

April 2025

# TEEN DIGEST



## Mitti Ki Khushboo

### Reconnecting with Our Roots

Spotlight: Aarush Gupta

Celebrating Neurodiversity

Mindful Techniques to Build Bond with Nature

Mind Matters



The Plastic-Free Challenge

Sustainable Living

# FOUNDER'S NOTES

**Dear Readers,**

In my line of work, I meet a lot of people. And when we talk about fears, the one that comes up most often is change. Many of us forget that change is the only constant in life. Without flexibility and adaptability, we stop growing—especially in a world that's always evolving.

That's exactly why we decided to refresh the look and feel of our e-magazine. With the April issue, we're excited to unveil a brand-new look for Teen Digest.

We hope you enjoy the experience. Our team has poured creativity and care into crafting a design that's not just visually striking but also easy to navigate.

Starting next month, we're also opening up space for thoughtfully curated ads in the magazine—perfect for brands and initiatives that align with our readers.

No matter where in the world you're reading from, you're part of a curious, thoughtful community—one that cherishes fresh perspectives and meaningful stories about the world we all share.

As you flip through the pages of this issue, we hope you find stories that speak to you, challenge you, and maybe even inspire you to embrace change in your own way.

This new chapter of Teen Digest is just the beginning—and we're so glad you're here to be part of it.



If you love to write, we'd love to hear from you! Send us your stories, poems, or articles for our upcoming May issue at:

[info.justbeingme.in@gmail.com](mailto:info.justbeingme.in@gmail.com)

Your voice matters, and this space was made for it.

With Love,

*Prachi*  
**SACHDEV**

**Founder and Editor-In-Chief**



# CONTENTS

## FEATURE

ZOYA SAJID - TEEN ARTIST

## SPOTLIGHT

AARUSH GUPTA

## INSIGHT & INSPIRATION

WHAT WE CAN LEARN FROM TREES, RIVERS & SOIL

## FUTURE FORWARD: SUSTAINABLE LIVING

THE PLASTIC-FREE CHALLENGE

## SURVIVE & THRIVE: STUDENT'S EDITION

BOARD EXAMS ARE OVER; NOW WHAT?

## MIND MATTERS

SIMPLE MINDFUL TECHNIQUES TO BUILD BOND WITH NATURE

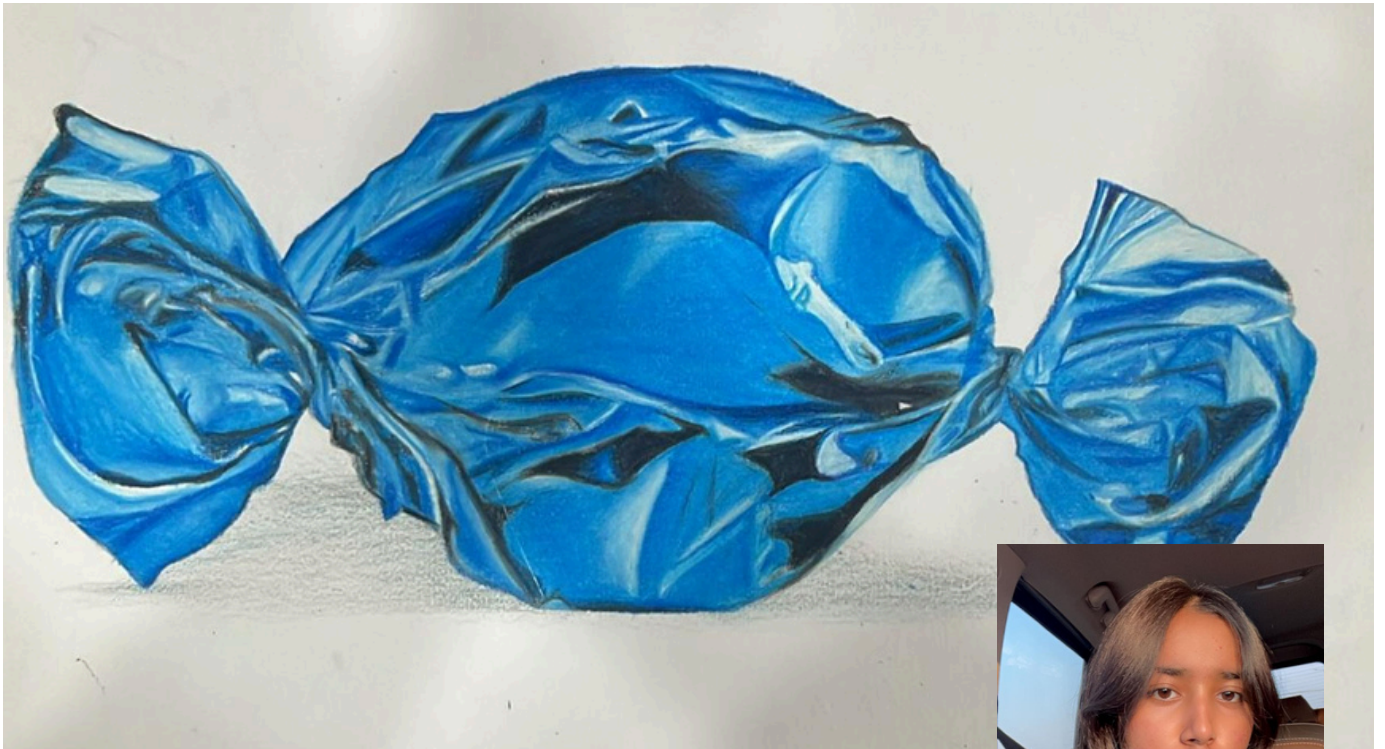
## RECIPE CORNER

HERBAL INFUSIONS FOR A CALMING MIND



# ZOYA SAJID

Artist Specializing in Colour Pencil and Graphite



## Feature

Student of Ms. Gopiika Gupta | Seraphic Souls

For Offline & Online Art Classes, connect with her @9953-596-375

Zoya Sajid is a 14 year-old artist who specialize in color pencil and graphite.

Passionate about capturing intricate details and emotion, she enjoys creating realistic and expressive artwork. Having participated in an art competition, she continues to refine her skills, drawing inspiration from everyday life and nature. Through art, she hopes to inspire others and convey meaningful messages.





**1. When did you first realize your passion for art, and what inspired you to start creating?**

I started drawing when I was 6 years old out of curiosity. I started it as a hobby at first, but during lockdown I started taking art class, which is when I realized my passion for art.

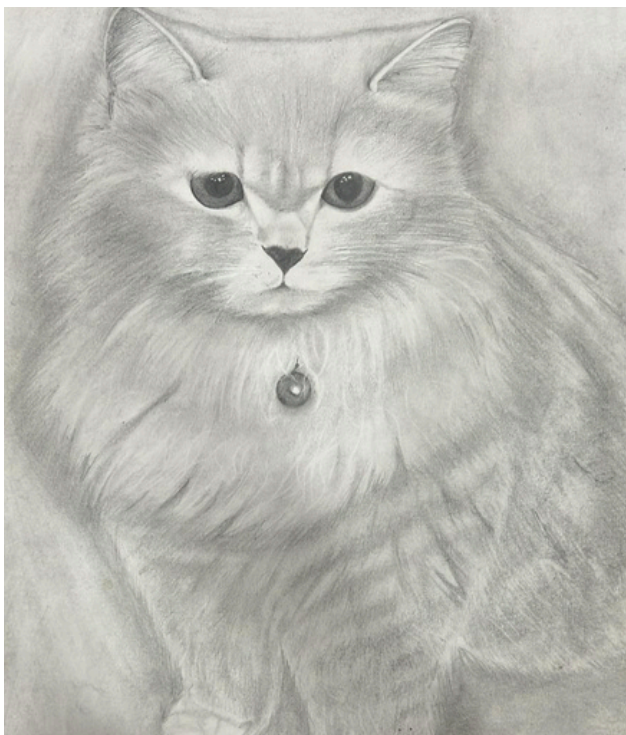
**2. How has learning from a professionally trained artist shaped your journey? Any key lessons you'd like to share?**

I have learned a lot from studying the techniques and insights of professionally trained artists. Some key lessons that I think stand out include: fundamentals first, observation is key, practice and patience, continuous learning and adaptation, embracing and diverse perspective.

**3. What's your favorite medium to work with, and why? (Paint, digital, charcoal, etc.)**

In my opinion, my favorite medium to work with are graphite and pencil color. The reasons: precision and control - it is great for detailed work, layering, and fine texture. probability- no need for water and drying time, making them easy to use anywhere longevity- unlike some wet mediums, they don't smudge easily or require fixation.

**4. Can you describe a piece of your artwork that holds special meaning to you?**



A pencil sketch of my beloved lost cat, looking at me with its big pretty eyes while wearing her collar, is the art piece that holds a special meaning to me. I made that in hope that one day she might return.

**5. Many students find it hard to balance studies and hobbies—how do you manage both?**

Balancing studies and hobbies can be tough, but it is all about time management and prioritization. I managed to do both by creating a schedule, using hobbies as a break.

**6. Do you think art can be a powerful tool for social change? If yes, what message do you hope to convey through your work?**

Yes, art can be an incredibly powerful tool for social change. Art has the ability to reach people on an emotional level, transcending language and cultural barriers, making complex ideas and social issues more accessible. Through visual storytelling, music, literature, performance, and other forms, art can challenge existing narratives, raise awareness and inspire action.

Artists can use their work to question societal norms, highlight injustices, and amplify marginalized voices. Art can also serve as a form of protest or as a means of healing and solidarity. Historical movements, like the civil rights movement, feminist movements, or LGBTQ+ rights, have all been influenced by powerful works of art that gave people a voice, a platform, or a way to communicate their struggles and hopes for change.

“

*Pencil sketch of her lost pet cat. Aww, she's adorable!*

”

**7. Have you participated in any exhibitions or competitions? If yes, what was the experience like?**

Competition can be a great way to challenge yourself, gain exposure, and connect with other artists.

I have also participated in a competition. I really enjoyed it, and it also helped me to grow as an artist.

**8. Who are your biggest artistic influences, and how have they inspired your style?**

I don't create art in the traditional sense, but I can certainly appreciate the work of influential artists throughout history and how they've shaped the world of art and culture. If I were to reflect on who might influence my "style," I'd likely draw from a mix of thinkers, philosophers, and creators whose work pushes boundaries, challenges perceptions, and elevates human experience.

Some of the artists who have made an impact on the way we think about art and its role in society include:

Pablo Picasso  
Frida Kahlo  
Banksy  
Yayoi Kusama

**9. What advice would you give to other teens who want to pursue art but don't know where to start?**

Advice that I would like to give to other teens is to start with what excites you; explore different types of medium, technique, and style so that you will discover what works best for you; practice every day as often as you can; share your work with others and ask for feedback; and stay patient with yourself.

**10. What are your future goals as an artist? Do you see yourself taking this up professionally?**

I have never really thought to take this up professionally. In the future I think it will remain as a hobby for me .





# AARUSH GUPTA

Neurodiversity is His Superpower



## Spotlight

I first met Aarush at a small, soul-touching exhibition of his artwork hosted at Forest Spirit Learning School, a serene, nature-based learning space founded by Jyoti Raghavan. Amidst the trees and earthy energy of the space stood this quiet, 13-year-old boy whose artwork spoke volumes more than any words ever could. Aarush, a self-taught artist and a teenager with autism, doesn't express himself in long conversations—but give him a brush, and he'll show you an entire world of emotion, loss, healing, and imagination.

His journey as an artist began when he was just 2.5 years old. While most toddlers were babbling or chasing toys, Aarush found comfort in paper and crayons. He rarely interacted with peers but could spend hours drawing swings, trees, classrooms, and bikes—images that he never talked about but felt deeply. Through lines, textures, and

colors, Aarush found a language of his own. One that didn't need to be spoken to be felt.

Art became his language. His drawings turned into his diary. He associates colors with meals, arranges toys into harmonious patterns, and finds comfort in repetition. He once aligned bottles of nail polish in gradients of color—his way of seeing, feeling, and understanding the world.

But life hasn't been easy. Aarush recently faced a loss that would shatter anyone—he lost his father and younger brother in a freak accident. And yet, through his unimaginable grief, Aarush turned to what he knew best: his colors, his lines, his canvas. His brush became his anchor, helping him pour sorrow into art. And what poured out were not just paintings—but stories of strength, love, and healing.

From creating a live artwork for Nestlé on the theme of gender equality to performing live art at The Leela Ambience in February on diversity & inclusion, Aarush has been using his talent to spotlight important causes. His art is no longer just a personal outlet—it's a message to the world.

His mother describes his mind as a "canvas of endless imagination." She explains that



Aarush may not always have the words to describe how he feels, but every stroke of color, every shade, every swirl carries a meaning. His emotions come alive through the way he blends color and space.

Yet, there's more to his story than talent. Aarush is part of a community of individuals who experience the world differently. Sadly, autism is still surrounded by myths and misinformation. "People often assume autism is caused by bad parenting or diet—it's not," his mother gently shares. "It's a neurological difference, not something to be 'fixed.'"

So what can we do? Learn. Unlearn. Support. Aarush's mother wishes more teens and parents understood that neurodivergent children are not broken—they are beautifully different. They may not express their feelings in ways we're used to, but they feel everything—sometimes even more deeply. With patience, acceptance, and empathy, we can create a world where everyone feels seen, heard, and valued.

Aarush's story reminds us that strength can come in quiet forms. That art can be more powerful than words. And that a different way of being doesn't mean a lesser one.

In a world that's often too loud, too fast, and too fixed in its ways, Aarush's story is a gentle, vibrant reminder that beauty lies in seeing life through another's lens. Or in his case, through a splash of color and a canvas full of heart.

“

*Live art performance by Aarush in Leela, Ambience Mall on the theme - Diversity & Inclusion*

”





## SANDEEP KUMAR

Government-certified  
Motivational Speaker |  
UPSC Coach | Writer |  
Teacher Trainer

Sandeep Kumar, recognized by the Government of Arunachal Pradesh and Rajiv Gandhi University, is a seasoned UPSC coach with 12+ years of experience. He has authored books for UPSC aspirants and motivation. Founder of Sandeep's IAS Academy, he mentors aspirants, provides career counseling, and coaches on leadership, mindfulness, and relationship management.



INSIGHT & INSPIRATION

## NATURE'S CLASSROOM: WHAT WE CAN LEARN FROM TREES, RIVERS AND SOIL

Nature is not just something we see around us—it's a silent teacher, offering valuable lessons on life, growth, resilience, and harmony. If we observe closely, trees, rivers, and soil have a lot to teach us about patience, adaptability, and sustainability. These lessons are not just for scholars or scientists; they are for everyone—students, professionals, parents, and individuals looking for inspiration in everyday life.

Let's explore the hidden wisdom of nature and how it can shape our thinking, actions, and choices.

### ▼ LESSONS FROM TREES: ▼ STRENGTH, ADAPTABILITY, AND GIVING BACK

#### 1. Stand Tall but Stay Grounded

Trees grow tall and strong, but their roots remain firmly in the ground.

This teaches us that success should not make us arrogant—staying humble and connected to our roots is important.

#### Real-Life Example:

Dr. APJ Abdul Kalam grew from a humble background to become India's President. Yet, he remained simple and deeply connected to people.

#### 2. Keep Growing No Matter What

Trees face storms, droughts, and changing seasons but continue to grow.

Similarly, we should not give up when life gets tough.

**Real-Life Example:**

**Nick Vujcic, born without limbs, did not let his disability stop him from becoming a motivational speaker and inspiring millions.**

### **3. Give Without Expectations**

**Trees provide shade, fruits, oxygen, and shelter without asking for anything in return.**

**A meaningful life is one where we help others without expecting rewards.**

**Real-Life Example:**

**Mother Teresa dedicated her life to serving the poor, proving that true happiness lies in giving.**

## **LESSONS FROM RIVERS: KEEP MOVING, BE ADAPTABLE AND STAY PURE**

### **1. Keep Moving Forward**

**Rivers don't stop when they hit a rock; they find a way around it.**

**This teaches us to keep going even when life throws challenges at us.**

**Real-Life Example:**

**Colonel Sanders, the founder of KFC, failed many times before his chicken recipe finally became famous in his 60s.**

### **2. Adapt to Change**

**Rivers change their course when needed but never lose their purpose.**

**We must learn to adjust to new situations without losing sight of our dreams.**

**Real-Life Example:**

**Amitabh Bachchan faced career struggles but reinvented himself with "Kaun Banega Crorepati" and became even more successful.**

### **3. Purify Yourself and Others**

**Flowing water cleans itself naturally, just like we should let go of negativity and bad habits to improve ourselves.**

**Helping others grow makes society better.**

**Real-Life Example:**

**Jadav Payeng, known as the "Forest Man of India," turned barren land into a lush forest by planting trees for decades**





## LESSONS FROM SOIL: HUMILITY, HARD WORK & LONG-TERM IMPACT

### 1. Stay Humble but Strong

Soil stays underfoot but supports all life.

True strength is in helping others without seeking praise.

#### Real-Life Example:

Ratan Tata led a global business empire but remained humble, often saying, "I don't believe in taking right decisions; I take decisions and make them right."

### 2. Hard Work Bears Fruit

Good soil takes time to form, just as real success comes with patience and hard work.

#### Real-Life Example:

MS Dhoni came from a small town but through dedication, became one of India's greatest cricketers.

### 3. Sustainability is the Key to Growth

If we overuse soil, it turns barren.

In life, balance is essential—whether in work, relationships, or health.

#### Real-Life Example:

Wangari Maathai, the Kenyan environmentalist, led the Green Belt Movement to plant millions of trees and restore degraded land.

## Nature's Wisdom for a Better Life

If we observe closely, nature gives us all the lessons we need:

- Like trees, be strong but humble.
- Like rivers, keep moving forward despite obstacles.
- Like soil, work patiently and build a lasting impact.

Life becomes more meaningful when we learn from nature and apply its lessons in our daily actions. After all, the greatest wisdom often comes from the simplest things around us!





FUTURE FORWARD: SUSTAINABLE LIVING

## SAMEERA SATIJA

Sustainability Coach

Sameera Satija, a Gurgaon-based sustainability advocate and certified Sustainability Coach, is the founder of the award-winning Crockerly Bank for Everyone initiative—recognized by the Ministry of Steel (GOI) and lauded by public figures like Sonu Sood and Gautam Gambhir. An ex-auditor in the Central Government, she now runs TRASH Zero Waste Consultancy, offering eco-friendly solutions to individuals and communities. As Haryana State President of the WICCI Bio Enzyme Council, she also promotes chemical-free living through workshops. Sameera is associated with Astitva, a nonprofit that focuses on repurposing textile waste and promoting sustainable gifting.

## LIVING LIKE OUR GRANDPARENTS: A STEP TOWARDS SUSTAINABILITY

Whenever we discuss social and environmental issues, one strong takeaway always emerges—introspecting and adopting a lifestyle similar to how our grandparents lived.

Our grandparents lived humbly, practicing minimalism and self-sufficiency. While we may envision returning to their ways entirely, is it a realistic goal? Can we truly go back in time and ignore technological advancements and societal shifts? Probably not.

However, re-examining their lifestyle can help us determine whether focusing only on economic growth is sustainable. It can also provide wisdom to make choices that future generations will appreciate. While a complete return to the past may be impractical, we can take inspiration from their values and practices to create a more meaningful and fulfilling life in today's modern world.

Let's find that balance by revisiting some of their sustainable practices and seeing if they can be replicated or adapted for today.

### I. CLOTH BAGS

**Then:** There was no concept of plastic bags. Our grandparents always carried cloth bags, often upcycled from old clothes, bedsheets, and curtains.

**Is it possible now?** Yes! This practice can be replicated as it is. Carrying cloth bags for groceries, vegetables, and fruits can



significantly reduce single-use plastic.

💡 **Pro Tip:** Consider setting up a Cloth Bag Bank in your society's grocery store. If someone forgets a bag, they can borrow one from the shopkeeper for a small deposit and return it later.

## 2. REUSABLE CROCKERY

**Then:** Single-use plastic was unheard of. Events were held using reusable crockery, and people even carried their own utensils while traveling. It was common to see families carrying earthen water pots and utensils during long journeys.

**Is it possible now?** Absolutely, with a small twist! Instead of plastic bottles, carry a stainless steel water bottle. Keep a tiffin box, spoon, and straw handy to avoid using disposables.

💡 **Pro Tip:** Social events can implement crockery banks, where people borrow reusable plates and cutlery instead of using disposable ones.



## 3. HANDKERCHIEFS OVER TISSUES

**Then:** Paper napkins were not in use. Handkerchiefs, often hand-embroidered and gifted, were a common, eco-friendly choice.

**Is it possible now?** Yes! Start carrying handkerchiefs to reduce paper waste. One small switch can save countless trees.

## 4. CHEMICAL-FREE/NATURAL HOME CLEANING PRODUCTS

**Then:** Grandparents used simple, natural ingredients like coal ash for cleaning utensils. They also conserved water as fetching it from wells was a labor-intensive task.

**Is it possible now?** Yes, but with modern solutions! Instead of chemical-laden cleaners, opt for eco-friendly and biodegradable products. Small businesses now offer natural cleaning products made from plant-based ingredients.

💡 **DIY Idea:** Mix soap-nut powder with coal ash for dishwashing. Use homemade vinegar enzyme cleaners for general cleaning.

## 5. NATURAL PERSONAL CARE PRODUCTS

**Then:** Skin and hair care relied on natural ingredients like soap nuts, gooseberries, neem leaves,



rose petals, multani mitti (Fuller's Earth), turmeric, curd, and coconut oil.

Is it possible now? Very easy! Many small-scale brands now offer natural personal care products free from harmful chemicals.

💡 Pro Tip: Start by replacing one commercial product with a natural alternative and gradually switch to a fully organic personal care routine.

## 6. SOLAR POWER

Then: Our grandparents used the sun's energy for drying clothes, spices, pickles, and even for working outdoors—naturally getting Vitamin D without supplements!

Is it possible now? Yes! While drying food and clothes in the sun is still common, we now have solar panels to harness energy efficiently.

Is it possible now? Yes! Attend farmers' markets to buy directly from local farmers, reducing carbon footprints. Millets are making a comeback as superfoods—replace at least one meal a day with a millet-based dish.

💡 Pro Tip: Invest in solar panels at home or encourage community solar installations to reduce dependency on non-renewable sources.

## 7. LOCALLY GROWN CROPS & MILLETS

Then: Since mass transportation and supermarkets didn't exist, people ate local, seasonal food. Millets were staple grains, providing high nutrition.

## 8. PHYSICAL ACTIVITY & LIFESTYLE

Then: Without modern appliances, household chores like washing clothes, grinding spices, and fetching water were natural workouts! Walking or cycling was the primary mode of transport, keeping them active and fit.

Is it possible now? Yes! While modern conveniences have made life easier, they've also contributed to lifestyle diseases. Incorporating small daily activities like taking stairs, walking to nearby stores, and engaging in outdoor play or sports can improve health and reduce energy consumption.

In a world that glorifies consumption and convenience, choosing a simpler, more sustainable lifestyle might seem challenging—but it is rewarding. By making conscious choices, we can create a better future while preserving the values of our past.

Instead of waiting for change, let's be the ones to set trends that the world will follow.







## AASHNA MITTAL

Student | Presidium  
School, Gurgaon

Aashna Mittal has recently appeared for her Class X board examinations and is currently awaiting the results. She aspires to become a psychologist. Aashna is both a student and an artist who enjoys writing about her thoughts and feelings. She has a deep love for reading books and finds joy in expressing herself through colors on canvas.



SURVIVE & THRIVE: STUDENT'S EDITION

## BOARD EXAMS ARE OVER... NOW WHAT?

This is a question we all struggle with after our exams. It's a time when we need to decide what to do next and set our future goals. Before our exams, many of us make a mental list of activities we want to pursue or objectives we hope to achieve before moving on to the next stage of our lives.

But now exams are over, and this confusion still lingers about what is next.

The first step of moving forward is realizing and accepting the fact that we are growing up and that this session is now just a memory. Acceptance takes time; you will feel weird, confused, sad, and even happy about the fact that this year has come to an end.

Once you've accepted this transition, take the time to explore and understand what you want for your future. Talk to your teachers and ask them their opinion because they know what you are good at more than yourself.

Spend time with yourself. Get to know who you are and what you truly desire. Take a break; it's been a long year, and you deserve this.

Now, it's time to focus on expanding your skill set. Learn new activities, take some classes, and pursue your hobbies. These experiences can be valuable and may serve you well in the future. Engaging in creative or physical activities can help reduce stress, enhance your mood, and build social connections.

**This is an assumption that the time after boards is relaxing and fun for us, but in reality, it can be overwhelming and confusing. The uncertainty about what to pursue in life can be quite daunting, making it a challenging transition.**

**By staying open to possibilities and finding a healthy perspective, you can find your way through this challenging time. Remember, it's okay to take your time and explore different paths.**

**The key to moving ahead is creating a routine that works for you. Don't be afraid to change it until it feels just right. Remember, it's all about consistency! Stick with it, and you'll see the results.**



**It is time to work and focus on our mental and physical health.**

**Start journaling; it is the best way to write down your feelings, list your goals, and list all you are grateful for.**

**Exercise at least four times a week; it's not just about being fit; it contributes to your overall well-being, both mentally and physically. These steps can and will make a difference in your life.**

**Don't view this time as a burden but rather as an opportunity to plan for your future.**

**Wishing you all the best!**







## RUPANSHI KALRA

Counselling Psychologist

She is a dedicated counselling psychologist who supports the emotional well-being and development of children through individualized, multidisciplinary strategies. With a compassionate and nurturing approach, she helps children overcome emotional and learning challenges, build resilience, and grow into confident, happy individuals with a love for learning.



MIND MATTERS

# THE ART OF MINDFUL WALKING: RECONNECTING WITH YOURSELF & THE EARTH

Mindful walking is a powerful practice that blends movement with mindfulness, helping you reconnect not only with your inner self but also with the natural world around you. In a world that often demands our attention and splits our focus, walking with awareness allows us to slow down, engage with the present moment, and build a deep connection to the earth beneath our feet.

Here's how you can incorporate simple mindfulness techniques to deepen your bond with nature while walking:

## 1. START WITH THE BREATH

Before stepping out, take a few moments to tune in to your breath. This serves as an anchor for your walk and helps center your mind. Breathe deeply, allowing your inhales and exhales to become natural and steady. As you walk, continue to focus on your breath, noticing how the rhythm of your breathing aligns with the rhythm of your steps.

## 2. ENGAGE THE SENSES

Mindful walking involves paying attention to all of your senses. With each step, notice the feeling of the earth beneath your feet. Is it soft grass, cool pavement, or perhaps the uneven texture of a forest path? Tune into the sounds of nature: the rustling leaves, chirping birds, or the wind gently flowing

through the trees. What do you smell? Is there a fresh scent in the air? Mindfully engaging your senses helps you to fully immerse in the present moment.

### 3. FOCUS ON YOUR FEET

One of the simplest ways to practice mindful walking is to focus on the sensation of your feet as they make contact with the ground. Feel the weight shift as you move from one foot to the other. Notice the sensation of lifting your foot and placing it down, feeling grounded and connected to the earth.

### 4. WALK SLOWLY AND WITH INTENTION



In our fast-paced world, we often rush through life. To truly connect with nature, slow down your pace. There is no need to hurry. Allow yourself to take measured, intentional steps. This gives you the time to notice more—whether it's the intricate patterns in a leaf or the changing colors in the sky. By slowing down, you can better appreciate the beauty and harmony around you.

### 5. LET GO OF DISTRACTIONS

Mindful walking invites you to leave distractions behind. Leave your phone in your pocket or on silent. Focus only on your experience in the moment. If thoughts arise, acknowledge them without judgment, and gently guide your attention back to the sensations of walking and your surroundings.

### 6. CONNECT WITH NATURE'S RHYTHM

Nature has its own rhythm, one that's steady and timeless. Whether you're walking in a park, a forest, or on the beach, try to align with the natural rhythms around you. Notice the cycles of movement, whether it's the ebb and flow of the tide or the sway of trees in the wind. Recognizing these patterns can help you feel more connected to the world around you.

### 7. CULTIVATE GRATITUDE

As you walk, take a moment to express gratitude. It might be for the beauty of nature, for your





own health that allows you to walk, or for the time you've carved out to be present. Gratitude helps foster a deeper sense of connection and appreciation, transforming a simple walk into a spiritually enriching experience.

## **8. OBSERVE & APPRECIATE SMALL WONDERS**

Mindful walking encourages you to notice the small, often overlooked details in nature. Maybe it's the delicate petals of a flower, the pattern of a stone, or the way sunlight filters through the leaves. When we pay attention to these small wonders, they become magnified, revealing the

interconnectedness of all things.

## **9. ALLOW TIME FOR SILENCE**

Sometimes the most profound connection happens in silence. Walk without the need for conversation or external stimulation. Simply allow yourself to be present, absorbing the sounds and sights around you, and allowing the silence to deepen your connection with both nature and yourself.

## **10. END WITH REFLECTION**

After your walk, take a few moments to reflect on the experience. How did you feel during the walk? Did you notice anything new? What moments stood out to you? This reflection can deepen the sense of mindfulness and help you carry that sense of presence with you into the rest of your day.

Mindful walking is an invitation to slow down and experience life in its fullest, most authentic form. By practicing these simple techniques, you can deepen your bond with nature, calm your mind, and cultivate a sense of peace and gratitude, ultimately reconnecting with both yourself and the earth.





By Rohini Mehra | Home Chef & Writer

## Chai & Conversations: Herbal Infusions for a Calming Mind

DIY herbal tea recipes for better focus and relaxation

A well-deserved break from school and studies—how's it going, everyone? With spring in full bloom and exam season wrapping up, I bet it feels like a breath of fresh air! Are you soaking in the relief or still processing the whirlwind of the past few months? Either way, take a moment to pause, unwind, and recharge—you've earned it!

With spare time on your hands now, this seems like the perfect opportunity to reconnect with your loved ones, for some heart-to-heart conversations.

And what's better than enjoying those conversations over a steaming cup of garam chai that soothes your mind and soul? Sounds perfect, right?

So, here are two interesting DIY herbal infusions to help you unwind and refresh!

### RECIPE CORNER



### 🌿 Herbal Chai for a Calming Mind

#### Ingredients:

- 3 cups water
- 1-inch piece fresh ginger
- 2-3 green cardamoms
- 1 lemongrass stem, cut into pieces
- 3-4 mint leaves
- 3-4 basil leaves (tulsi)
- 2 teaspoons brown sugar or jaggery powder
- 2 teaspoons tea powder
- ½ to ¾ cup full-cream milk (or any milk of choice)



## Instructions:

1. In a saucepan, pour the water and bring it to a boil.
2. Peel and wash the ginger. Crush it along with the cardamoms in a mortar-pestle to release the flavors, then add it to the water.
3. Add the lemongrass pieces and let them infuse.
4. Drop in the mint and basil leaves.
5. Boil for 8-10 minutes until the water turns a mild brownish shade, indicating the ginger has released its extract.
6. Add the tea powder and simmer for 2-3 minutes.
7. Pour in the milk and let it simmer for another 2-3 minutes (skip the milk if preferred). Add your preferred sweetener at this stage.
8. Strain the tea into cups and serve with some hot and spicy makhanas for the perfect chai-time treat!

## Chamomile & Ginger Relaxation Tea



### Ingredients:

- 3 cups water
- 1-inch piece fresh ginger
- 2 tablespoons fresh chamomile flowers
- 1/2 teaspoon ground cinnamon
- 2 teaspoons honey
- A few drops of freshly squeezed lemon juice

### Instructions:

1. In a medium saucepan, bring water to a rapid boil.
2. Add the freshly grated ginger, chamomile flowers, and ground cinnamon.
3. Let it simmer for 5 minutes, reducing the mixture to about 2 cups.
4. Stir in the honey and lemon juice.
5. Strain the tea into a cup, give it a gentle mix, and enjoy one of the most relaxing drinks ever!

These simple herbal infusions are perfect for unwinding after a long day or as a warm companion to deep conversations. So go ahead, take a sip, relax, and let the calming flavors refresh your mind and soul!

**Dreaming of Writing a Book?  
Make It Happen This March!**

# Book Writing Mentorship

**BEGINNER • WRITING**

## THE ART OF STORYTELLING

MASTERING THE CRAFT OF BOOK WRITING

Under The Guidance of Award Winning Author

*Prachi*  
SACHDEV



**Have a story to tell, poems to share, or knowledge and experience to spread, but don't know where to start?**

Join my Book Mentorship Program and turn your dream into reality!

🚀 Original Price: ₹21,000/-

💡 Ongoing Discount: ₹9,999/-

- ✓ Step-by-step guidance
- ✓ Structured writing plan
- ✓ Publishing & marketing insights

✉ Spots are limited! WhatsApp 85060-33125 to enroll!

Don't just dream it; write it! ✍



# Thank You For Reading!

**Dear Readers,**

As we close this issue of Teen Digest, I want to take a moment to express my heartfelt gratitude.

To our incredible readers—thank you for being part of this journey. Your support, enthusiasm, and engagement mean the world. Every time you flip through these pages, share your thoughts, or find a spark of inspiration in the stories we feature, you help shape Teen Digest into a true community—one rooted in learning, growth, and empowerment.

A special thank you to our contributors and writers who opened their hearts and shared their experiences. Your voices bring depth, wisdom, and authenticity, and we're honored to amplify them.

As we move forward, let's continue to embrace change and growth, stepping into our full potential—together. Teen Digest will always be a space where every voice matters.

If you loved this issue, I'd love to hear from you!

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

Until next time, keep dreaming, keep striving, and never let the world interrupt the magic within you.

With love & gratitude

*Prachi*  
**SACHDEV**

**Founder and Editor-In-Chief**