she battled not only her opponents in the ring but also a system that frequently marginalized women in sports. Nevertheless, she remained resolute. Her accomplishments, which include multiple World Championships and an Olympic medal, but they were not always her win just in the ring but it extended beyond personal milestones, they represent a broader struggle against societal constraints, gender biases, and the limitations imposed by the environment. Each time she entered the ring, she brought in with her the dream, vision and aspirations of countless young girls who dared to envision a life beyond their circumstances. Mary Kom's story is not just about winning medals; it is about the power of an unbreakable spirit. It serves as an inspiration to all individuals who have ever been told they lack the capability, strength, or potential to succeed.







# Canvas of Care

Painting A Healthier Mind Through  
Collective Initiatives





# Our Initiatives

## PRERAK: IGNITING MINDS, INSPIRING CHANGE THE ART OF LETTING GO

Sir Vikas Divyakriti, when he talked about the art of letting go it was magical, because sometimes it's all we can do, sometimes it's all we should do, zindagi mein har baar jeetna to zaroori nhi, aur paribhsasha kya h jeetne ki? Kabhi kabhi man ka azaad hona bhi to jeet h, azaad hona us aawaz se jo kehti hai ki agar tum zindagi mein agar kuch haar gye to zindagi he haar gye, par ye to sach nhi. UDAAN wanted to acknowledge and promote the idea that kabhi kabhi jaane dena he shi hota h, sometimes it's better to let it go because sometimes holding on hurts more than letting go.



## VISITS ORPHANAGE

UDAAN's visit to the orphanage was a day to remember, not because it spread joy or inspire dreams, it did but it taught us how ungrateful we are, how we focus on what we don't have. Those kids who don't even have someone to call their own, they are happy because happiness exists within you, it resides inside of you and As a wise man once said "Hum khud bhi kabhi shukriya na ada kar paaye, Jo mil gaya, uski qadr na kar paaye."



## UDAAN CLUSTER EVENT

UDAAN turned a simple visit into a symphony of stories at Gandhi Vihar, sharing dreams, laughter, and inspiration. In lifting others, we found ourselves lifted—because every child deserves a future that shines!

## MEHRAULI OUTING

UDAAN wanted to provide a safe place to its members to bond and to discuss about anything they want, to take off their mind from the unnecessary stress that comes with living. The warmth of real human connection can ease any pain, we just have to believe in it.







## INSIDE OUT: A JOURNEY THROUGH EMOTIONS ON WORLD MENTAL HEALTH DAY

On World Mental Health Day, UDAAN transformed the Library Auditorium into a space of self-discovery with a movie analysis of Inside Out. More than just a film, it reflected the harmony of emotions—Joy, Sadness, Anger, Fear, and Disgust—each essential in shaping us. The discussion emphasized that emotions aren't obstacles but guides to healing and growth. UDAAN's session reinforced a vital truth: mental health isn't about constant happiness but embracing every emotion as part of our wholeness.

## INK SCREEN AND SOUL

Poetry has a way of its own, sometimes it helps us acknowledge what we are feeling even if we can't put it into words, Poetry weaves unspoken emotions into words that help us truly acknowledge our feelings. Nayab did that for us that day, and when she said, "Aur yaad rakhna ki zindagi hai, jaisi bhi hai, ise na jeene ke tumhare sab bahaane hain," it was like as if your heart was poured into words.



## CLOTH DONATION DRIVE

"Every act of kindness adds warmth and joy to the world."

We organized a Cloth Donation Drive, transforming compassion into action. Each donated piece was more than fabric—it was a gesture of love, hope, and dignity for those in need. Witnessing the smiles and gratitude reaffirmed that spreading love brings joy, fostering inner peace and a better mental state. This initiative highlighted the power of giving, reminding us that even small acts of kindness can create a meaningful impact.

## RISE WITH RHYTHM: UDAAN'S MUSICAL PATH TO MOTIVATION

Music touches our hearts, it reaches depths words can't reach, that is why UDAAN launched 'RISE WITH RHYTHM' to motivate people if not through words or videos then through music. The melody the words all rolled up in one brings peace joy and motivation, which is why every month we want you to RISE with RHYTHM

## MINDSCAPES

UDAAN started Mindscapes where every day in the mental health week we posted to discuss people's life perspectives, how they see living, what mental health means to them and how they take care of it.

## MINDSCAPES





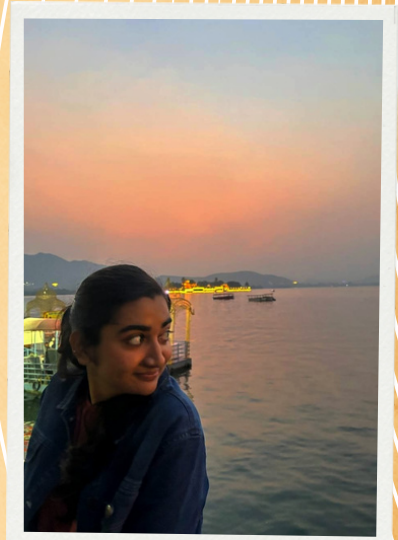
# Legacy Unwritten

"When I tried starting UDAAN-The Motivational Society, I was asked by our principal, 'How is this different from TED talks, which also provide motivation?' My response was that while TED talks are indeed motivational, our society aims to go beyond just inspiring people. We want to address the underlying issues that hold individuals back from achieving their full potential.

"In my experience, I've seen that students today are carrying a heavy burden of stress, anxiety, and mental health concerns. Simply giving them a motivational talk may provide a temporary boost, but it's not enough to sustain them in the long term. That's why our society focuses on removing the blockages that prevent people from realizing their goals.

"We do this by sharing motivational stories of people who have overcome failure and achieved success, as well as providing mental health sessions and showing inspiring movies about fighting and overcoming their blockages. Our goal is to empower individuals to not only chase their dreams but also to feel lighter, freer, and more confident to help them have higher UDAAN.

"Our logo features an eagle's Wings, which was inspired by a story I once heard. When an eagle is bothered by some creatures on its back, it doesn't fight or struggle. Instead, it simply raises its flight height, and the other creatures, unable to survive at that altitude, fall away. The eagle continues to soar, unencumbered. That's what we want to provide for our members – the ability to rise above their challenges and achieve their aspirations."



**Jahnavi Rai**  
Founder, UDAAN



# MEET OUR TEAM



**Coming together is a  
beginning, staying together  
is progress, and working  
together is success."**

**~ Henry Ford**



# CORE



**Arpit Yadav  
(President)**



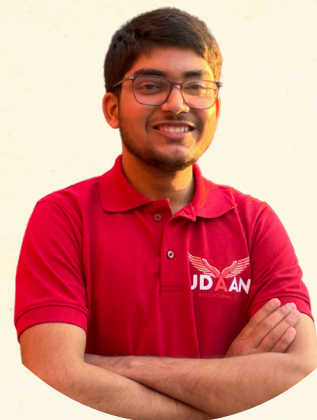
**Ashi Verma  
(Vice- President)**



**Keshav Sharma  
(General Secretary)**



**Rocky Kumar  
(Joint Secretary)**



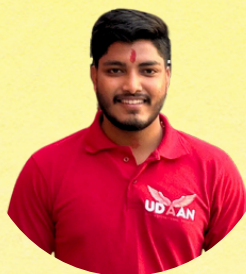
**Shubham Anand  
(Treasurer)**



# COUNCIL



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**Adarsh Singh**



**Lavisha Singh**



**Priyanshu**



## ***PR & Sponsorship Heads***



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**Manya Tiwari**



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**Shachi Singh**



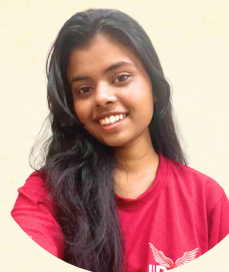
**Gautam Jha**



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**Anushka Jaiswal**



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# Affirmation Guide for Turning Pain into Power

## Acknowledging the Journey

“I honor every experience that has shaped me, both the joy and the pain.”

“I trust that life’s challenges are meant to grow me, not defeat me.”

## Finding Strength in Adversity

“Every setback I face is building my resilience.”

“I am stronger than the storm, and I rise no matter how hard I fall.”

## Gratitude for the Lessons

“I am grateful for the lessons hidden in my struggles.”

“Even when life feels heavy, I find something to appreciate each day.”

## Believing in Growth

“I am constantly evolving into the best version of myself.”

“The difficulties I face are stepping stones toward a brighter future.”

## Staying Motivated

“I have the power to overcome, no matter how tough it gets.”

“My dreams are worth fighting for, and I refuse to give up.”

## Embracing Positivity

“I choose to focus on the good, even when it feels small.”

“Every day is a new opportunity to heal, grow, and thrive.”

## Looking Ahead with Hope

“What lies ahead is greater than anything I’ve left behind.”

“I trust that my story will inspire, uplift, and empower”







THE MOTIVATIONAL SOCIETY