



TEEN DIGEST

Winter Edition



FOUNDER'S NOTES

Dear Readers,

As winter wraps its frosty arms around us, bringing cozy blankets, warm drinks, and the sparkle of Christmas lights, it's also a season of reflection and preparation. For many of you, it's the season of exams –those late-night study sessions fueled by determination and maybe a little caffeine. But it's also the promise of holidays and festive cheer right around the corner. A time to pause, recharge, and reconnect with the things and people that matter most.

This edition of Teen Digest is all about finding balance –between hard work and celebration, between staying grounded and reaching for the stars. We've packed it with everything you need to make this winter memorable: from self-care tips and fun holiday playlists to inspiring career stories and a Bonus printable worksheet to set SMART goals for the year ahead. It's a toolkit for your mind, heart, and spirit as we close the chapter on 2024 and prepare to write a new one in 2025.

And this is just the beginning! Teen Digest is more than a magazine—it's a space for you. Your ideas, creativity, and voice will shape future issues. Share your thoughts, submissions, and feedback with us at

info.justbeingme.in@gmail.com

We're here to listen, learn, and grow together.

Let's make this space truly ours. Happy reading, happy holidays, and here's to a fantastic new year ahead!



Prachi
SACHDEV

Founder and Editor-In-Chief

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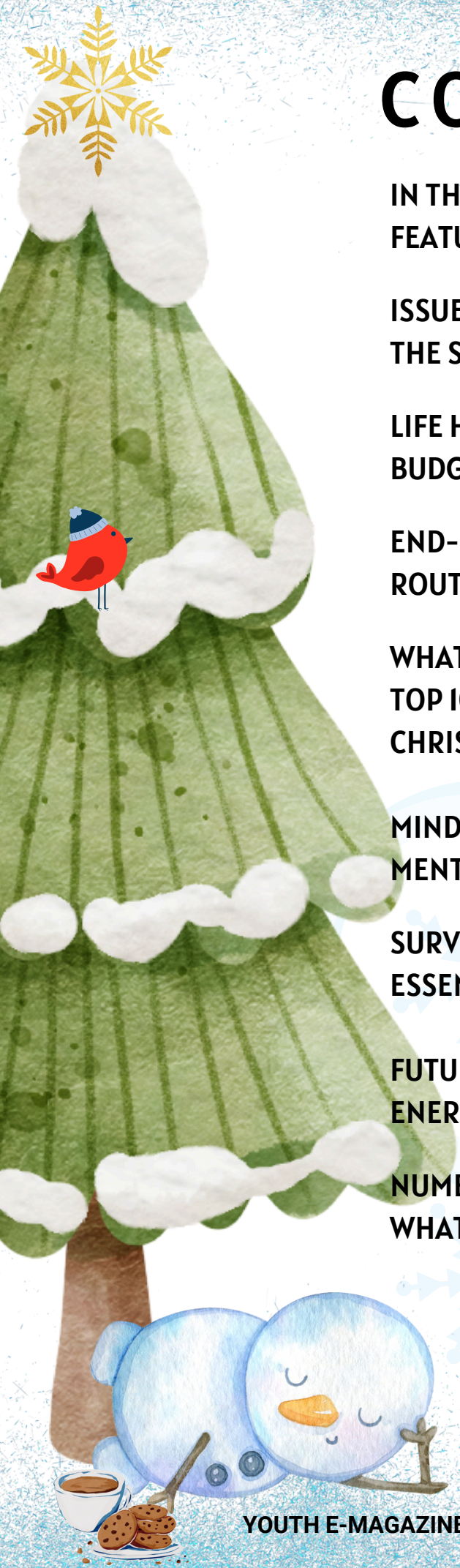
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IN THE LIMELIGHT: TARA MIRDHA SINGH

BBC AWARD WINNER ARTIST

Art with Empathy - Tara Mirdha Singh's Journey
"Painting emotions, spreading harmony."



Tara Mirdha Singh, a New Delhi-based Textile Designer and an Artist with roots in Jodhpur, Rajasthan, has been a trailblazer in the world of Indian art. From winning awards for her textile prints in London to a winner of the BBC External Services' Jubilee Art Competition in 1982, she embodies the spirit of constant learning and creativity. We had the opportunity to speak with her about her artistic journey, inspirations, and advice for budding artists.

I. How did your artistic journey begin? Was art always a part of your life?

Art has always been a part of my life. I grew up



watching my mother create beautiful designs, and I believe I inherited the artist's flair from her. As a child, I found solace in painting—it was my escape, my joy. My day would often begin and end with a paintbrush in my hand. I never saw it as a career initially; I simply followed my passion, and over time, it evolved into the meaningful work I do today.

2. Many young artists struggle with finding their style. How did you develop yours?

Finding your style is like understanding yourself—it takes time, patience, and exploration. For me, it was about expressing the emotions and stories that resonated deeply. I've always been drawn to human figures and their capacity to convey compassion, love, and higher consciousness. Experimenting with different mediums and themes allowed me to refine my voice as an artist.

3. What's your advice for teenagers who want to pursue art but feel unsure about its viability as a career?

To anyone considering art as a career: trust your passion. Art, like any other field, requires

dedication, learning, and adaptability. It's not always easy, but the joy of creating something that impacts others is unparalleled. Start by building a strong portfolio, seek mentorship, and don't shy away from learning different forms of art. Believe in your talent and don't let the fear of uncertainty hold you back.

4. Do young artists need expensive tools or training to start their journey?

Absolutely not. Art is about creativity, not tools. Some of my most meaningful works began with simple materials. As you grow, you can invest in better supplies and training, but initially, focus on honing your skills and exploring your ideas. Remember, passion and perseverance matter far more than fancy equipment.



5. Can you tell us about one of your most memorable paintings and its story?

One painting that holds a special place in my heart is Let the Peace Prevail. I created it for the BBC External Services' Jubilee Art Competition. The work portrays humanity's collective responsibility for peace. Through



Message to Teens:

Art is a journey of self-discovery and connection. Whether you're just starting with doodles in your notebook or creating your first masterpiece, remember to stay curious and persistent. In the words of Henry W. Beecher, "Every artist dips his brush in his own soul, and paints his own nature into his pictures."

intricate figures and symbols, it showcases how every individual contributes to harmony in the world. It's a reflection of my belief in the power of art to inspire change.

6. What role does empathy play in your work, and how can young artists incorporate it into their creations?


Empathy is the core of my art. I see my work as a way to connect with others' emotions and share their stories. For young artists, I'd say observe the world around you. Understand the feelings, struggles, and beauty in others' lives. Art isn't just about aesthetics—it's about making your audience feel something. The more empathy you bring into your work, the more impactful it becomes.

7. You've received numerous accolades, including international recognition. How have these milestones shaped your journey?

Awards and recognition are affirming, but they're not the end goal. Each milestone taught me something new about myself and my work. For instance, attending the Japanese Youth Goodwill Cruise on the Prime Minister of Japan's invitation broadened my perspective on global art and culture. I believe every experience, big or small, contributes to the artist you become.

8. Finally, what inspires you every day to continue creating?

The world's beauty, the variety of emotions people carry, and the endless stories around us inspire me every day. Painting is my meditation and my way of connecting with the divine. To any young creator out there, know that inspiration is everywhere—you just have to look.



THE REAL WORLD

Issues That Matter

By Pari Shrivastava | Grade 12 | Junior College | Singapore



THE SCIENCE GENDER GAP: A STUDENT'S TAKE ON THE WHY AND HOW

Of the global STEM workforce, only 35% consists of women. This is a stark reminder of the societal barriers women face in advancing in the fields of STEM (Science, Technology, Engineering, and Mathematics). As a student aspiring to a career in technology, this underrepresentation is especially concerning.

Earlier this year, I had the chance to participate in J.P. Morgan's GenerationTech program, which aims to empower young girls aged 13-18. Each team had to brainstorm solutions for a real-world problem. Watching the passion and creativity of the girls as they proposed their ideas made me realize the untapped potential in the room. It opened my eyes to the scale of the gender gap in STEM — and how initiatives like this can help bridge that gap.

Why does this gender gap exist, and what can we do to close it? The answers lie in early education barriers, persistent workplace challenges, and systemic stereotypes. Drawing from my experience at GenerationTech, I'll share why this gap matters — and how we can bridge it.

This disparity begins early. Growing up, how often did you see women celebrated as scientists or engineers in your textbooks? For many of us, the answer might be "rarely." When asked to think of scientists, most of us think of names like Isaac Newton or Albert Einstein, while groundbreaking scientists like Marie Curie or Rosalind Franklin are often overlooked.

This lack of representation, coupled with societal stereotypes, discourages girls from envisioning themselves in STEM careers. Research shows that children as young as six begin associating brilliance with boys more than girls. For example, girls are often given toys like dolls, while boys are encouraged to build sets or science kits. This reinforces the stereotype that STEM fields are meant for boys. When children internalize these gendered beliefs, their confidence and future aspirations can be significantly affected. As a result, girls are less likely to pursue STEM subjects, and the long-term implication is clear: women hold only 25% of STEM degrees globally.



The consequence? Innovation stagnates. When women are underrepresented in STEM, half the talent pool is missing. According to research, gender-diverse teams outperform male-dominated ones in solving complex problems. They approach challenges from multiple angles, leading to more creative and inclusive solutions. Without these critical perspectives, technological advancements slow down, and economic growth is limited.



Bridging the gap starts with a young girl's educational journey. Early interventions such as coding workshops tailored to girls can help encourage STEM as a career choice. In Singapore, companies such as J.P. Morgan and the Bank of America, have taken the initiative to host such workshops for girls. By providing young women with the opportunity to innovate, lead, and collaborate, these programs foster confidence in a traditionally male-dominated field.

The gender gap in STEM not only harms women but also our potential for innovation as a society. Hence, it is of utmost importance to bridge this gap. Each of us can contribute to a future where science benefits everyone. Change starts with empowering one girl at a time. On an individual level, this can be done by encouraging your daughters, sisters, and friends to pursue STEM. On a global scale, more companies should take the initiative to equip girls with the relevant skills to join the STEM workforce. Together, we can close the gap and strive towards a more innovative and inclusive society.

LIFE HACK

BUDGET-FRIENDLY CHRISTMAS GIFTS IDEAS



The holiday season is here, and with it comes the joy of giving! But let's face it—finding the perfect gifts for your friends and family without breaking the bank can feel like a challenge, especially for students and young adults on a budget. The good news? Thoughtful gifting doesn't have to cost a fortune. From DIY ideas to creative and affordable finds, there are plenty of ways to show your love and appreciation this Christmas without maxing out your wallet.

Whether it's a cozy keepsake, a fun experience, or something personalized, we've got a list of budget-friendly Christmas gift ideas to make your holiday season merry and bright!

● Personalized Mugs or Tumblers

- You can get plain mugs and personalize them with paint pens or order custom ones online.
- Perfect for friends who love their coffee or tea!

Where to find: Amazon, Etsy, or local stores for blank mugs and DIY supplies.



● Mini Succulents or Cactus Plants

- A cute plant in a small pot makes a great, low-maintenance gift.
- It's a refreshing addition to anyone's study desk.

Where to find: Local nurseries or sites like IKEA and Amazon for affordable plant options.



● **DIY Hot Chocolate Kits**

- Layer cocoa powder, mini marshmallows, and crushed candy canes in a jar for a festive hot chocolate mix.
- Tie it with a ribbon and a small tag for an extra personal touch!

Where to find: Local stores for jars, or DIY with ingredients from any grocery store.

● **Reusable Tote Bags**

- Practical and eco-friendly, these bags can be used for shopping or carrying books.
- You could even personalize them with paint or iron-on patches.

Where to find: Amazon, local craft stores, or check out stores like Miniso for fun designs.

● **Customized Keychains or Bracelets**

- You can make keychains or bracelets with initials, friendship symbols, or favorite colors.
- A simple, thoughtful accessory that can be easily personalized.

Where to find: Amazon or craft stores for DIY kits.

● **Scented Candles (Mini Size)**

- Candles are a great way to create a cozy vibe. Go for holiday scents like cinnamon or vanilla.

Where to find: Bath & Body Works often has discounts on mini candles, or find budget-friendly options on Amazon or Walmart.



● **DIY Photo Frames or Albums**

- Fill a small photo album with your favorite memories or get a cute frame for a favorite photo together.

Where to find: Local stores for budget frames or Amazon for mini photo albums.

● Cute Stationery Sets

- A small set of notebooks, pens, and sticky notes makes a useful and aesthetic gift.
- Look for sets with unique designs or holiday themes.

Where to find: Stationery stores, Amazon.

● Mini Puzzle or Game Set

- A small, portable game set or puzzle is perfect for holiday downtime with friends or family.
- Options like card games, mini puzzles, or board games.

Where to find: Amazon has a variety of travel-size games, or try Walmart.

● Handmade Bath Bombs or Soap Bars

- If you're into DIY, bath bombs or soap bars can be easy and fun to make.
- Alternatively, you can buy a small set for a luxurious gift.

Where to find: Amazon has bath bomb kits, or check out Lush for small, individually priced bath products.

● Cozy Socks or Gloves

- Perfect for the winter season, you can find festive designs.

Where to find: Walmart and Amazon often have holiday deals on winter accessories.



● Portable Phone Charger (Mini Size)

- Useful for friends always on their phones, a mini portable charger is practical and affordable.

Where to find: Amazon has a variety of compact, budget-friendly options.



● **Homemade Baked Goods**

- Whip up a batch of cookies, brownies, or muffins, and package them in a cute box or tin.

Where to find: Ingredients from any grocery store; tins from a dollar store.



● **Fun PopSockets or Phone Accessories**

- Phone grips or stands are always handy, and you can find unique designs.

Where to find: Amazon or local phone accessory stores.



● **Christmas Ornament with a Personal Touch**

- A simple ornament that you can personalize with initials, a year, or a special message.

Where to find: Craft stores or Amazon for plain ornaments to decorate.





End-of-Year Self-Care Guide: Routines for a Relaxed December



As December rolls in, it's easy to get caught up in the hustle and bustle of the season—second-term exams, year-end deadlines, holiday preparations, and social gatherings. But amidst the festive chaos, it's crucial to hit pause, reflect, and recharge. After all, taking care of yourself is the best gift you can give as you wrap up the year and prepare for a fresh start.

This guide is all about creating simple, meaningful self-care routines to help you unwind, reflect on the past year, and enter the new one with clarity and energy. So grab your favorite cozy blanket and let's dive in!

I. SCHEDULE A WEEKLY "SELF-CARE NIGHT"

Dedicate one evening a week in December to yourself. Turn off your devices, light some candles, and focus on activities that help you relax and recharge.

Ideas for a Perfect Self-Care Night:

- **At-Home Spa Day:** Pamper yourself with DIY face masks, a relaxing bath, and your favorite skincare products. Add some calming music to set the mood.
- **Candlelit Reading Session:** Choose a book that inspires or entertains you, pour yourself a warm drink, and lose yourself in the pages.
- **Creative Outlet:** Paint, doodle, or try your hand at crafting—anything that lets you express yourself without pressure.

Pro Tip: Treat this night as sacred "me-time," no matter what else is going on.



2. REFLECT ON THE YEAR WITH JOURNALING

December is the perfect time to reflect on your highs, lows, and everything in between. Journaling is a great way to process your thoughts, gain clarity, and set intentions for the future.

Prompts to Get You Started:

- What are three things I'm most proud of this year?
- What challenges did I overcome, and what did I learn from them?

- What are three things I'm grateful for right now?
- What habits or mindsets do I want to leave behind in 2024?

Pro Tip: Use colorful pens or stickers to make your journaling sessions creative and fun!



3. TAKE DAILY OUTDOOR WALKS

Spending time outdoors, even for just 10-15 minutes a day, can do wonders for your mental health. The crisp December air, the sound of leaves crunching underfoot, or even holiday lights in your neighborhood can help you feel refreshed and grounded.

Why It Works:

- Boosts your mood and reduces stress.
- Clears your mind and sparks creativity.
- Provides a gentle way to stay active during the colder months.

Pro Tip: Bring a playlist of calming music or your favorite podcast for a double dose of relaxation.



4. CREATE A VISION BOARD FOR THE NEW YEAR

End the year by visualizing your dreams and goals for the year ahead. A vision board helps you focus on what truly matters and acts as a daily reminder to stay motivated.

How to Get Started:

- Gather magazines, photos, quotes, and anything that inspires you.
- Cut, paste, and arrange them on a board or a large piece of paper.
- Write down specific goals you'd like to achieve in 2025, whether they're related to academics, hobbies, friendships, or self-care.



Pro Tip: You can also create a Digital Vision Board using tools like Canva if you're more tech-savvy.

5. INDULGE IN MINDFUL MOMENTS

Mindfulness is all about staying present in the moment, which can help you combat holiday stress and feel more connected to yourself.

Mindful Practices to Try:

- **Deep Breathing Exercises:** Try the 4-7-8 method—inhale for 4 seconds, hold for 7 seconds, exhale for 8 seconds.
- **Gratitude Practice:** Write down three things you're grateful for each evening.
- **Stretching or Yoga:** Focus on gentle movements that release tension in your body.

Pro Tip: Start with just 5 minutes of mindfulness a day and gradually increase the time.



6. PLAN FOR A DIGITAL DETOX

Too much screen time can leave you feeling drained, so why not take a mini break from your devices?

How to Detox:

- Schedule specific “no-phone” hours each day.
- Replace screen time with hobbies like cooking, reading, or journaling.



- Use apps like Forest or Offtime to help you stay away from your phone.

Pro Tip: Make your self-care night a completely screen-free experience for the ultimate reset.

As you wind down the year, remember that rest is not a luxury—it's a necessity. Taking time for yourself helps you recharge, reflect, and refocus, making you stronger and more prepared for whatever the new year brings.

So, embrace the cozy vibes, celebrate your wins, and let go of what no longer serves you. Your December self-care routine isn't just about surviving the holidays; it's about thriving, one mindful moment at a time.

Here's to a relaxed December and a fresh, fulfilling start to 2025! 🎉



DIGITAL VISION BOARD



A Step-by-Step Guide

Here's a step-by-step guide for creating your first digital vision board in Canva.

This will be a fun and powerful way to set your goals for the year and keep them visible as a daily reminder!

• you are •
CAPABLE

Step 1: Think About Your Goals

1. Divide Your Life into Categories: Think of different areas in your life you want to focus on, like school, health, relationships, hobbies, or personal growth.
2. Pick Key Goals: In each area, choose one or two goals that are most important to you. For example, if you want to improve your health, a goal might be to exercise regularly or eat more balanced meals.
3. Describe Your “Why” (optional): For each goal, write down why it matters to you. Having a purpose behind each goal will help keep you motivated.

DIGITAL VISION BOARD

Step 2: Collect Inspiration and Images

1. Choose Photos and Quotes: Gather pictures or quotes that represent your goals or remind you of the actions you need to take to achieve them. If you want to improve in a subject, you might choose a picture of a study space or someone focused on their work.
2. Use Pinterest or Canva's Image Library: You can use Pinterest to collect images or go to Canva's library and search for relevant pictures.
3. Save Your Favorites: Save all your chosen images in one place, like a Pinterest board or on your computer, to make it easier when you start designing in Canva.

Step 3: Open Canva and Start Your Design

1. Log into Canva: Go to Canva and log in.
2. Search for "Vision Board" Templates: In Canva, search for "vision board" templates to find different styles that you like.
3. Select a Template or Start Blank: Pick a template that appeals to you, or create your vision board from scratch for a more customized look.

Step 4: Customize Your Vision Board Layout

1. Adjust Dimensions: Choose a size that fits your needs. For example, if you want it as your desktop wallpaper, go for a landscape (horizontal) layout.
2. Add Grids or Frames: Use Canva's grids or frames to organize your images neatly, so everything is easy to see and looks great together.

Step 5: Add Your Images and Text

1. Insert Your Photos and Quotes: Drag and drop your saved images into the Canva template, placing them in each section or frame. Resize and rearrange them until they look just right.
2. Add Goal Labels or Affirmations: Type short phrases or affirmations for each goal, like "Stay Focused" or "Practice Self-Care," and place them near the images. Canva has lots of font options, so choose one that inspires you.
3. Play with Colors: Adjust the background colors to match your style or to make the images stand out. If you want a calm, peaceful look, choose soft, muted colors.

DIGITAL VISION BOARD

THINK IT,
WANT IT,
GET IT

Step 6: Personalize with Decorative Elements

1. Add Fun Elements: Canva has lots of design elements, like stickers, icons, or patterns. You could add icons that match your goals, like a star for academic achievements.
2. Use Collage Elements: To make it more visually interesting, try adding scrapbooking features like paper clips, washi tape, or frames.

Step 7: Save and Display Your Vision Board

1. Download Your Design: Click on "Share" in the top right corner, then "Download." For digital use, choose PNG format for clear quality.
2. Set as Wallpaper: If you want your vision board as your desktop or phone wallpaper, resize it to fit your screen. Canva Pro has a resizing tool, or you can adjust it manually.
3. Display on Your Devices: Once you have your digital copy, set it as your wallpaper on your computer, tablet, or phone, so you'll see it every day.

Step 8: Use and Reflect on Your Vision Board

1. Look at It Daily: Make it a habit to look at your vision board every day to remind yourself of your goals and keep your focus.
2. Check-In Regularly: Every month, take a few minutes to reflect on your goals and track your progress. If you want, you can update the board with new images or adjust goals as you grow.

Creating your vision board will help you stay inspired and focused on your dreams. Now you're ready to start the year with a clear vision and exciting goals right in front of you!

TRUST
YOUR
VISION





WHAT'S POPPIN

HOLIDAY HITS: 10 CHRISTMAS MOVIES TO BINGE THIS SEASON

Get ready to laugh, cry, and feel all the festive vibes with these must-watch Christmas movies. We've also made it easy for you by listing where you can stream them!



1. **Home Alone (Disney+ Hotstar):** Watch as young Kevin McCallister hilariously defends his home from two clumsy burglars. A timeless classic for all ages!
2. **Elf (Amazon Prime Video):** This heartwarming comedy about an oversized elf discovering New York City will have you laughing out loud.
3. **The Grinch (Netflix):** Whether it's the animated or Jim Carrey's version, the Grinch's transformation from a Christmas hater to a holiday hero is a must-see.
4. **The Polar Express (Amazon Prime Video):** Hop aboard this magical train to the North Pole, a tale of belief and wonder perfect for Christmas Eve.
5. **The Christmas Chronicles (Netflix):** A modern adventure featuring Kurt Russell as a rock-and-roll Santa who saves Christmas—what's not to love?
6. **A Christmas Carol (Disney+ Hotstar):** This visually stunning adaptation reveals Charles Dickens's classic tale of redemption.
7. **Jingle Jangle: A Christmas Journey (Netflix):** A visually stunning musical about a magical toy store—perfect for family fun!
8. **Klaus (Netflix):** It is a beautifully animated and heartwarming story about the origins of the Christmas spirit.
9. **Boy Called Christmas (Netflix):** A magical tale of young Nikolas embarking on an adventure to find his father and the mythical village of Elfhelm, uncovering the origin of Father Christmas.
10. **The Princess Switch (Netflix):** In this charming romantic comedy, a Chicago baker and a soon-to-be princess discover they look like twins and hatch a Christmastime plan to trade places.



ULTIMATE CHRISTMAS PARTY PLAYLIST

Compiled By Riyan Mendiratta | Grade 10



Get ready to vibe to these upbeat, festive tracks that will make your Christmas party unforgettable. Whether you're hosting a house party or jamming with friends, this playlist has everything to keep the energy alive!

Pop Christmas Hits

1. All I Want for Christmas Is You – Mariah Carey
2. Santa Tell Me – Ariana Grande
3. Mistletoe – Justin Bieber
4. Last Christmas – Wham!
5. Underneath the Tree – Kelly Clarkson

Dance and Party Vibes

1. Rockin' Around the Christmas Tree – Brenda Lee
2. Jingle Bell Rock – Bobby Helms
3. Feliz Navidad – José Feliciano
4. It's Beginning to Look a Lot Like Christmas – Michael Bublé
5. Do They Know It's Christmas? – Band Aid



Modern Christmas Pop

1. Like It's Christmas – Jonas Brothers
2. Cozy Little Christmas – Katy Perry
3. Christmas Tree Farm – Taylor Swift
4. One More Sleep – Leona Lewis
5. Shake Up Christmas – Train

Fun and Quirky Picks

1. I Saw Mommy Kissing Santa Claus – Jackson 5
2. Run Rudolph Run – Chuck Berry
3. Happy Xmas (War Is Over) – John Lennon & Yoko Ono
4. It's The Most Wonderful Time Of The Year – Andy Williams
5. Let It Snow, Let It Snow, Let It Snow – Dean Martin

Make sure to shuffle the playlist to keep the energy fresh and mix in some classics with modern hits. Enjoy the party, and let the holiday cheer take over! 🎉👶





Some More Great Picks for Festive Vibes

The Spirit of Christmas - Kurt Russel & Darlene Love

Merry Christmas - Ed Sheeran & Elton John

We Wish You a Merry Christmas - Traditional

Deck the Halls - Nat King Cole

White Christmas - The Drifters

Santa Claus Is Coming to Town - Justin Bieber

Rudolph the Red-Nosed Reindeer - Gene Autry

Holly Jolly Christmas - Michael Buble

Carol of the Bells - John Williams

Kiss You This Christmas - Why Don't We



No time to make that party playlist? 🎵 🌲

Don't worry, we've got you covered! 🎉 🌟

[CLICK HERE](#)

Turn up the volume, let the holiday cheer take over, and make this Christmas season one to remember—one song at a time! 🎉



BUILDING INNER STRENGTH FOR 2025: MENTAL HEALTH GOALS FOR THE NEW YEAR



By Rupanshi Kalra | Counselling Psychologist

As we step into 2025, many of us are thinking about how to improve ourselves in the new year. While physical health often takes the spotlight, mental health deserves equal attention. Building inner strength can significantly enhance our ability to handle life's challenges, boost resilience, and cultivate a deep sense of confidence. Setting meaningful mental health goals is a powerful way to lay the foundation for a more balanced and fulfilling year ahead.

Here's how to set realistic mental health goals for the new year that will help you foster resilience, confidence, and inner strength:

1. Try One New Hobby

Life can become monotonous, and we often fall into routines without exploring something new. Introducing a hobby into your schedule can have surprising mental health benefits. Whether it's learning a musical instrument, taking up painting, or even gardening, hobbies provide an outlet for stress, encourage creativity, and cultivate a sense of achievement.

Why it helps:

Engaging in something new builds confidence, distracts from negative thoughts, and stimulates brain activity—all of which promote emotional well-being. Plus, hobbies often reconnect you with a sense of joy that can combat feelings of boredom or stagnation.

2. Commit to a Gratitude Journal

Cultivating gratitude is one of the most effective ways to boost mental health. Reflecting on the positive aspects of your day, no matter how small, can transform your outlook on life. A gratitude journal is a simple yet powerful tool to nurture this practice. You don't need to write pages—just jotting down three things you're grateful for each day can profoundly affect your mindset.

Why it helps:

Studies show that regular gratitude practices reduce stress, increase optimism, and improve overall happiness. By focusing on the positive, you train your brain to notice opportunities and beauty in everyday moments, strengthening emotional resilience.

3. Prioritize Self-Care (Without Guilt)

Too often, self-care is viewed as an indulgence rather than a necessity. However, prioritizing self-care is essential for building mental strength. This doesn't always mean spa days or long baths—it can include anything that nurtures your body, mind, or spirit, such as getting enough sleep, eating nutritious food, taking breaks, or practicing mindfulness.

Why it helps:

Taking time for yourself maintains mental clarity and prevents burnout. When you prioritize self-care, you invest in your long-term well-being, allowing you to be more present for others and better equipped to handle stress.

4. Set Healthy Boundaries

Boundaries are essential for protecting your mental health. They apply not only to relationships but also to your work, social life, and even your expectations of yourself. In 2025, make it a goal to practice setting clear, healthy boundaries in all aspects of your life.

Why it helps:

Boundaries preserve your energy and emotional well-being. By saying "no" when necessary or communicating your needs clearly, you reduce the risk of burnout, resentment, and stress, giving you more mental clarity and peace of mind.

5. Practice Mindfulness and Meditation

Mindfulness involves staying present in the moment and fully experiencing it without judgment. While there are many ways to practice mindfulness, meditation is one of the most effective. Even starting with just five minutes a day can lead to noticeable changes in stress levels and overall mood.

Why it helps:

Mindfulness practices, including meditation, are scientifically proven to reduce anxiety, improve focus, and enhance emotional regulation. As you become more aware of your thoughts and feelings, you gain greater control over them, fostering inner strength and resilience.

6. Foster Positive Relationships

Building a strong support network is essential for mental well-being. In 2025, focus on nurturing relationships that are uplifting and mutually supportive. Surround yourself with people who encourage your growth, share positive energy, and support your mental health journey.

Why it helps:

Positive relationships act as a buffer against stress and provide emotional support when you need it most. Building deeper connections with friends, family, or a community reinforces your sense of belonging and reduces feelings of isolation.

7. Set Realistic and Achievable Goals

Goals are important, but setting unrealistic expectations can lead to frustration and burnout. This year, focus on achievable mental health goals that align with your current circumstances, leaving room for flexibility. Start small and celebrate each milestone along the way.

Why it helps:

Setting realistic goals builds momentum and allows you to celebrate progress, boosting your confidence and reinforcing a sense of accomplishment. The key is to be patient and compassionate with yourself, understanding that growth takes time.

8. Embrace Imperfection

Perfectionism often creates unnecessary stress and hinders progress. This year, aim to embrace imperfection. Recognize that mistakes are part of the process and that it's okay not to have everything figured out. This mindset shift reduces pressure and increases your sense of ease.

Why it helps:

Letting go of perfectionism frees you from self-criticism, allowing you to approach challenges with greater resilience. Accepting imperfection fosters compassion toward yourself and others.



Remember

As you set your mental health goals for 2025, remember that the journey is as important as the destination. Inner strength doesn't come from sudden, drastic changes but from consistently taking small, meaningful steps. Whether it is trying a new hobby, practicing mindfulness, or prioritizing your well-being, each goal is an investment in your mental health and long-term resilience.

By focusing on your mental well-being in the coming year, you'll build the inner strength and confidence needed to face every challenge that comes your way. Embrace the process, be kind to yourself, and know that each goal you achieve, no matter how small, brings you closer to a healthier, more empowered version of yourself. Here's to a 2025 full of growth, strength, and peace.



Download and Print - For SMART Goal Setting

EMOTIONAL REGULATION SKILL



S - SPECIFIC

MY GOAL IS: _____

WHEN DO I WANT TO START? _____

WHEN WILL THE GOAL TAKE PLACE? _____

WHO IS INVOLVED? _____

M - MEASURABLE

HOW WILL I TRACK MY PROGRESS TOWARD MY GOAL?

A - ACHIEVABLE

DO I HAVE THE SKILLS NEEDED TO ACHIEVE THIS GOAL?

YES

NO

WHAT SKILLS ARE NEEDED TO ACHIEVE THIS GOAL?



R - RELEVANT

WHY AM I SETTING THIS GOAL RIGHT NOW?

HOW WILL THIS GOAL HELP ME?

T - TIME-BOUND

BY WHAT DATE DO I WANT TO COMPLETE MY GOAL?



BRAINSTORM



MY PERSONAL STRENGTHS THAT CAN HELP ME ACHIEVE THIS GOAL ARE: _____

CHALLENGES I MIGHT ENCOUNTER

CHALLENGES

| WAYS TO OVERCOME THE CHALLENGE

_____ | _____

_____ | _____

_____ | _____

_____ | _____



ESSENTIALS FOR HOSTEL LIFE

By Tavisha Banga | 1st Year B.Com LLB

'Hostel life'—the very phrase opens up a whole new world, a world filled with small surprises and, at times, the biggest disasters. Here, I'll share some survival tips that can make this journey a bit easier.

Moving to a new city with no familiar faces or anyone to rely on, you quickly learn to be your own best friend. The first thing

you'll likely miss is home-cooked meals. To tackle this, I brought along some goodies from home that could last a month or so. Also, bringing a kettle is a must—it'll save you during midnight cravings. However, don't overpack like I did. For instance, there's no need to carry a spice box—it's easy to buy one from a local store, and it'll save you space. Instead of hoarding snacks like chips in their bulky plastic packets, use airtight containers. They're reusable, compact, and far more practical.

Your day will likely be packed with college activities, leaving



**ADJUSTMENT IS THE KEY
TO HAPPINESS. WITH A
LITTLE EFFORT &
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WE CAN TURN HOSTEL
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only a few hours to yourself in your room. To make your space feel peaceful, keeping it clean is essential. I dedicate at least 30 minutes eachday to tidy up and add small touches to beautify my space. Trust me, a clean and pleasant room makes it easier to relax and reduces homesickness. Think about it—your home was always neat, and maintaining a similar atmosphere can work wonders for your mood.

Hostels often have shared study areas, but they can be noisy, with people cramming for exams or having group discussions. To avoid distractions, I suggest using headphones. An instrumental playlist can help you focus and drown out the background chatter.

Creating a homely environment is possible, even when you're far from home. It's all about matching the vibe. I put up posters and added fairy lights, which instantly brightened the atmosphere and helped me combat homesickness. If you're

-sider ordering from affordable yet healthy options. This way, you satisfy your cravings without breaking the bank.

In conclusion, hostel life can seem messy, but it can be perfectly manageable with a little effort and efficient planning. The most important lesson? Adjustment is the key to happiness. We've all left the comforts of home to chase our dreams, and this requires some sacrifice. A little hard work now will surely lead to a brighter future. With this mindset, we can turn hostel life into a resourceful and fulfilling experience.

religious or spiritual, you can dedicate a small corner for a deity or light incense sticks to maintain positivity in your room.

"Your body is your temple," so it's vital to take care of it. Initially, I struggled to maintain a healthy lifestyle, but I've managed to develop a routine that works. Making my own coffee, for example, saves money and keeps me from consuming excessive sugar. Midnight cravings are inevitable, but instead of binging on junk food, I reach for fruits, granola bars, or a bowl of cereal. Small choices like these can have a big impact. After all, life is full of choices—it's up to you whether you make them wisely or impulsively.

Being budget-friendly is equally important. Hostel and college expenses are already high, so skipping meals isn't an option. On days when the hostel food is unbearable, con-

FUTURE FORWARD: SUSTAINABLE LIVING

Energy Conservation and Staying Warm Naturally



By Sameera Satija | Sustainability Coach



An old saying goes: "The earth, water, and air are not a gift from our previous generation but a loan from our future generation."

Energy resources are limited, and most of the energy sources we rely on are non-renewable. It is said that our current energy reserves may last only for another 40 years. Additionally, saving energy helps the economy—about 85% of India's crude oil needs are met through imports, costing the country a fortune.

Energy conservation is one of the fastest and most cost-effective ways to reduce CO2 emissions, lower energy bills, and strengthen energy security. It is high time we make energy conservation a habit.

This winter, let's learn how to stay warm in natural and organic ways, reducing our dependence on electronic devices to combat the weather.

I. ENERGY EFFICIENCY

Energy efficiency is often called the "first fuel" because energy saved is energy generated. Saving one unit of energy is equivalent to producing two units. Therefore, investing in energy-efficient electronic items is essential.

When buying electronics, check the energy label on the product. The Bureau of Energy Efficiency (BEE) under the Indian Ministry of Power provides star ratings for

appliances, ranging from 1 to 5 stars. A higher star rating indicates greater energy efficiency.

The labeling program covers a variety of appliances, including:

- Air Conditioners
- Ceiling Fans
- Refrigerators
- Washing Machines
- LED Lamps
- Microwave Ovens

- Industrial Motors
- Domestic Gas Stoves
- Solid-State Inverters
- Water Heaters

Before purchasing, opt for appliances with 4 or 5-star ratings to conserve energy and reduce your electricity bills.

2. WEATHERIZE YOUR HOME

Weatherizing, or sealing air leaks, is an effective way to maintain your home's temperature naturally. Air leaks are most commonly found around vents, windows, ducts, keyholes, and the space under doors. Seal these gaps using tape or weatherstrips to prevent cold air from entering and warm air from escaping.

3. NATURAL INSULATION FOR HOME

Use flannel bed sheets, sofa covers, and blinds to insulate your home naturally.

On sunny days, remove blinds and let sunlight stream in through the windows. Sunlight naturally heats your space. Replace the blinds when the sun sets to trap the warmth.

This simple technique keeps your home warm without additional energy consumption.

5. NUTRITIOUS FOODS TO STAY WARM

Certain foods provide warmth and boost immunity during winter. Incorporate the following into your diet:

I. Ginger + Mulethi + Tulsi Tea

A homemade herbal tea is excellent for building immunity in winter.

Ginger: Stimulates thermogenesis and improves digestion.

Mulethi: Contains glycyrrhizin, which has anti-inflammatory and antimicrobial properties.

Tulsi: Helps combat winter-triggered ailments like colds, flu, and anxiety.

4. LAYER YOUR CLOTHING

Wearing layers is one of the simplest ways to stay warm naturally. Layers trap air between them, preventing heat loss. Here are some tips:

- Start with thermal vests or long-sleeved tops as your base layer.
- Wear warm slippers and socks to retain body heat.
- Use a scarf or shawl indoors to protect your neck and shoulders from the cold.





2. Millets

Bajra (Pearl Millet): A warming grain rich in nutrients like iron, magnesium, and B vitamins. Bajra boosts energy and immunity during winter.

3. Root Vegetables

Vegetables like turnips, radishes, and sweet potatoes are perfect for winter. They take longer to digest, generating more heat. Cook them in stews or soups and garnish with leafy greens for added nutrition.

4. Seeds

Mustard Seeds: Known for their warming properties, mustard oil can also be used to massage your feet and keep them warm.

Sesame Seeds: Rich in fiber, they aid digestion and reduce inflammation, which is common during winter.

5. Honey

Honey is a natural remedy for colds, coughs, and flu. It also improves digestion, boosts immunity, and is great for skin health.

6. Dry Fruits

Dry fruits like apricots, dried figs, dates, almonds, and cashews are packed with nutrients and provide warmth. They also strengthen immunity.

7. Amla (Indian Gooseberry)

Amla is a winter superfood packed with Vitamin C. It boosts immunity and helps fight infections during cold months.

8. Jaggery

Jaggery, a natural sweetener made from sugarcane, is a winter favorite in India. Rich in iron, it provides warmth and helps combat fatigue.

Energy conservation is not just a necessity—it's a responsibility. By adopting energy-efficient practices and natural ways to stay warm, we can save resources, reduce expenses, and contribute to a sustainable future.

This winter, let's commit to using energy mindfully and staying warm with nature's gifts. Small changes in our habits today can create a brighter, more sustainable tomorrow for the generations to come.

NUMBER STORIES

WHAT'S YOUR NUMBER?

By Sh. Arun Sachdeva | Numerology Expert



Numbers don't lie—but they do have secrets! Discover the magic your number holds, as decoded by our expert Numerologist.

1, 10, 19, 28



This December, exciting opportunities await those with a Life Path Number of 1. It's your moment to step up, take the lead, and boldly initiate new projects. Your natural assertiveness and determination will carve the path to success.

Lucky Number: 9

Lucky Colour: Red

Tip: Trust your instincts and embrace risks fearlessly.

2, 11, 20, 29



For those with a Life Path Number of 2, December focuses on building meaningful connections. Collaborations and partnerships will thrive, making this the perfect time to strengthen bonds in personal and professional spheres. Patience and compromise will serve you well.

Lucky Number: 6

Lucky Colour: Blue

Tip: Cultivate patience and let diplomacy guide your actions.

3, 12, 21, 30



Creativity will shine brightly for Life Path Number 3 individuals this month. Whether through art, writing, or music, express yourself freely and let your talents attract recognition and admiration.

Lucky Number: 3

Lucky Colour: Yellow

Tip: Think outside the box and trust in your unique abilities.

4, 13, 22, 31



Challenges may arise for those with a Life Path Number of 4, but perseverance will turn them into triumphs. Stay disciplined and focused on your goals—your efforts are bound to pay off.

Lucky Number: 8

Lucky Colour: Green

Tip: Stay organized and prioritize tasks efficiently.

5, 14, 23



For Life Path Number 5, this month is all about adventure and embracing change. Step out of your comfort zone, explore new horizons, and trust your adaptability to conquer whatever comes your way.

Lucky Number: 5

Lucky Colour: Orange

Tip: Go with the flow and remain flexible.

6, 15, 24



Family and home take center stage for those with a Life Path Number of 6 this December. Nurture your relationships, create harmony, and focus on building a warm, inviting environment for loved ones.

Lucky Number: 2

Lucky Colour: Pink

Tip: Balance caregiving with self-care and relaxation.

NUMBER STORIES

7, 16, 25



This month invites introspection and spiritual growth for Life Path Number 7. Spend time reflecting on your values and beliefs, and look for opportunities to grow personally. Trust your intuition to lead the way.

Lucky Number: 7

Lucky Colour: Purple

Tip: Reconnect with yourself by spending time in nature.

8, 17, 26



Financial abundance awaits Life Path Number 8 in December. Stay focused on your long-term goals, make practical decisions, and let your determination drive success.

Lucky Number: 4

Lucky Colour: Brown

Tip: Define clear financial goals and work steadily toward them.

9, 18, 27



December offers closure and transformation for Life Path Number 9. Embrace endings as stepping stones to new beginnings and let go of anything that no longer aligns with your highest good.

Lucky Number: 1

Lucky Colour: White

Tip: Release the old and welcome the future with optimism.

Thank You For Reading!

Dear Readers,

As we wrap up our second issue of Teen Digest, I want to take a moment to say a heartfelt thank you! Being part of this journey from the beginning, as we continue to grow and shape this e-magazine together, has been nothing short of amazing. Your curiosity, enthusiasm, and love for the content we create fuel our passion to deliver something meaningful every time.

This being our first volume, every comment, every read, and every share means the world to us. You're not just readers—you're the heart of this magazine, and we're so grateful to have you on this adventure with us.

Here's to many more issues to come, full of stories, insights, and inspiration to keep us all growing. Thank you for believing in Teen Digest, and for being part of this exciting beginning.

With gratitude and excitement,


SACHDEV

Founder and Editor-In-Chief