



**youngmetro**

**MINU BUDHIA**

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# Don't be a bully, don't be bullied either



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Sixteen-year-old Vivek joined a boarding school in Ooty. Initially, he was very excited about making new friends and going to a boarding school. It had always been his dream but after two-three months he started failing in subjects he had earlier topped in.

Teachers also started complaining about his behaviour, his studies, and even his extra-curricular interests, took a back seat as he refused to stay in school. One day he gulped a handful of sleeping pills and had to be admitted to hospital. The school authorities asked his parents to take him back. After bringing him home, his parents learnt that he was being bullied by a group because he had been doing well. They had to search for a new school and the boy had to repeat a class. It took him a while to return to his normal self.

Bullying is a problem that strikes early and strikes hard.



Most of us might know at least one person who has taken teasing or name-calling to another level and disrespected personal boundaries. In other words, each of us knows at least one bully. It is a problem that is mostly kept hush-hush but in some situations can get really out of hand. Many children in schools and parks in neighbourhood groups and birthday parties silently tolerate being bullied and are that much the worse for it.

## Who is a bully?

A bully is a person who picks on someone weaker and derives pleasure in tormenting them physically, emotionally or psychologically. Bullies like to be in a position of power and often enjoy being feared.

## What is the reason behind bullying?

Bullies are primarily atten-

tion-seekers. They want to be noticed for their loud and mostly obnoxious behaviour. They pick on weak and vulnerable opponents so that chances of their being defeated are almost zero.

Control is another major aspect of bullying. Bullies have to feel that they have a high degree of control over their victims. The more the individual reacts or shows fear, the more pleasure the bullies derive out of it.

## What to do if you are being bullied?

Bullies target your self-confidence. So the most important thing to do is to show that you are not afraid. Don't cry or react to their actions because that is what they would like you to do. Ignoring them is good too because they thrive on attention.

Tell an adult about the bullying — be that a teacher, a parent or an older sibling.

## THEY ARE BULLIES TOO



*Mean Girls* is a 2004 American teen comedy film directed by Mark Waters. The screenplay, written by Tina Fey, is based in part on the non-fiction book *Queen Bees and Wannabes* by Rosalind Wiseman, which describes how female high school social cliques operate and the effect they can have on girls. The film stars Lindsay Lohan and features a supporting cast of Tina Fey, Rachel McAdams, Lacey Chabert, Amanda Seyfried (in her film debut), and Lizzy Caplan.

The fourth title in the *Kissing Hand* book collection, *Chester Raccoon and the Big Bad Bully* sees Chester Raccoon coping with another common problem of childhood: a bully at school. Inspired by Mrs Raccoon, Chester, Ronny and Cassy decided to approach the bully as a group. They invite him to play, proving that the best way to get rid of an enemy is to make him or her a friend.



## Checklist

Take the following quiz to know if you are a bully. If your answer is "yes" to 1 or 2 questions, you might be a bully in the making. Stop now before it is too late. If your answer is "yes" to more than 3 questions, you are definitely a bully and you might need help to stop behaving in this manner.

- Do you pick on people who are smaller than you, or on animals?
- Do you like to tease or taunt other people?
- If you tease people, do you like to see them get upset?
- Do you think it's funny when other people make mistakes?
- Do you like to take or destroy other people's belongings?
- Do you want other students to think you're the toughest kid in school?
- Do you get angry a lot and stay angry for a long time?
- Do you blame other people for things that go wrong in your life?
- Do you like to get revenge on people who hurt you?
- When you play a sport or game, do you always have to be the winner?
- If you lose at something, do you worry about what other people will think of you?
- Do you get angry or jealous when someone else succeeds?

## SNAPSHOTS OF LIFE ON SCHOOL CAMPUS



### Holi blast

The girls of Lower Nursery Section, D of La Martiniere for Girls had a blast at a Holi party hosted by their mothers. The party took place at mom Megha Kejriwal's terrace. Twenty mothers joined hands to make the party a success. They all cooked something for the kids. The kids enjoyed a splash and the colouring competition was an instant hit. "The excellent music was the highlight of the party. My daughter and I had a great time," said Padmashree Kathota who made mini cupcakes for the kids. "They loved the food and kept coming back for more," she added. "I had a great time at the party! I gave picklers to all my classmates present there," said Divya Kathota.



### Rally for rights

The girls of Mahadevi Birla World Academy stood for women's rights and gender sensitisation as they took part in a walk. From Darkness to Light. They marched from their school to Park Circus and back to raise awareness among the people that "women are not a victim". They were joined by their peers at La Martiniere for Girls and the girls and mothers of Mahadevi Birla's Integrated school Little Angels. "It is important for women to be proud of their identity and to let people know that when they say no it means a no," said Anjana Saha, the principal of Mahadevi Birla World Academy. The girls also performed a flash mob. **Text by Jhinuk Mazumdar, pictures by Anindya Shankar Ray**



## Spirit of sports

Inactivity is a silent killer. Activity instils in us a spirit of adventure.

Exercise helps sculpt the body in artistic form and in having a better body constitution and, therefore, stay in fine fettle. It helps in advancing the strength of mind and achieving control over it. One does not always need to hit the gym to exercise — brisk walking, light jogging, other light exercises and sports can do much more.

Some parents not only stop their interests after putting their children in some sports institutions but also actively monitor the interest of their child and never let their spirit waiver. Today's children not only take profound interest in

### ARNAV KS

Sports teacher, Sri Sri Academy

their academic pursuits but also work extremely hard to excel in extra-curricular activities to outshine others.

Including in a wide range of exercises makes an individual's body supple and helps in ameliorating fitness. Games keep one's body fit and therefore encourages them to keep healthy and be in shape and also avoid obesity. The flexibility it provides makes the child more capable of moulding their body into different shapes.



Meditation learnt for one purpose comes to help in many ways. It increases the much-needed concentration power in the youth, enhances the breathing process helping in calming the body.

Children have a natural inclination for sports and games from where they derive exercise in a fun and agreeable manner. They can return to their studies and other chores, feeling rejuvenated and energised. Physical fitness is essential to students for procuring distinctions in examinations as ailing bodies do not make sharp minds.

Participating in a sport also inculcates in the student the ability to handle pressure with an optimistic view and still perform well to win and teaches them to lose gracefully, upholding the sportsmanly

spirit.

Therefore those parents, who think that sports and exercise limit the time their children have to focus on their studies, must think twice. Any sport instils in children the sporting spirit. It is necessary not only in the field of sports and games but also in everyday life. It helps us handle life's problems and challenges with greater alacrity and with greater proficiency.

In India, which is a land of diversity, the spirit to remain united can never fall short and therefore, every sport needs our support and encouragement to add to the spirit of unity and to champion the strength of mind and body of an individual for which India has always been popular and thus enabling to live a longer and happier life.



### Silver jubilee for Sahay

Sahay (Social Action for Helping All Youth) celebrated 25 years of its journey with a programme at Science City mini auditorium recently. The organisation was established in 1989. It is an affiliated agency of Children International, a charitable organisation based in Kansas City, Missouri, the US. Children International operates a network of over 80 community centres located in 11 countries. The organisation's Sponsored Children (Past & Present) & volunteers participated in the programme in the presence of a host of dignitaries. A welcome dance kick-started the event followed by the lighting of the lamp, a short film on the journey of SAHAY and speech of the guests &



dignitaries. The kids performed to 'O Gangga tumi bolcho keno and also enacted a skit on child labour along with volunteers of the organisation. There was also a yoga display.

## Annual sports

Asian International School held its annual sports day at the school ground recently. Students from classes LKG-VII participated in the meet. The event started with a march past by the students of four houses — Einstein, Gandhi, Ashoka and Teresa. Principal Joyita Majumdar and patron Shashi Sharma hoisted the National Flag. The highlight of the day was the dress competition, held for the students of LKG. The children came dressed in colourful costumes of their choice. The best three dressed students were given gift hampers. The ribbon drill and pom pom drills by students added colour to the event. The dress drill was followed by events like Get Ready Race, Spoon and Marble Race, Sack Race and Skipping Race for classes II-V. For classes VI & VII, there were the 30m flat race and hurdles. Parents also participated very enthusiastically in Fun Run 50m flat race and Mothers 55m walking race. Ashoka (Green House) was awarded as the best house and Einstein got the award for best house in the march past.



# Lessons in the school of love

## THE WONDER YEARS OF TEEN ROMANCE



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Ruchi and Vikas were part of a circle of friends from their tuition classes in Class IX. Vikas really liked Ruchi's jovial and outgoing nature and after a six-month-long friendship, he proposed to her on Valentine's Day. After dating for almost a year, the couple broke up. Ruchi cited the pressure of board exams as one of the reasons she could not manage time for both studies and her relationship. They, however, remained in the same circle of friends and within a couple of months, both of them were seeing other people. Vikas claimed that it was awkward at first to be hanging out with the same group that had his ex but now his current girlfriend Nisha is very much a part of this group and Ruchi doesn't seem to mind.



Teenage years are full of ups and downs and not least among them are the many heartaches and heartbreaks that one undergoes. This is the time in life when parents seem to understand you less and less and friends and peers are the only ones from whom you can expect emotional support. It is often unavoidable to find someone in your peer group attractive and to want a relationship that is more than just a friendship with them. This is where the roller-coaster

ride of being in love begins.

### Making the most of time

Managing a romantic relationship while meeting the demands of a student life is not as easy as it may seem. Parents are either absolutely against their children being in a relationship during their school years or they take it with a pinch of salt all the while keeping a hawk's eye on studies and marks. As young lovers, you may find yourselves struggling to make time for

extra classes, tuitions, sports, relaxation and your boyfriend/girlfriend. It helps if you are at school or maybe a coaching class together but most of all meeting time gets compromised during examination season.

### Keeping the love alive via social media

A good way to handle time management issues is to stay connected through social media, calls and text messages...even if you cannot

be around, let your BF/GF know that they are sorely missed and that you are thinking about them often. For those who have had a few fights about "not spending enough time together" know that the best way to balance the act is to walk the tightrope between your schedule and his/hers with the aid of technology.

### Heartbreaks...

Some relationships do not last because of commitment issues, some

do not because of space and time constraints, sometimes jealousy and suspicion are to blame and sometime, one is caught cheating on the other.

Whatever the cause may be, the life of a relationship formed in high school or college is rarely very long. So what do you do when you find yourself single and nursing a broken heart? Stalking your ex on social media sites and drowning yourself in self-pity are common but silly reactions.

### Rebounds

Well, studies show that a lot of people who have a break-up try to fill the void in their lives by finding other people to date. Sometimes, they do not even give themselves time to get over the feelings they had for their ex. So the chances that those unresolved feelings might transfer onto your new relationship and bog it down are pretty high. Anger and resentment, frustration and unmet expectations...if you're removing on too fast you might be carrying forward any or all of these emotions. So, slow down, take a deep breath and analyse whether you are ready to move on. It is better than picking up a tag like "playboy" or "easily available".

### In summary

In short, your teen and tween years come only once in life. You are young and emotions are bound to run high. Be responsible for the relationships you are in. If heading for a break-up, make sure you know why it is happening. Don't just get into relationships for the heck of it...get into them with your eyes open.

And most importantly, have strong roots. Be close to your family or at least have that one person back home who knows the truth about who you are and how you think. There will be ups and downs in life...just make sure your hands are firmly on the wheel and you will be able to steer your life through them confidently.

Don't fall in the trap of MY BF/GF is too boring!

## SNAPSHOTS OF LIFE ON SCHOOL CAMPUS

### A new beginning

Life may not always be a fairy tale but dreams do come true. For students of Pombazar Ramdulali Mukherjee Uchcha Vidyalaya in Hooghly, going to school meant being cramped into a single classroom with 100 others. Things got better when a new three-storey building sprung up on the plot opposite to their school. The initiative was taken by Calcutta Metropolitan Board Table 41, along with Kolkata Victorian Round Table 227 and Calcutta Metropolitan Ladies Circle 65, with aid from Steel Authority of India Limited, Coal India and the local MP. The students were elated to get new classrooms and they also enjoyed being the cynosure of all eyes on the special occasion.



Boys in dhotis perform a dance with bamboo sticks



Two students of the school begin the auspicious day with a Ganesha Vandana



Time for a big hooray! Boys are all smiles in their new classroom, complete with a blackboard, desks, benches and fans



Draped in saris and hair pulled back in buns decorated with leaves, girls greet the guests with a tribal Jhumur dance while a teacher accompanies them on a khol

Text by Trina Chaudhuri, pictures by Arnab Mondal



For students of Upper Infant at Mahadevi Birla World Academy, it was a tram ride they will not forget in a hurry. The heritage ride, part of a project on the monthly theme Transports, began from the Park Circus tram depot



### Abode of hope

The inauguration of the new building of BDMI was an occasion to rejoice and be proud of. The evening started amid the chanting of Vedic mantras as the *dhya* was lit and rose petals were floated in water. IPS Niraj Kumar Singh cut the ribbon and inaugurated the new building. Members of the school band and other students welcomed the guests with a colourful display of rings that signified unity and strength. The cultural programme began with the Ganesha Vandana. Little ones from the Garia branch of the school enthralled the audience with their dance performances. Senior students too presented a colourful and rhythmic dance routine, matching steps with a medley of songs, including Ustad Rashid Khan's popular number *Aage Jab tum*. Director and administrator Usha Mehta felicitated the guests and students, followed by a performance by singer Srikanta Acharya.

Text sent by school



Pictures by Arnab Mondal

# Beat the exam blues, with a smile



It is that time of the year again when students gear up for their board examinations or annual examinations. Exam stress is now an established phenomenon and no longer something that affects only a handful. The pressure to perform and get good marks affects not just a lot of students; even parents suffer from symptoms of anxiety on behalf of their wards. While a certain degree of stress and fear about performance can have a motivating impact on students, one often gets to hear of cases where exam stress has become extreme and begun to interfere with routine activities



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## BEAT THE ODDS



Feeling anxious before a big exam may always be a part of student life, but letting that anxiety turn into stress does not have to be. An essential part of understanding how to deal with exam stress is to first figure out why you feel it. The most common reasons students cite for exam stress are:

- Parents' and teachers' expectations. Do your best. You can't pluck stars.
- Your own expectations. Don't be so hard on yourself. Take it easy.
- The desire to get into a particular stream or course of study after the examination. Getting anxious will lead you nowhere.
- The feeling of being under-prepared, trying to beat the marks an older sibling or a cousin got in his/her exams and so on. You are unique and the best.
- Fear of forgetting everything during exams. If you are stressed you will definitely... so RELAX!!!

If anything else is worrying you, keep that worry in a different compartment of brain so that you can deal with it later. Think about these reasons...which of them apply particularly to you

## HOW TO MANAGE STRESS

Learn to recognise when you're stressed out. A small break or a chat with someone who knows the pressure you're under will help you put things in perspective

- Avoid comparing your abilities with your classmates. Those 'Oh my god, I've only read the chapter three times' conversations are such a wind-up. Everyone approaches revisions in different ways, so just make sure you've chosen the method that works best for you. Make a realistic timetable and stick to it.

- Sleep well. Wind down before bed and don't revise under the blanket — your bed is a place of rest, not a desk. Get your sleep even if it is three-four hours, it

improves memory and concentration.

- Tea or coffee is good for concentration, but not in large amounts. Try to eat one nutritious meal daily.

- Find out which is the best time for you. Morning or evening? Are you a night bird or a morning person? Study that time of the day. Learn to manage the time according to your schedule, instead of panicking. Make a schedule for your lessons, follow that.

- If your concentration is low, take small breaks. A little bit of anxiety is always positive. You work well under pressure.

- During exams don't rush...

concentrate and tackle the question you know the best. The one you are not so sure about, attempt it last.

- Steer clear of any exam 'post-mortem'. It doesn't matter what your classmate wrote for question 3(b), it's too late to go back and change your answers. So it will just make you worry even more. Once you are out of the hall, forget about what you just wrote and concentrate on the next exam.

- Ultimately, don't lose sight of the fact that there is life after your exams. Things might seem a little intense right now, but it won't last forever. This exam is not the end of the world.



## SYMPTOMS — IT'S NORMAL TO FEEL THESE THINGS

### Physical symptoms:

Headache, stomach cramps, loss of appetite, loss of sleep

### Psychological symptoms:

Feeling low, short temper, snappy, worrying about trivial issues, low concentration, low self-esteem



SO, SAY GOOD-BYE TO EXTREME EXAM STRESS. BEST OF LUCK FOR YOUR STUDIES!

## POET'S CORNER

### You...

I went to bed with you  
And woke up in the morning new  
With you...  
I moved about on the unsure roads  
of life  
Knowing in my heart deep, at my side  
Were you...  
Dark roads, unclear vision and my  
destiny undisturbed  
Cold winds, shivering bones,  
walking along trees lined  
Not knowing where, how, when, or  
what. No knowledge of any  
interrogation  
Fearing every step taken, yet smiling  
at wise decision  
Sartly in my life was few  
But at my side were you...  
I took out my torch, and tried to  
switch it on  
But I couldn't the batteries were long  
before gone  
In complete darkness, with a  
magical light  
Showered my path anew  
It was you...  
I started my journey, to write my  
life's journal  
Nothing had I with me, your love  
is us my all  
I saw my undulating path, where I  
had to leave a trail  
I gathered my courage and set sail  
My life I had to sew  
With no one but you  
I reached my goal, I set my life  
Where no one could strike a knife  
I swayed and sailed through  
people's mind  
And inspired whose destiny was  
undisturbed  
I lived my life happily through  
All with you...  
I erred, I laughed, I fell, I rose  
I take a step forward, I take a step  
backward  
I look back and smile  
At the pages of my journal - my Life  
Now that My Journal is coloured  
For I have lived the grey scale  
through  
To cherish my lays near i  
It's all because of you

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Montessori expert Chitrata Chatterjee speaks at a seminar at Dew Drops. Picture by Rashbehari Das

## Montessori school celebrates birthday

Dew Drops, a Montessori school for children, celebrated its third anniversary recently. In her welcome speech, Dew Drops director Kanta Nain said, "We want to thank the parents for their support. The aim of the programme is to make them aware that children have an extremely absorbent mind, which should not be taken for granted. Parents must be careful about what kind of environment they create around the child," said Nain.

The programme began with Saraswati stotra where children and teachers evoked Saraswati, the goddess of knowledge. This was followed by Ganesh Vandana, a dance performance by the children. The highlight of the programme was 'Mom 'n' Me', a joint performance by the children and their mothers (picture top right).

This was followed by a seminar on the Montessori method of instruction for toddlers. The speakers were Dr Mira Raisinghane (MD), Tapati Gupta and Chitrata Chatterjee. Raisinghane, a paediatrician by profession, talked about the biological development of a child at various stages of his/her formative years. "By the time the



child is four-and-a-half months old, his/her brain is fully developed. This is the time parents need to be most careful," she said.  
Gupta and Chatterjee, both Montessori experts, talked mostly about the pros of the Montessori method of education. "Childhood is a journey not a race. You have to stay calm for your child and propel him in the direction he shows an interest in. It shouldn't be the other way round," said Chatterjee.

Text by Showli Chakraborty

## How to have fun with science

When searching for a needle in a haystack, other people quit when they find the needle. I look for other needles that might be in the haystack — Albert Einstein

Senior teacher Pragya Nopany quoted Albert Einstein as she talked about science and scientists at a workshop at South City International School recently.

Nopany, who has been involved in teaching science for 18 years, demonstrated a series of experiments on the concepts of elementary physics such as upthrust, buoyant force, magnets, sound, lights, vibration and electromagnetic induction using items of everyday life.

The workshop, which began with a speech by Koushika Nag, teacher at South City International School, was an interactive one and the students got ample opportunities to ask questions and clear their doubts about the experiments in particular and science in general.

Apart from Class IX students of South City International School, students of Vidyanjali International, Delhi Public School Megacity and Sri Sri Academy were also present at the workshop.

Stressing on the importance of workshops such as this one, Nopany talked about different ways of teaching science to make students take interest in the discipline. Students, she said, should always be encouraged to ask questions and experiment for themselves. For, she said, science is present everywhere and even a small insignificant experiment can throw up new results.

The senior teacher also had a session with the teachers, discussing different ways of teaching and the importance of using the laboratory. "Workshops are very important, because firstly I don't think they are teenagers. They are screenagers — they believe what they see. Secondly, it is very important for them to understand what they learn in their textbooks. Thirdly, I think workshops help a lot in clearing doubts because of the application of knowledge."



Educator Pragya Nopany performs a series of experiments at a workshop in South City International School, explaining to students the basic concepts of physics and talking to teachers about ways they can make the process of teaching science subjects more fun and interesting in class. Pictures by Anshu Mondal

Rutvi Pathy of South City International School said: "The programme was good. I got my doubts cleared. Things seem easier now. It was great listening to her. I would prefer science in the workshop more

than science in the classroom because this is more exciting." "I liked the workshop a lot. It was a wonderful experience listening to her. I got to learn so many new concepts of physics and their

application, but I would prefer science in the class because that is where the learning process starts," said Najes Khondakev, a Class IX student of DPS-Megacity

Text by Avroop Mitra