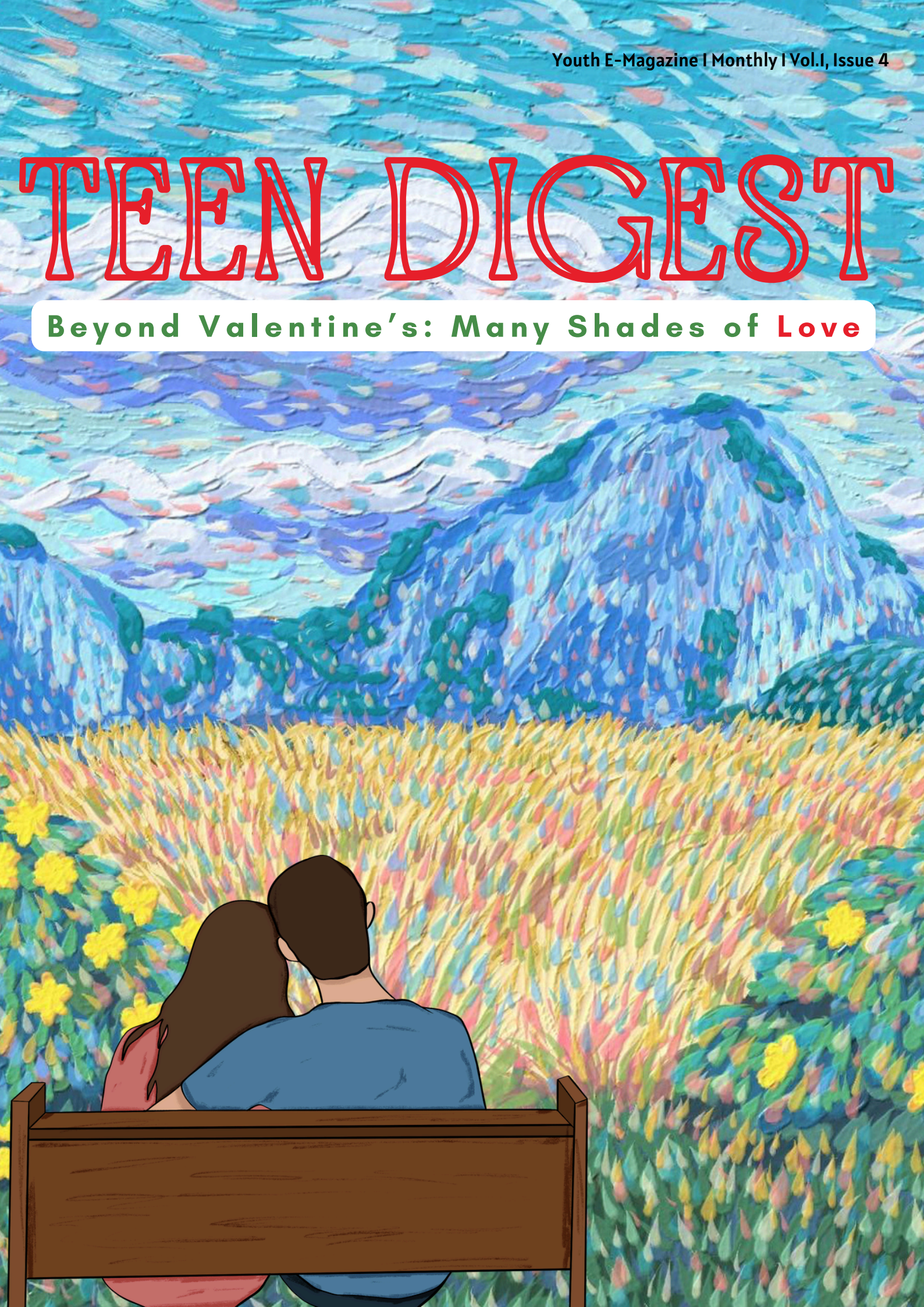


TEEN DIGEST

Beyond Valentine's: Many Shades of Love



FOUNDER'S NOTES

Dear Readers,

Valentine's Day—a day dedicated to love—brings with it the joy of celebrating special bonds. But here's something to reflect on: love isn't defined by just one day. It's found in the countless little moments we share all year long. While Valentine's can be a beautiful reminder to express our feelings, it's equally important to nurture love every day, not just when the calendar says so.

The excitement of Valentine's Day is wonderful, but it can sometimes create unnecessary pressure—choosing the perfect gift, planning grand gestures, or comparing our celebrations to others. Let's not forget that love is in the small, meaningful gestures: a heartfelt conversation, an act of kindness, or simply being present for someone.

This Valentine's, instead of focusing solely on gifts or elaborate plans, take a moment to appreciate the people in your life—friends, family, and loved ones. Make it a habit to show love and gratitude every day, because the strongest relationships are built on the foundation of consistent care, support, and understanding.

We'd love to hear how you celebrate love! Share your stories with us at info.justbeingme.in@gmail.com

With Love,

Prachi
SACHDEV

Founder and Editor-In-Chief



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ARTIST OF THE MONTH
RAVNEET KAUR



IN THE LIMELIGHT: DR. NEELAM PARWANI

Reiki Grandmaster | Animal Healer | Naturopath & Positivity Coach



Dr. Neelam Parwani is more than just a healer—she's a force of positivity, transformation, and compassion. As a Reiki Grandmaster, Advanced Su-Jok Therapist, Animal Healer, Switchwords Expert, Naturopath, and Positivity Coach, she has dedicated her life to holistic healing through her wellness center, Nature's Grace, in Jaipur and Gurgaon.

Her expertise spans across mental, physical, and emotional well-being, offering treatments through Reiki, Su-Jok, and Naturopathy. From kids' Reiki programs to wellness retreats, energy healing sessions, and animal therapy, Dr. Neelam believes in harnessing the power of nature and energy to restore balance and healing.



Can you share your journey into holistic healing and becoming a Reiki Grandmaster? What inspired you to take this path?

My journey in holistic healing started in 2012, when I was going through severe back pain issues and was on bed for almost a year. That was the time Reiki was introduced in my life, and that changed my life completely. Reiki helped me heal not only on a physical level but also on an emotional and mental level to release all the pain accumulated in my body in the form of blocked emotions. I learned Reiki to heal myself, and eventually, with every step that I took, my journey of spiritual science deepened and led me to a Reiki Grandmaster in a 2-year span, and after that, there is no looking back. Nature's Grace is celebrating its 10th anniversary in February 2025.

The motto of Nature's Grace Holistic Healing is to provide simple health solutions for everyone to live in a healthy mental, emotional, and physical space, and that's what I have been working on for the last 10 years. Transforming people by focusing on their holistic health.

How has your passion for animals and healing influenced your overall approach to wellness?

Animal healing is the purest form of healing that I have experienced, as they don't have any mental blocks, and animals are very receptive to Reiki energy. It has made me more empathetic towards others and taught me the value of unconditional love. When you start healing others, you also get healed in that process, and that's the biggest advantage of being a healer.

My perspective towards life and life situations has changed completely, and I believe physical wellness can only be achieved when we are mentally and emotionally healthy.

As a positivity coach, what advice would you give teenagers who are dealing with stress or negativity in their daily lives?

Teenagers go through a lot of emotional changes, and at times its difficult to handle them alone, so first and foremost, seek professional help when you are going through a stressful phase. Second, learn to let go. There are various simple techniques like meditation, journaling, etc. that you can do as part of your daily lives.

One simple tip that I can suggest is whenever something is bothering you, take a piece of paper, write down the problem, and burn it. Do this 2-3 times, and you will feel emotionally calm and mentally clear to handle the situation better.

Many teens face anxiety and stress due to school or personal issues. How can Reiki or mindfulness practices help them manage these challenges?

Reiki's first step is all about self-healing; in Reiki, you will first learn to heal yourself through positive energy and a positive mindset. Reiki is a positive energy healing therapy, and as we all know, energy shift is a



constant thing, so once teenagers learn to shift energy, every challenge becomes an opportunity for them to get success and growth. These practices hardly take 15-20 minutes on a daily basis, but the results are long-lasting. They will have more clarity and focus and will learn to let go of stress and anxiety and be calm in every situation. Focus changes from problem to solution, and that's the biggest advantage of learning Reiki.

What are some easy meditation techniques that teens can practice to calm their minds during exams or stressful times?

The simplest and most effective mediation is "Om" Chanting, and the best time to do it is first thing when you get up in the morning. Always remember that the higher the pitch of chanting, the more positive vibrational energy is created in your body and your surroundings.

Second is 10 minutes of journal writing every day, preferably before going to sleep, so you can release all the emotions and stress and have sound sleep.

For teenagers interested in learning Reiki or pursuing holistic healing as a career, what are the first steps they should take?

Reiki can be learned by anyone above the age of 5 years. The first step of reiki is a 5-day certificate program, which teenagers can learn in both offline and online mode. The second step can be learned by those above the age of 15 years; that again is a 5-day program. Once you learn the second step, you can give distance healing to others also. To pursue it as a carrier, you have to learn until Reiki Master, which is level 4. Once they become Reiki masters, they can start teaching others and pursue it as a career. And once they become Reiki Grandmaster, which is the final step, they can have Reiki Master under them. This is a very fulfilling career, and helping to transform other people's lives gives immense joy and happiness.

You're passionate about stray animals. What can teenagers do to help stray animals in their communities while learning compassion?

Start feeding any stray animal near your premises on a daily basis, make it a routine, and take accountability because if you feed stray for two days, then they keep waiting for you on the next day. There are lots of NGO's for stray animals where you can volunteer on weekends or during your vacations. You can also be a part of animal rescue and feeder groups to understand the laws of feeding stray animals and the rights of feeders.

All these activities will help you a lot on an emotional level, and it's also the best way to show your gratitude to the universe by taking care of fur babies.



Once you pursue holistic healing as a career, lots of new opportunities open up, like corporate workshops, wellness retreats, setting your own healing center, etc., and as we progress, the demand for healers is going to increase more and more with the awareness of mental health both in the public and private sector.

How do you balance such diverse passions—being a biker, healer, and positivity coach? What's your advice on pursuing multiple interests?

Well as they say variety is the spice of life – these diversions keeps me motivated and add fun and

livelyness in my life. My passion for biking made me lean toward the responsibility of handling power with compassion. When I am riding, it gives me immense freedom and motivates me to set my boundaries, just like while riding we have to be careful of our speed and ensure we and others are safe on the road. Healing is a part of my life, just like eating and sleeping. We all need healing on a daily basis to take care of our emotional health, which I learned is equally important as our physical health.

As a positivity coach, I try to give my bit to society and people around me by helping them change their perspective, as I believe a right perspective can solve all the problems.

Well, I suggest following multiple interests makes you versatile as long as you are focused on what you want to do in the long term. Every new talent or hobby does teach us something good, so explore your options and keep your focus at the same time as to what you want to pursue in life.

What life lesson have you learned from working with teens, kids, and even animals that you think every teenager should know?

Kids and animals taught me how to live in the present, as they both have the purest form of energy and emotions. Kids are the best teachers to teach you how to let go of negative emotions and bounce back in positive energy.

Animals teach you compassion, and they're the best stress busters.

Teenage is full of emotions, and once teens learn and understand the concept of emotional energy, they are the best advisors and very focused on their goals. Today's teen is more clear in terms of what they want and how they want, with all the exposure from social media.





If you could recommend one daily habit to teenagers that can improve their mental health, what would it be?

One advice from my side will be to spend 10-15 minutes daily with any animal or bird; it could be your pet or a stray animal like a cow or dog. This will help you release your stress and will re-energize you with positive energy and love.

The second thing you can do is go to a garden and sit for 5-10 minutes in nature. If you can walk barefoot on grass or just look at the trees and flowers around you, that will help you release your anxiety.

What's one myth about holistic healing you'd like to debunk, especially for young readers?

Whenever we give healing to anyone, their negative energy or diseases do not come in our body; it's the biggest myth.

There is no way you will attract their negative energy or their life traumas into your life. Energy healing is just like any other medicinal field where the doctor does not get the disease of the patient who he or she is treating.

All our young readers, be rest assured that the more you heal people, it will benefit you as a healer. So go ahead and heal as many people as you can.

How can our young readers connect with you or learn more about the healing techniques you teach?

My contact details are 91-95604-24609
Website: www.naturesgracereiki.com

Facebook: <https://www.facebook.com/naturesgrace.reiki>
Insta : <https://www.instagram.com/naturegrace.reiki>

They can connect with me through any of these to know more about our Reiki Certificate courses, mediation programs, wellness retreats & workshops and make healing as a part of their life.

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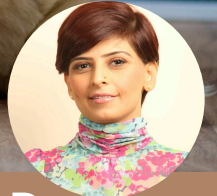
To Book Your Healing Sessions, connect with Neelam at www.naturesgracereiki.com Or Call: 91-9560424609



ADOPT
ME



By Prachi Sachdev | Authorpreneur | Book Coach



The Importance of Adopting Pets: Giving Love, Getting Love 🐾

Imagine walking into a shelter and locking eyes with a furry little soul who has been waiting for a second chance. That moment—when a pet finds their forever home—is pure magic. Yet, thousands of animals remain in shelters or, worse, abandoned on the streets, longing for love and care. While buying a pet might seem like the "easier" or more popular option, adoption is where true compassion and kindness shine.

If you've ever considered bringing a pet into your life, here's why adopting is one of the best decisions you'll ever make.

1. You're Saving a Life—Literally!

Shelters are often overcrowded, and sadly, not every animal gets the chance to stay indefinitely. Many shelters have limited resources, and when they run out of space, some animals face euthanasia. By choosing adoption, you're not just getting a pet; you're giving them a second chance at life.

Think about it—your one decision can be the difference between life and death for a deserving animal. Now, that's a true act of love. ❤️

2. Shelter Pets are Just as Loving (If Not More!)

There's a huge misconception that shelter animals are "damaged" or "less lovable" than store-bought pets. The truth? Many end up in shelters due to reasons that have nothing to do with them—owners moving, financial struggles, or simply not being

ready for the responsibility.

Once adopted, these pets are incredibly grateful and shower their humans with unconditional love. There's something about a rescued pet that makes their bond with you even deeper—they know you saved them.



3. Adopting Helps Break the Cycle of Puppy Mills & Breeding Farms

Many pet stores and breeders operate unethically, treating animals like products rather than living beings. Puppy mills, for instance, are known for keeping dogs in inhumane conditions with little care, medical attention, or love.



When you adopt, you say NO to animal cruelty and irresponsible breeding practices. Instead, you support shelters and organizations working to make the world better for animals.

4. It's More Affordable (And Comes with Perks!)

Buying a pet can cost a fortune—some breeds are sold for thousands of rupees/dollars. On top of that, breeder-bought pets often need separate vaccinations, microchipping, and spaying/neutering.

On the flip side, adopted pets are often vaccinated, microchipped, and spayed/neutered before you even bring them home! That means lower costs and a healthier start for your new furry friend. 🐶🐱

5. You're Making Room for Another Rescue

When you adopt, you don't just change one life—you free up space for another pet in need. This means shelters can rescue and care for another abandoned animal, keeping the cycle of kindness going.

It's like a chain reaction: one adoption opens the door for another rescue, creating more opportunities for animals to find loving homes.

6. They Improve Your Mental & Emotional Well-Being



Did you know that having a pet can reduce stress, lower anxiety, and even improve your mood? Animals provide emotional support in ways that even humans sometimes can't.



For children and young adults dealing with school pressure, loneliness, or anxiety, pets can be the best companions. Whether it's a cat curling up on your lap after a tough day or a dog excitedly greeting you at the door, their love is unmatched.



Adopt, Don't Shop!

If you've been thinking about getting a pet, consider visiting a local shelter instead of a breeder or pet store. The animals there aren't just looking for homes—they're looking for love, stability, and someone who will cherish them forever.

So, the next time you think about bringing a pet into your life, remember: Adoption isn't just about saving an animal's life—it's about changing yours for the better, too. ❤️🐾

Would you adopt a pet? Have a rescue story to share? We'd love to hear from you! Email us at info.justbeingme.in@gmail.com, and let's celebrate the love of adopted pets together! 🐶🐱





LIFE HACK

SMALL ACTS OF KINDNESS FOR LOVED ONES: SIMPLE WAYS TO SHOW LOVE EVERY DAY



Love isn't always about grand gestures, expensive gifts, or perfectly planned surprises. More often than not, it's found in the little things—the quiet moments, the thoughtful actions, the everyday ways we show we care.

In a world that moves fast, it's easy to forget that small acts of kindness can have the biggest impact. Whether it's for family, friends, or even yourself, love is best expressed not just on special occasions but in the simple things we do every day.

So, if you're looking for easy, meaningful ways to make someone feel loved, here are a few simple yet powerful ideas:

1. Leave a Thoughtful Note 📝

A handwritten note can brighten anyone's day. Leave a sticky note with a kind message in your sibling's notebook, tuck a sweet letter into a friend's bag, or send a quick text to let someone know you appreciate them. Sometimes, just hearing "I'm proud of you" or "I'm always here for you" is enough to turn a tough day around.

2. Compliment Without a Reason ✨

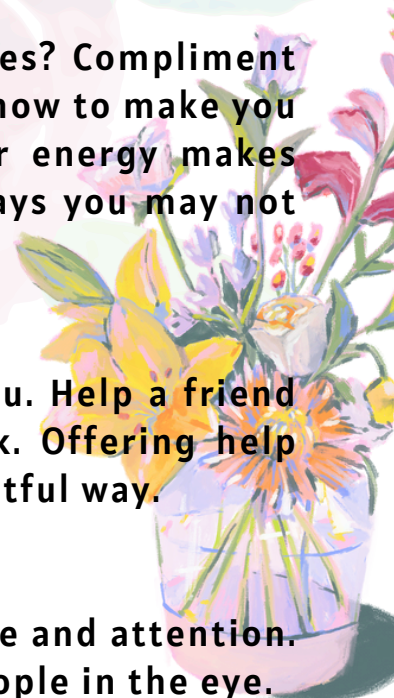
Why wait for a special occasion to hype up your loved ones? Compliment their efforts, their kindness, or the way they always know how to make you laugh. A simple "I love how creative you are" or "Your energy makes everything better" can boost someone's confidence in ways you may not even realize.

3. Do a Small Favor Without Being Asked 😊

Take over a chore at home before your parents remind you. Help a friend carry their books. Bring your sibling their favorite snack. Offering help without being asked shows love in the purest, most thoughtful way.

4. Be Fully Present (Put Down Your Phone!) 📵

One of the greatest gifts you can give someone is your time and attention. When having a conversation, put your phone away. Look people in the eye.



Listen actively. Being present is a powerful way to make someone feel valued and heard.

5. Surprise Them with Their Favorite Thing 🎁

It doesn't have to be expensive. Maybe it's picking up your best friend's favorite candy bar or making your mom a cup of tea before she asks. Remembering what people love and surprising them with it shows that you pay attention and care.

6. Check In on Your Friends & Family 💬

A simple "How's your day going?" or "I was thinking about you" text can mean the world to someone who might be feeling lonely. Never underestimate the power of checking in—it might be exactly what they need to feel supported.

7. Celebrate the Small Wins 🎉

We often celebrate big achievements, but what about the small victories? Cheer on your friend for finally finishing that tough assignment, praise your sibling for overcoming a fear, or acknowledge a family member for something they did well. Recognizing little milestones makes people feel appreciated and motivated.

8. Give the Gift of Hugs & Warmth 🤗

Sometimes, no words are needed. A warm hug, a reassuring pat on the back, or simply sitting next to someone in comfortable silence can be the most powerful form of kindness.

9. Share a Memory or Inside Joke 😂

Send an old photo, share a funny moment you both experienced, or remind them of something silly they once said. It's a simple way to bring joy and strengthen bonds.

10. Say "Thank You" More Often 🙏

We tend to take the little things for granted—like our parents making us food, our friends always being there, or our teachers guiding us. A simple "Thank you for everything you do" can mean more than you think.



Kindness is Contagious—Pass It On! ❤️

The best thing about small acts of love? They create a ripple effect. When you show kindness, it spreads. One thoughtful gesture can brighten someone's day, inspire them to do the same, and create a chain of love and positivity.

So, go ahead—try one of these today. Because love isn't just about big moments. It's in the little things, every single day. ❤️

What's the kindest thing someone has ever done for you? We'd love to hear! Email us at info.justbeingme.in@gmail.com and share your story.



Social Skills & Personality Development

HANDLING REJECTION WITH GRACE:

In Friendships, Love, or Life



Let's be real—rejection sucks. Whether it's a friend drifting away, a crush not feeling the same way, or not getting that opportunity you really wanted, rejection stings. It feels personal, like a direct hit to your self-worth. But here's the truth: rejection isn't a reflection of your value—it's just a redirection toward something better.

So, instead of spiraling into self-doubt, let's flip the script. Rejection isn't the villain of your story; it's a plot twist that leads to growth, resilience, and bigger opportunities. Here's how to handle it like a pro.



REJECTION ISN'T PERSONAL—IT'S PERSPECTIVE

First things first: rejection isn't a statement about you as a person. It's just someone else's decision based on their needs, preferences, or circumstances.

✨ **Friendship Rejection?** Maybe they found a new group, but that doesn't mean you're not fun or worthy of great friendships.

💔 **Romantic Rejection?** Maybe they don't feel the spark, but that doesn't mean you're unlovable.

📄 **Missed Opportunity?** Maybe you didn't get the job, role, or position, but that doesn't mean you're not talented or capable.

Think about it—how many times have you personally rejected things? A song you skipped, a show you lost interest in, a person you didn't vibe with. Does that mean the song was bad? That the show had no value? That the person wasn't amazing? Nope. It just wasn't for you. And that's exactly how rejection works.



PROCESS, DON'T SUPPRESS YOUR FEELINGS



It's tempting to brush off rejection and pretend it doesn't hurt, but let's be honest—it does. And that's okay! Processing emotions in a healthy way is what separates growth from self-doubt.

✓ **Feel it:** Let yourself be upset, but don't let rejection define you. Journaling, venting to a friend, or just having a solid cry session is better than bottling it up.

✓ **Separate emotions from identity:** Instead of thinking "I'm not good enough," try "This didn't work out, but something else will." One experience doesn't define your worth.

✓ **Avoid the "What's wrong with me?" trap:** Instead of replaying what you could've done differently, focus on what's next. The right people, opportunities, and experiences will align when they're meant to.

MOVING FORWARD WITH CONFIDENCE

Rejection isn't the end of the road—it's a sign that you're trying, taking risks, and putting yourself out there. And that is something to be proud of. Here's how to keep going:



🚀 **Shift the focus.** Instead of thinking about what didn't happen, think about what this rejection is making space for. Every "no" is clearing the path for the right "yes."

🚀 **Redirect your energy.** Didn't get into the club, sport, or theater role you wanted? Pour that energy into something else—hobbies, skill-building, self-improvement. Turn disappointment into motivation.

🚀 **Surround yourself with the right people.** The best way to bounce back? Be around people who uplift you, remind you of your worth, and encourage you to keep pushing forward.

🚀 **Remember, rejection is a sign of effort.** The only people who never get rejected are the ones who never try. Every successful person, artist, writer, entrepreneur—everyone—has faced rejection. What makes them different? They didn't let it stop them.

OWN YOUR JOURNEY

Rejection isn't the end. It's a stepping stone, a lesson, a redirection to something better. So, instead of seeing it as a failure, see it as proof that you're putting yourself out there, growing, and evolving.

The next time rejection knocks, don't let it break you. Let it teach you, redirect you, and make you stronger. Because the right people, the right opportunities, and the right moments will come—and when they do, you'll be so glad you didn't let rejection stop you. ❤️



INSIGHT & INSPIRATION

WHY IS EMOTIONAL INTELLIGENCE A SUPERPOWER FOR TEENS?

By Sandeep Kumar | UPSC Coach | Motivational Speaker



Emotional intelligence (EI), a concept popularized by Daniel Goleman in his book *Emotional Intelligence: Why It Can Matter More Than IQ*, is the ability to understand and manage emotions effectively. For teenagers navigating the complex world of relationships, academics, and self-discovery, EI is a crucial skill that can empower them to thrive personally and socially.

What is Emotional Intelligence and why does it matter?

Emotional intelligence includes self-awareness, self-regulation, motivation, empathy, and social skills. It helps individuals recognize and understand their emotions and those of others.

Importance:

- **Academic Success:** Goleman explains that emotional intelligence can significantly impact focus, perseverance, and adaptability, contributing to better academic outcomes.
- **Relationships:** EI equips teens with tools to navigate conflicts, develop empathy, and form meaningful connections.
- **Mental Health:** It fosters resilience, helping teens manage stress, anxiety, and self-doubt.
- **Life Skills:** Goleman notes that EI predicts success in life more accurately than IQ, as it enhances problem-solving and decision-making.

2. Exercises for Building Emotional Awareness and Empathy

To cultivate EI, teens can practice the following:

Journaling for Self-Awareness

Activity: Reflect daily on your emotions by answering questions such as:

- What did I feel today and why?
- How did I respond to challenges or conflicts?

Goleman's Insight: "Self-awareness is the foundation of emotional intelligence."

Mindfulness Practice

Activity: Spend 10 minutes daily focusing on your breath and observing your thoughts non-judgmentally.

Benefit: This builds emotional regulation, a core component of EI.

Goleman's Insight: "Mindfulness enhances emotional resilience and helps regulate impulsive reactions."

Active Listening

Activity: During conversations, focus on understanding the other person's feelings without interrupting.

Tip: Summarize their emotions to ensure clarity.

Goleman's Insight: "Empathy is the ability to sense others' feelings and perspectives."

Gratitude and Perspective-Taking

Activity: Write three things you're grateful for and consider situations from others' points of view.

Benefit: Encourages empathy and reduces negative emotions.

Goleman's Insight: "Empathy builds bridges between people, fostering compassion and collaboration."

Conflict Resolution Role-Play

Activity: Practice resolving hypothetical conflicts with peers by focusing on understanding and collaboration.

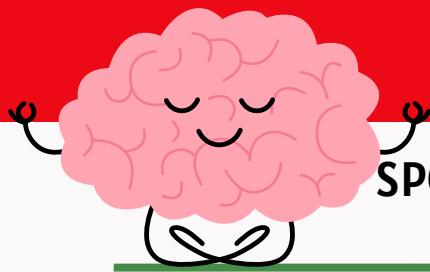
Outcome: Enhances social skills and emotional control.

A Superpower for Success

Daniel Goleman emphasizes, "Emotional intelligence is the sine qua non of leadership." For teens, this leadership begins with self-mastery and extends to positively influencing their peers. Cultivating EI equips them with the "superpower" to manage emotions, build resilience, and lead a fulfilling life, making them capable of overcoming challenges with empathy and grace.

By integrating EI practices into their daily lives, teens can unlock their full potential and navigate their formative years with confidence and purpose.





SPOTTING REAL FRIENDS: RED FLAGS AND GREEN FLAGS

By Rupanshi Kalra | Counselling Psychologist



Friendships are one of the most important parts of our lives, but let's be real—not every friendship is as genuine as it seems. Sometimes, we get so caught up in wanting to 'belong' that we overlook the warning signs of a toxic friendship. Other times, we might take true friends for granted, not realizing how rare they are. So how do you tell the difference? How do you know if someone truly has your back or if they're just around for convenience?

This guide will help you navigate friendships by recognizing the green flags that signal a genuine friend and the red flags that should make you think twice. Because let's face it—life's too short for fake friends!

Let's break it down to make sure we cover everything clearly and effectively:

Traits of a Genuine Friend

Loyalty: A genuine friend stands by you during tough times. They are reliable and consistent in their support.

Honesty: Real friends are honest, even when telling the truth is hard. They'll give you constructive feedback without sugarcoating everything because they care about your growth.

Support: Whether celebrating a win or going through a setback, a genuine friend is there to cheer you on or offer a shoulder to lean on. They show up, both in small ways and in big moments.

Red Flags in Friendships

Manipulation: If you notice your friend tries to control or guilt-trip you into doing things for their benefit, it's a huge red flag. Genuine friends respect your boundaries.

Lack of Trust: Trust is the foundation of any real friendship. If they're constantly breaking promises, spreading your secrets, or being shady, that's a sign to step back.

Self-centeredness: A one-sided friendship is a red flag, where they only reach out when they need something but never reciprocate. Genuine friends make an effort to give as much as they take.

Jealousy or Competition: If your friend undermines your success or always tries to

compete with you, that's a warning sign. Real friends celebrate each other's victories.

Practical Ways to Evaluate Friendships

Observe Actions, Not Words: People often say one thing but act another. Pay attention to how your friend behaves when you're not around, how they talk about you to others, and how they show up when you need them.

Check for Reciprocity: Healthy friendships are give-and-take. If you find yourself doing all the giving and they're always taking, it's time to assess the dynamic.

Communicate Openly: Talk to them directly about your concerns. How they respond to constructive feedback can tell you a lot about the authenticity of your bond.

Evaluate Your Feelings: A good friendship energizes and makes you feel valued and supported. If your gut tells you something's off, it's worth paying attention to.

How to Maintain Genuine Friendships

Be Present: Consistently show up, even if it is just to listen or offer help. Relationships require attention to stay strong.

Support Their Growth: Encourage your friend to pursue their goals and offer your support when they need it. A genuine friend wants to see you succeed.

Be Honest and Vulnerable: Share your thoughts and feelings honestly, and encourage them to do the same. Trust builds when both people feel safe and understood.

Choose Your Circle Wisely

At the end of the day, the company you keep plays a huge role in shaping your mindset, confidence, and happiness. Friendships should feel supportive, not exhausting. Pay attention to how your friends make you feel—do they uplift you or drain you? Do they celebrate your wins or secretly compete with you?

Surround yourself with people who bring out the best in you, respect your boundaries, and stand by you through thick and thin. And don't forget—being a good friend yourself is just as important! Friendships are a two-way street, and the strongest bonds are built on mutual trust, respect, and genuine care.

So take a moment to reflect—who in your life truly deserves a place in your inner circle?

Friendship Red Flags Questionnaire: Is Your Friendship Healthy?

Take this quick quiz to evaluate your friendships. Answer YES or NO to the following questions:

Trust & Respect

- Does your friend respect your boundaries and personal space?
- Can you trust them with your secrets without worrying they'll share them?
- Do they stand by you in tough times, or do they disappear when things get difficult?
- Do they talk positively about you when you're not around, or do you suspect they gossip?
- Do they accept you for who you are without trying to change or control you?

Support & Encouragement

- Does your friend celebrate your successes without jealousy or competition?
- Do they listen and offer support when you need it, or do they dismiss your feelings?
- Do you feel comfortable being yourself around them without fear of judgment?
- Do they respect your opinions and decisions, even if they don't agree?
- Do they uplift you, or do you often feel drained after spending time with them?

Communication & Effort

- Does your friend make an effort to check in on you, or are you always the one reaching out?
- Are they honest with you in a kind and constructive way, rather than being overly critical or fake?
- If an issue arises, can you talk about it openly without them getting defensive or angry?
- Do they value your time or do they cancel on you at the last minute and make excuses?
- Do they treat you the same way regardless of who's around, or do they change when others are watching?

Results:

✅ **Mostly YES:** You've got a solid, supportive friendship! Keep nurturing it.

⚠️ **Mostly NO:** It may be time to re-evaluate your friendship. Trust your gut and consider setting boundaries.

🤔 **A mix of YES and NO:** Every friendship has ups and downs, but if you notice multiple red flags, it's important to address them.

💡 **Remember:** A true friend respects, supports, and brings out the best in you. If a friendship feels one-sided or emotionally exhausting, it might be time to step back and focus on people who genuinely value you! 💙



By Rohini Mehra | Home Chef & Writer

Recipe Corner: Comfort Food for Cozy Evenings



There's something special about food—it has the power to bring people together, spark joy, and wrap us in warmth, just like a cozy hug! ❤️

And what better time to indulge in some homemade comfort food than February, the month of love?

I believe that cooking isn't just a skill—it's an act of love, whether it's for yourself, your family, or your friends. That's why I'm bringing you two easy, delicious, and heartwarming recipes that are perfect for chilly evenings.

Whether you're in the mood for something savory or sweet, we've got you covered!

Let's start with a dish that's bursting with flavors and perfect for sharing—Tacos!



Recipes of the Month

01. Flavourful & Delicious Tacos 🌮
02. Fluffy Banana Oat Pancakes 🥞



Delicious Tacos



Banana Oatmeal Pancakes



Flavourful & Delicious Tacos



Ingredients:

Taco shells

Boiled kidney beans

Garlic: 5-6 cloves finely chopped

Onion: 2 finely chopped

Tomato puree, 1 cup

Oregano, 2 tsp

Cumin powder, 2 tsp

Pepper, 1 tsp

Red chilli flakes, 1 tsp

Salt to taste

Sour cream

If not available, you can use fresh hung curd or yogurt.

Lettuce

Grated cheese

For tomato salsa:

Onion: 2 finely chopped

Tomatoes: 2 finely chopped

Garlic: 5-6 finely chopped

Fresh coriander—a few leaves

Lime juice: 2 tbsp

Chilli powder, 1 tsp

Salt and pepper to taste.

1) Rinse 1 cup of kidney beans (Rajma) the night before and soak them in enough water to cover them overnight.

2) Next morning drain the water, since then under running water. Transfer the beans to a pressure cooker, add 3 cups of water and 1/4 tsp salt, and put them to boil.

3) Switch off the gas after 5-6 whistles

4) In a pan, put 2 tsp of olive oil and sauté the onion and garlic till golden brown.

5) Add in beans along with the water, spices, and salt and mix well. Add in tomato purée and mix well.

6) Mash it with a masher and let simmer for 15 minutes.

7) Meanwhile, mix all the ingredients of tomato salsa to get a bright and lightly spicy salsa.

Assembling:

Take a taco and place a piece of lettuce on it. Now gently put some rajma mixture on top of it.

A generous amount of tomato salsa on it, followed by some sour cream.

In the end, put some shredded cheese on it, and yohoo, it's ready.

Prepare the rest of the tacos similarly and serve immediately.



Fluffy Banana Oat Pancakes



Ingredients:

Medium ripe bananas: 2

Eggs: 2

Plain milk, 1/2 cup

Instant oats or rolled oats - 1 1/2 cups

Baking powder: 2 tsp

Cinnamon powder: 1/2 tsp

Salt: 1/4 tsp

Vanilla extract, 1 tsp

Olive oil for cooking

Process:

- 1) Add all the ingredients to a blender and blend on high speed until smooth!
- 2) Let the batter rest for 2 minutes while you heat up your pan.
- 3) Add olive oil to a nonstick pan, placing it over medium heat.
- 4) Take some batter in a big spoon and pour it on the hot pan, making round-shaped pancakes, and cook for 2-3 minutes until golden brown. Flip and cook for 2 more minutes.
- 5) Place all the pancakes on a plate one over the other and garnish with the toppings of fresh fruits of your choice, like bananas, apples, strawberries, and blackberries.
- 6) Now drizzle some honey on it, and it is ready to serve. Enjoy!

A Little Love in Every Bite ❤️

Cooking isn't just about food—it's about creating moments. Whether you're making these tacos for your best friends or treating yourself to a warm stack of pancakes, remember that the love and effort you put into cooking make it even more special.

So, go ahead—try these recipes, experiment with flavors, and most importantly, enjoy every bite.

And if you do make them, we'd love to see! Share your pictures and experiences with us at info.justbeingme.in@gmail.com.

Happy cooking and happy February! 🥰🌟



FUTURE FORWARD: TECHNOLOGY & FRIENDSHIPS

Is Social Media Bringing Us Closer or Pushing Us Apart?



Are We Truly Connected or Just Scrolling? 📱🤔

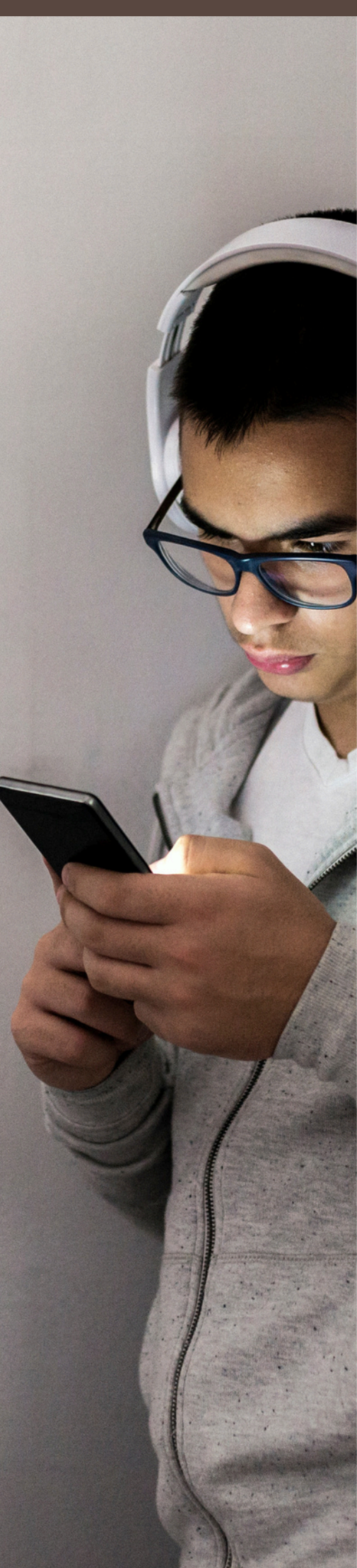
Social media has completely changed the way we make and maintain friendships. With a simple tap, we can stay in touch with friends across the globe, send memes to make each other laugh, and even form new connections online. But despite this constant digital interaction, many people still feel disconnected and lonely. So, is technology truly bringing us closer, or are we just scrolling through each other's lives without really connecting?

The Illusion of Connection

It's easy to feel like we're staying connected just because we like a friend's post, reply to their story, or send them a quick "haha" in the comments. But real friendships are built on deeper conversations, shared experiences, and genuine emotional support—things that can't always be captured in a DM or a reaction emoji.

Here's how social media can sometimes create distance instead of connection:

💬 **Texting over talking:** We message more but call and meet less, making conversations feel less personal.



📸 **Curated reality:** We only see what people choose to post, often their best moments, which can make friendships feel superficial.

👁️ **Ghosting and “seen” culture:** Ever been left on read? Digital communication makes it easier to ignore messages, leading to miscommunication and hurt feelings.

Using Technology to Strengthen Friendships

The good news? Social media doesn’t have to weaken our friendships. When used intentionally, it can actually make our bonds stronger. Here’s how:

🗣️ **Have real conversations:** Instead of just reacting to a story, send a voice note, make a call, or meet up when possible.

📵 **Be present in the moment:** When you’re with friends, put your phone down and focus on the time you’re spending together.

❤️ **Go beyond the highlight reel:** Check in on friends privately, not just by watching their posts—sometimes the happiest-looking people need support too.

🔄 **Balance online & offline:** Social media is great for staying in touch, but nothing replaces face-to-face connection.

Connection Is More Than a Screen

Technology is just a tool—it’s how we use it that matters. If we want deeper friendships, we have to be intentional about reaching out, making time, and truly engaging beyond the screen.

So next time you open your phone, ask yourself: Am I connecting or just scrolling?

Artist of the Month

RAVNEET KAUR



Ravneet Kaur is a multifaceted personality—an artist, storyteller, writer, editor, trainer, healer, and tarot card reader, seamlessly blending creativity with wisdom.



Thank You For Reading!

Dear Readers,

As we wrap up this special February issue of Teen Digest, I just want to take a moment to say thank you—for reading, for engaging, and for being part of this growing community.

This issue was all about love in its many forms—friendship, self-love, kindness, and the bonds that truly matter. Whether it was learning to spot real friends, handling rejection with grace, or embracing small acts of love, I hope these stories and insights added a little warmth to your month.

A huge shoutout to our amazing contributors who poured their hearts into every article, making this issue as meaningful as it is. And to you, our readers—your support, feedback, and enthusiasm keep this magazine alive.

If you loved this issue (or even if you have suggestions for the next one!), I'd love to hear from you!

Drop me a message at info.justbeingme.in@gmail.com—your thoughts, ideas, and even your own stories are always welcome here.

Until next time, keep spreading kindness, love, and positivity in all the little ways that matter.

With love & gratitude

Prachi
SACHDEV

Founder and Editor-In-Chief