



Letters of hope

A single thread of hope
is still a very powerful thing.

FOREWORD



Neerja Birla, Founder and Chairperson, Aditya Birla Education Trust

The intention behind the Letters of Hope campaign revolves around the fact that anyone going through a hard or frustrating time could find some amount of hope or happiness if they read a positive or hopeful message from their peers. Creating hopeful messages in the form of letters, posters or hopeful art really served two purposes.

First, it helped students engage in conversations around sensitive topics like depression and suicide with the intention of understanding how they could identify a friend or family member going through a mental health concern. Secondly, it also gave the learners a platform to explore various skills to communicate meaningfully with any person going through a tough time.

The learners' hopeful words and art encourage and support a shift in the reader's perspective of life to a more optimistic and hopeful place. And most importantly, it also guides the reader to reach out and seek help from a trusted friend, adult or mental health professional either at home or in school.

The campaign was designed as an effort to make a contribution and participate in the World Suicide Prevention Day, observed on the 10th of September. As we all know, suicide is a complex issue and one that has a profound effect not just on the person but also their family and in turn, our society. Hence, it is important that we make a contribution towards this cause no matter how small it may be. Your letter of hope may just be the ray of sunshine in someone's cloudy sky.

ACKNOWLEDGEMENT

On behalf of the teams at The Aditya Birla Integrated School and Mpower, we would like to extend our heartfelt gratitude to all of you who have sent in your letters of hope. We appreciate and value your participation immensely.

Participating Schools

1. Aditya Birla World Academy
2. Al Khor International School, Doha
3. B.K.Birla Public School, Kalyan
4. Bai Avabai F. Petit Girls High School
5. Chrysalis High Kadugodi
6. DPS New Town Kolkata
7. Home school
8. Lilavatibai Podar High School, ISC
9. Mahadevi Birla Shishu Vihar
10. Mount Litera School International
11. Muktangan
12. Mushtifund high school
13. N.L. Dalmia High School
14. Pathways School Noida
15. Podar International School
16. Sasi junior college
17. St Joseph Academy
18. St.Xavier's College, Mapusa-Goa
19. The Aditya Birla Integrated School
20. Vani Vidyalaya Sr. Sec. And Jr. College

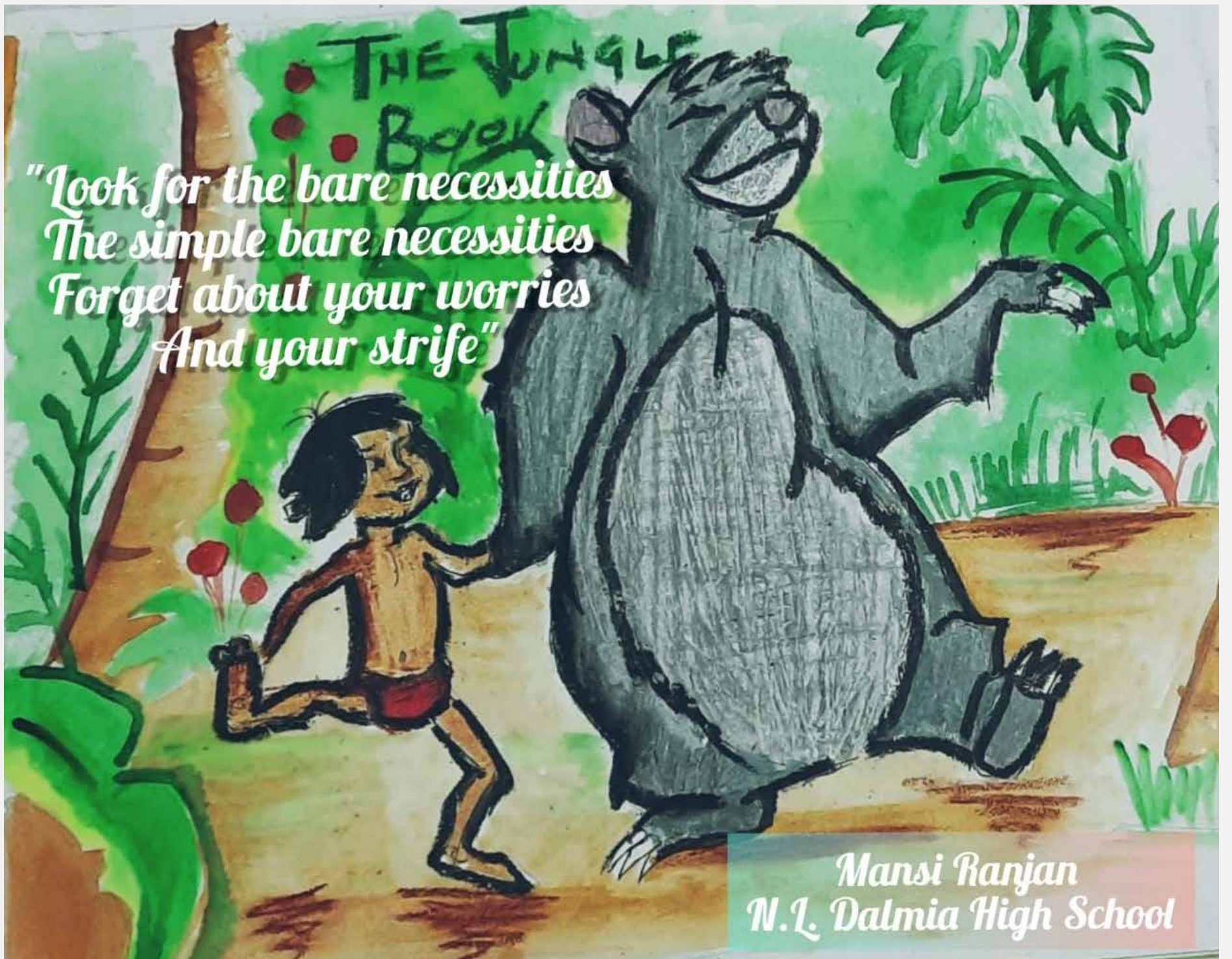


Tania Toshniwal, Age 15 yrs, Aditya Birla World Academy

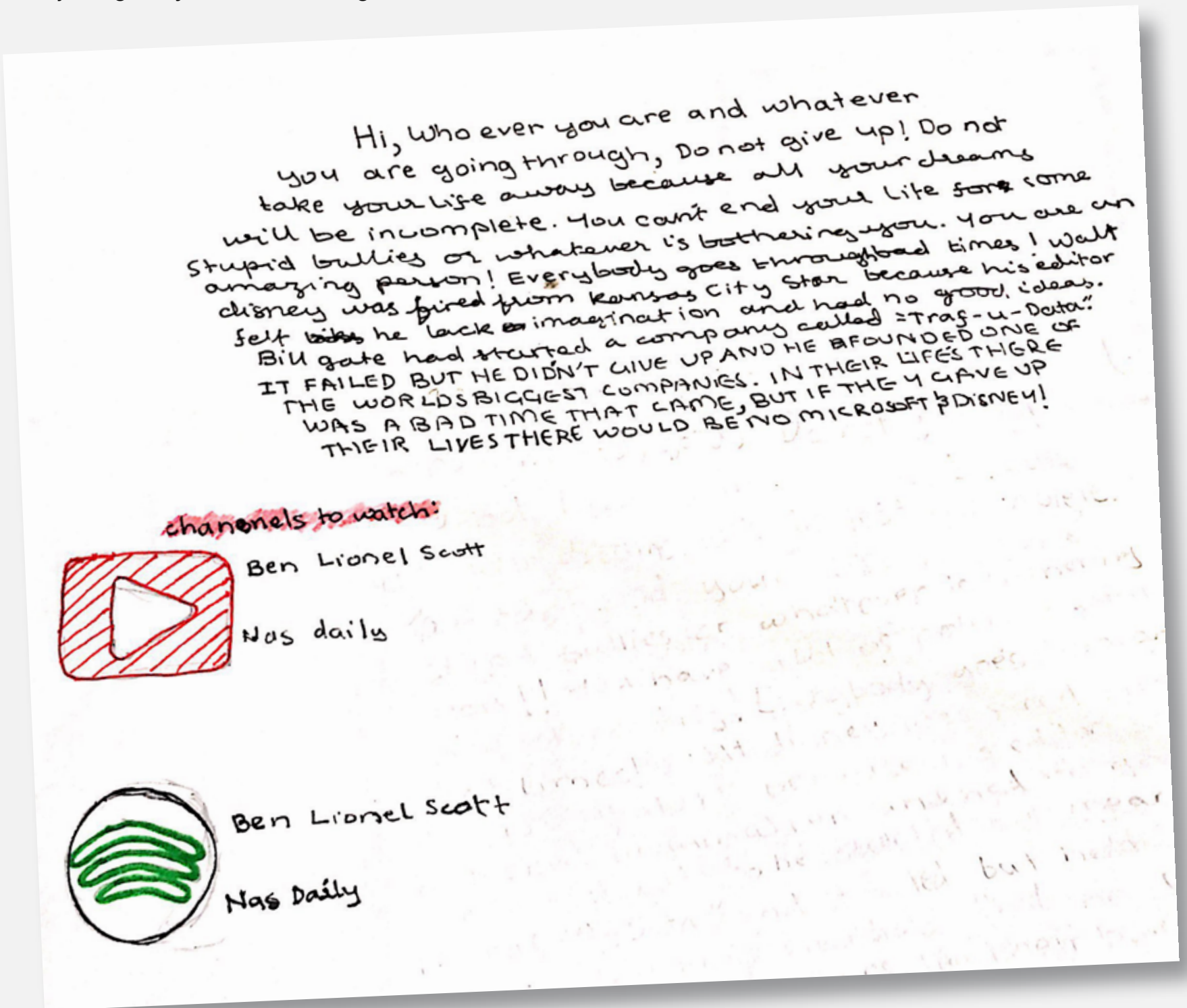
Hello!

My name is Saveer Solanki and I study in the 7th grade in Aditya Birla World Academy. I am 12 years old and I like playing sports. Last year, my school started giving us major, marked tests. The first test was really hard for everyone because we had not experienced something like it before. In that first test, I admit it, I was a little overconfident and didn't bother to check my work after and when the results came out I was ashamed of myself. After that first test, my motivation was going down and I started losing focus in class and just did not do any work. One day, when my mother realised that something was wrong she asked me about it. I could not hold it in anymore so I just told her everything and let me tell you, after telling her, it felt like some burden was lifted off my shoulders. She told me that not everything in the world is about studies and sometimes I should just relax. She said that not everyone is perfect and that we all have our failures and we all have our achievements. Picking yourself up is a huge achievement even if you might not think it or others might not think it, believe me, it is. You should just remember to talk to somebody, don't let it eat you away bit by bit. Even if you feel bad, even if you feel ashamed. In fact that is more the reason to tell someone. If you feel bad about something that happened, just thinking about your achievements, what you have done. Albus Dumbledore once said, "Darkness can be found even in the darkest of places. You just need to remember to turn on the light." So I am telling you right now, remember where the light switch is and remember that you can do ANYTHING. So, go rattle the stars!

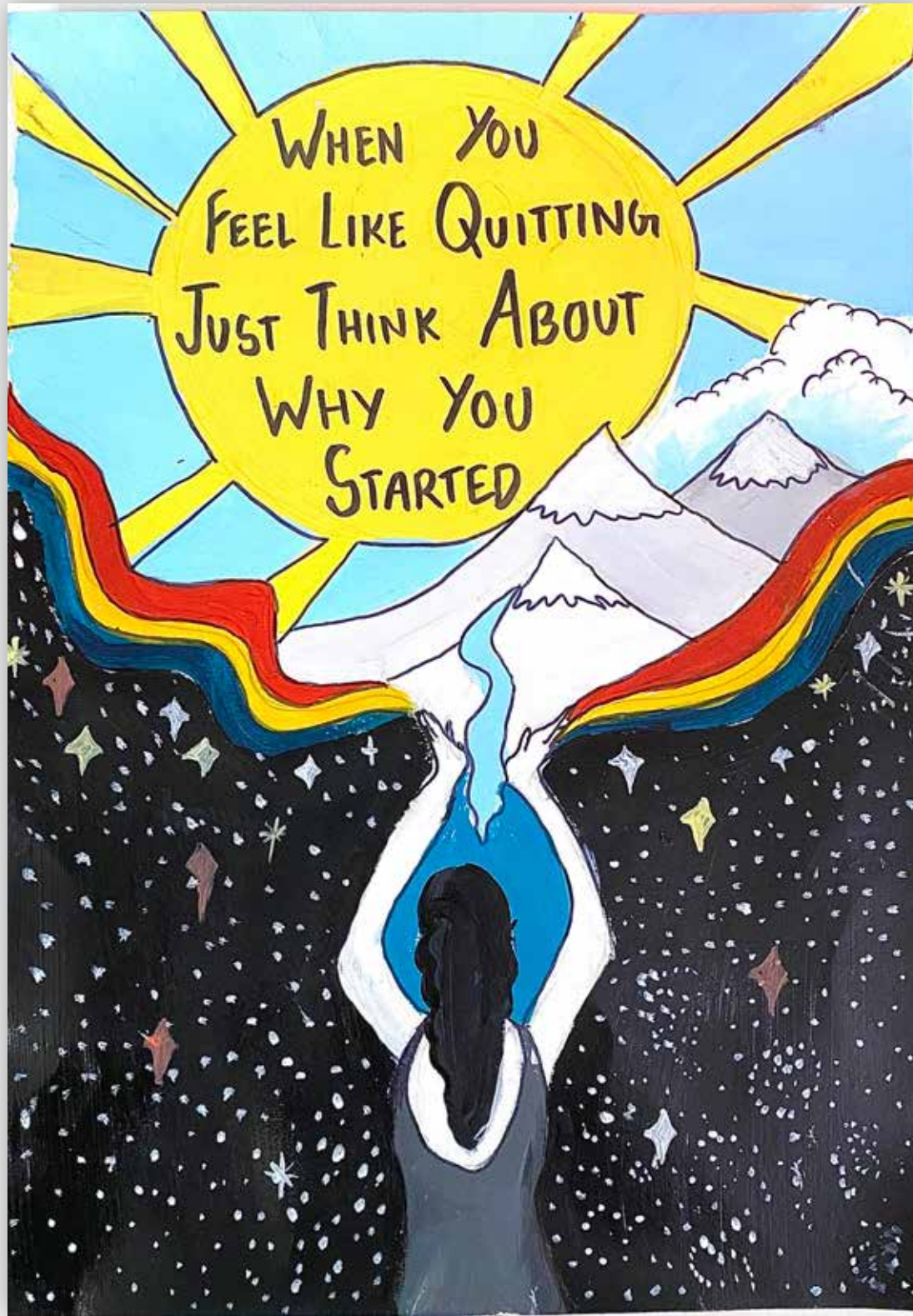
*With Kind Regards,
Saveer Solanki
Age 12,
Aditya Birla World Academy*



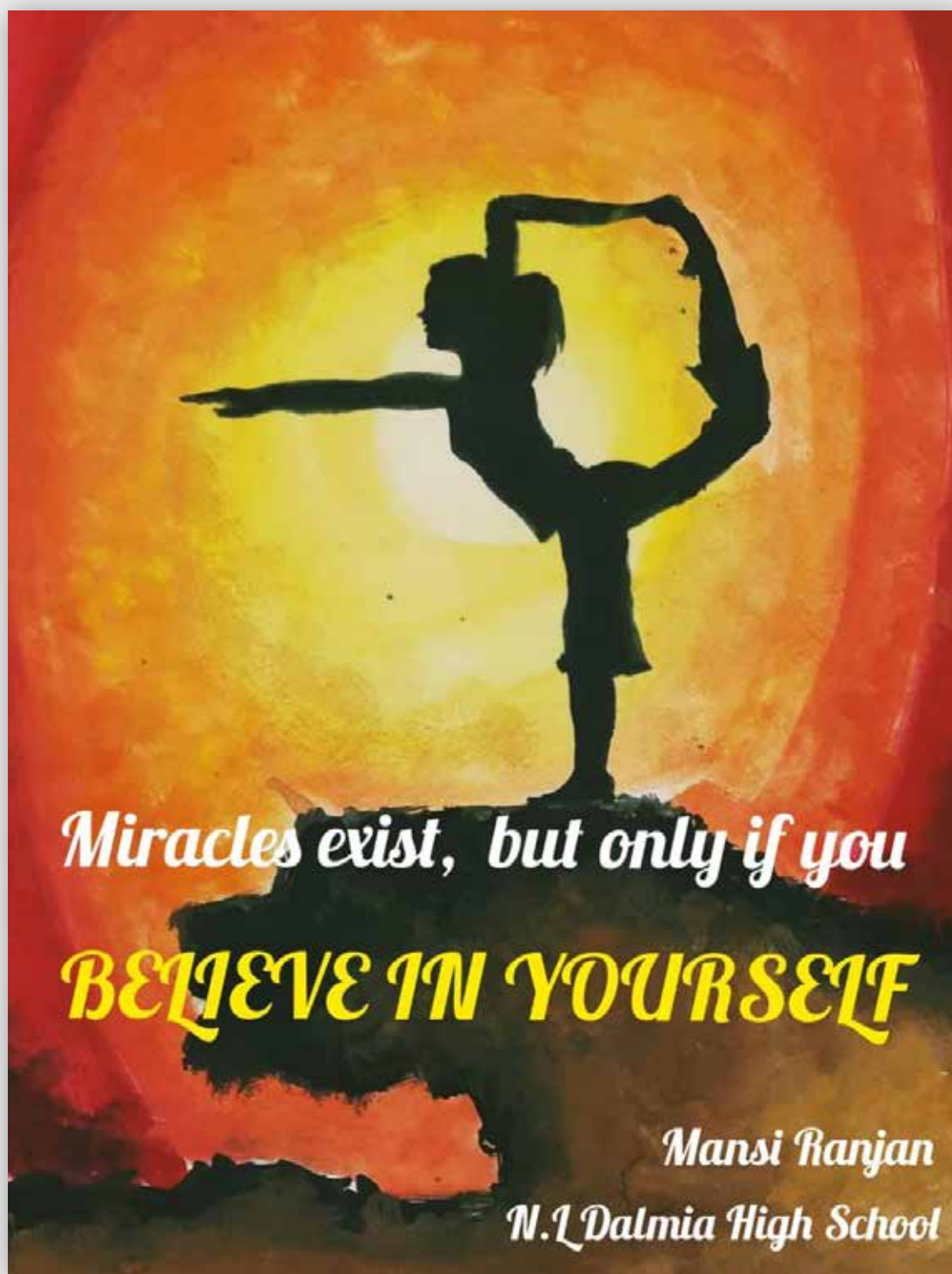
Mansi Ranjan, Age 14 yrs, N.L. Dalmia High School



Anandi Patel, Age 13 yrs, Aditya Birla World Academy



Amrutha Hariprasad, Age 15 yrs, N.L. Dalmia High School





Dear Reader,

How often do you spot a yellow bird with beautiful black and olive green stripes and sharp folded wings? For me, it's not that often at all. But there's one sitting right now on my windowsill, looking towards her home in that neem tree just opposite my window with big, oval, longing eyes. "Why doesn't she just fly back then?" you'll ask. Well, because she doesn't know how to....but that doesn't mean she can't. My name is Mansi. Mansi, in Hindi means 'voice of the heart', and even as you are reading this, you're indeed listening to that voice. I like playing badminton and football and dancing in the rain. So, just like you, I don't like staying at home all day long. It has been challenging, yes, adapting to this new normal isn't easy. In the initial days of the lockdown I used to find it difficult too. The challenges I'm facing are no less than yours, but trust me, if you are brave enough to keep going, and patient enough wait for the good, this too shall pass. In fact, I wrote a few lines just for you! Sing along!

Look up at the sky
What do you see?
I see the birds flying so high,
Sing and soar, filled with glee.
Look up at the sky
What do you see?
I see rabbit and clown shaped clouds
When it's all so dull, gray and cloudy.
Look up at the sky
What do you see?
I see the stars outshine the dark
For as long as I have hope, I am free. .

As for the most common problems.. can you guess how I tackled 'boredom'? I thought....I thought about what makes me happy, and at the top of the list, I found my family! So now we play together, talk, sing, dance together and most importantly, laugh together. But this wasn't even the start, when I actually thought about it...I realised that the list is endless! I can write, study physics, play, paint among so many other things. Well, to be honest, I took some help, from my family, because no one knows me better than they do.. You can take help too, speak your heart out and you'll be surprised to see how much your loved ones care for you. As for the yellow bird at the window, she's been trying since the past hour and-oh look! There she goes. She's flying now! And now that she is, I see that her wings are far more wonderful than I ever imagined..they're not only beautiful but also strong. She was just born yesterday...so if she can believe in herself...then surely you can too!

With kind regards,
Mansi Ranjan-10th A
N.L. Dalmia High School

Dear Reader,

My name is Saumya Thakker from 10th grade of Aditya Birla World Academy. A situation that has been challenging for me recently is just learning how to adapt to use exam.net to give my tests. Since we had never given tests completely online because we used to have the option to write instead this was a big change for most of us . To solve this problem me and my friends solved some papers on exam.net as a way to practice for our tests so that it wouldn't be difficult for us to solve our test. To make myself feel better and calmer I usually just talk to my friends and listen to music while reading a book. That helps me destress so I can be calm before a test.

“Embrace uncertainty. Some of the most beautiful chapters in our lives won't have a title until much later.” I hope this phrase will inspire you to believe in yourself and believe that everything will be okay. If you ever need advice or anything I encourage you to reach out to your friends or an adult and just talk to them for as long as you need. Hope this letter helped you and made your day better!

*With kind regards,
Saumya Thakker :)
Age 15,
Aditya Birla World Academy*

HOPE MAKES YOU STRONG

“You are the only hope for yourself”

Make yourself strong! Staying in a room in the corner and shouting on yourself won't help you but expressing your feelings to your dear ones will. If you build pressure in you might get frustrated but if you let your feelings come out your near ones will understand you. Your friends Family and relatives are there for you don't panic tell them your problems they will do it. Write poems that inspire not that upset you. Forget the past live in present. Thinking of past makes you cry, thinking to future makes you scared so think about the present go with flow of life and the most important have hope in you. You were the best, you are the best and you will be the best just keep hope in yourself and love yourself remember people show you the path but you have to walk. Love Yourself and Have Hope and Faith in Yourself. And remember you have hope so you have everything!

Snigdha Mallick, Age 10 yrs, N.L. Dalmia High School

Dear Reader,

If you are reading this, it probably means you're going through a rough patch in your life and unfortunately there isn't much I can do sitting several hundreds of miles away. However, I can simply say this; Every day won't be a success. Every year won't be a success either. This is why you have to celebrate the little things. That's exactly what I do when I'm feeling down.

My name is Naisha and if there's one thing you should know about me it's that I take way too much stress upon myself.

So, when I have those days that feel like anything but a success, I take a long walk. I celebrate the sea that's so close to my building, I celebrate the birds that sit outside my window, I celebrate the puppies that walk around in the evening, I celebrate the children laughing on the trampoline.

For you, it could be different. For you, the little things could be a small conversation with an old friend, a funny video, a houseplant even?

Whatever it is, you should go celebrate those things.

If you do that every single day, you will find that there are tons of things to celebrate in the world.

Every day, there's something new and who wouldn't want a surprise gift to wake up to and spend the entire day trying to find?

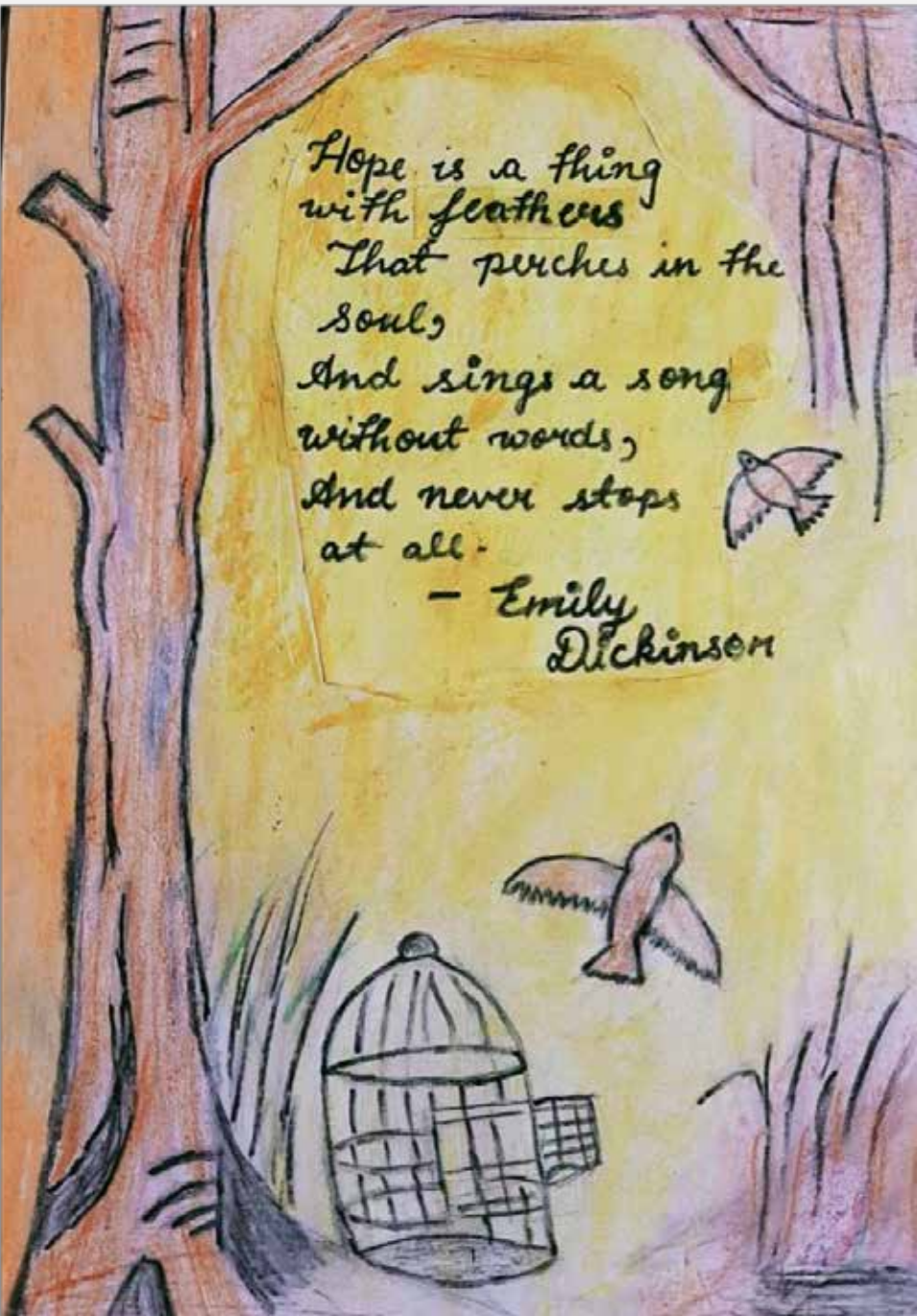
Life is just a series of baby steps, one day after the other. If your entire approach becomes positive, then even the most unsuccessful days can become days worth celebrating.

All the love,

Naisha Didwania

Age 16 yrs,

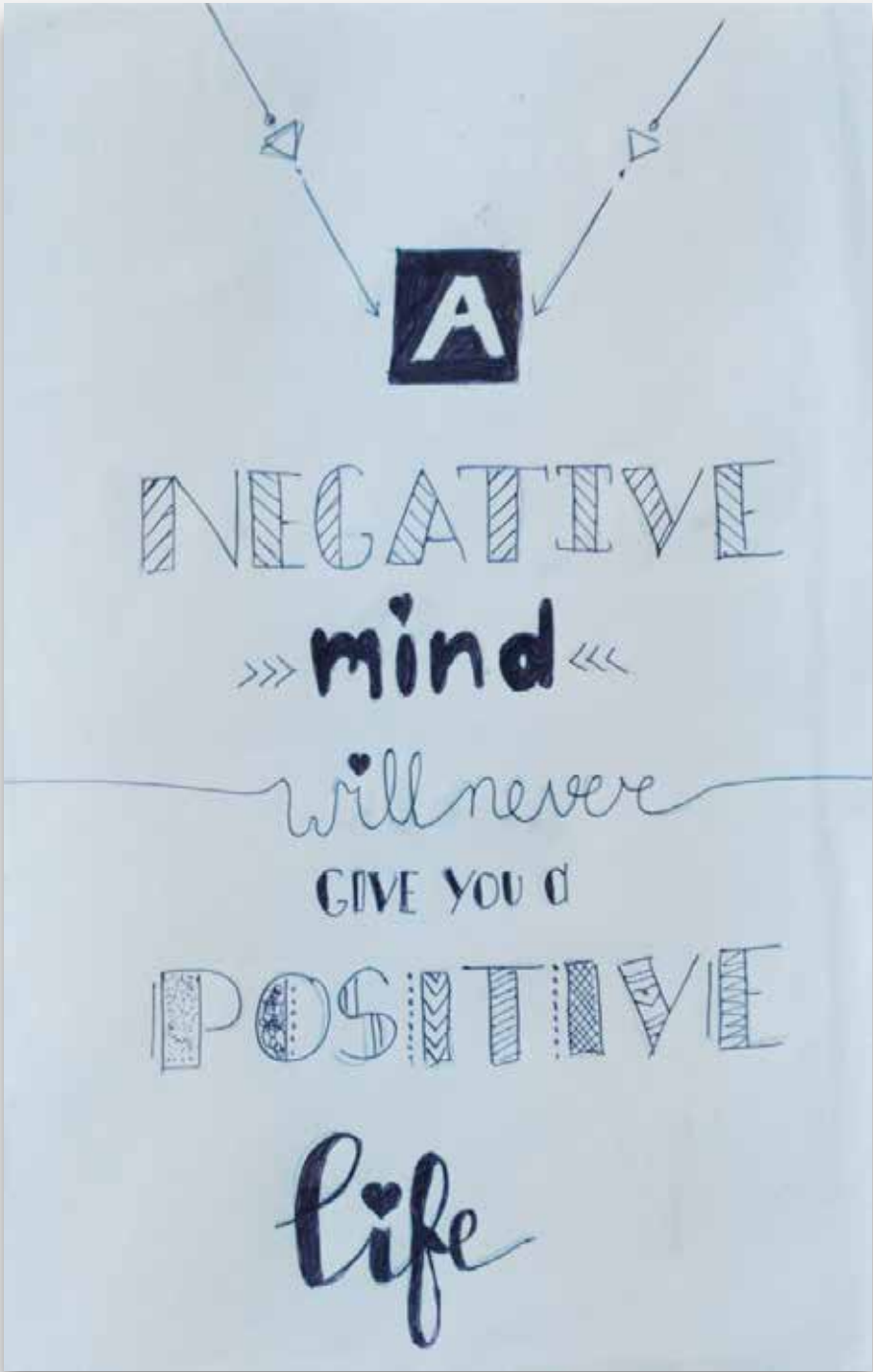
Aditya Birla World Academy



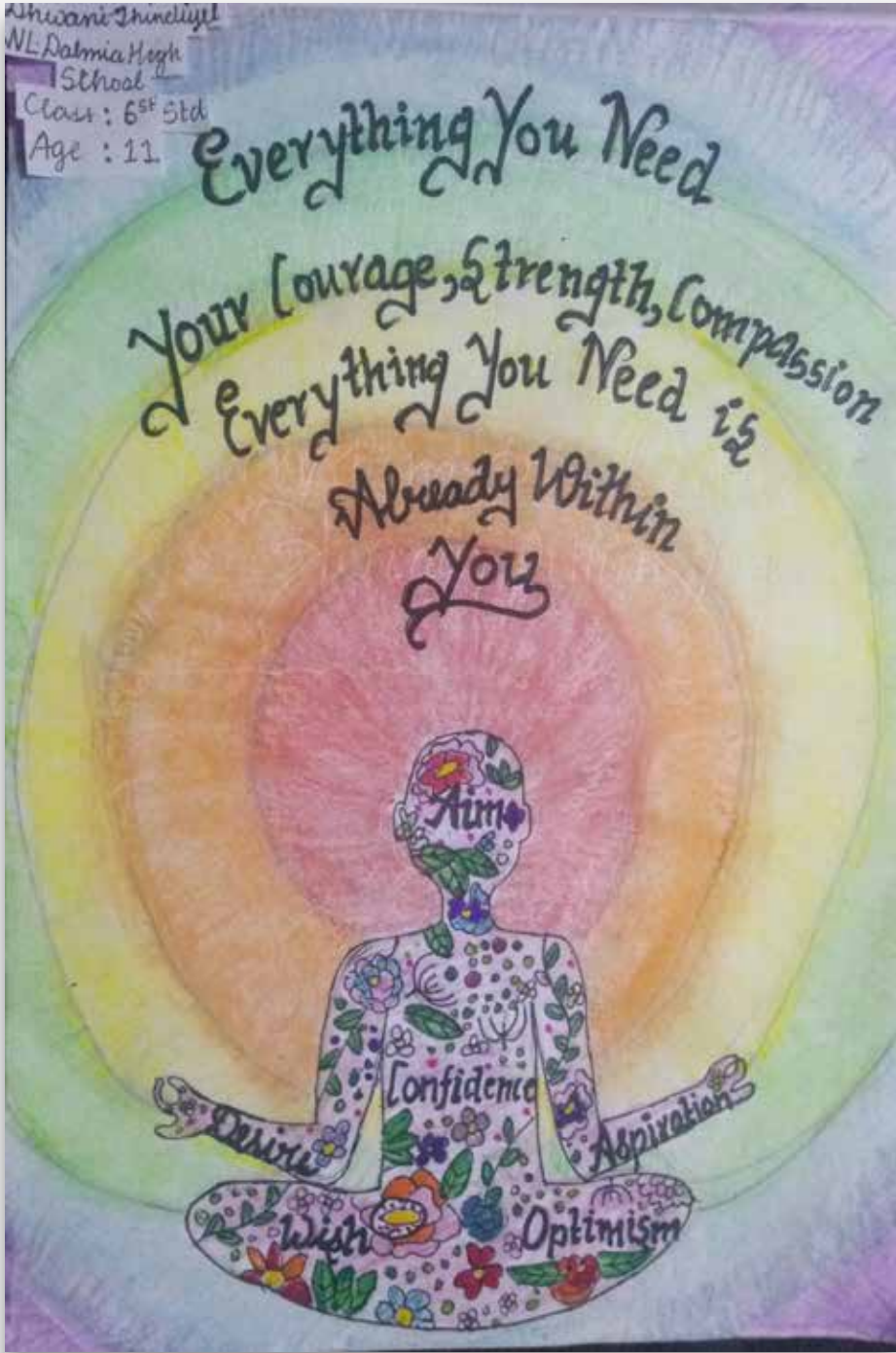
Ishita Nambiyar, Age 14 yrs, N.L. Dalmia High School



Ishita Nambiyar, Age 14 yrs, N.L. Dalmia High School



Vartika Agarwal, Age 13 yrs, N.L. Dalmia High School



Dhwani, 6th STD, Age 11 yrs, W L. Dalmia High School



Vartika Agarwal, Age 13 yrs, N.L. Dalmia High School



Poorna Bhandary, 7th STD, Age 12 yrs, N.L. Dalmia High School

LETTER OF HOPE



Dear readers,

As I sit down to write this letter to you, I find myself surrounded by thoughts of what hope really means to me and what instills me with it in the times of distress. My mind constantly takes me to those bleaky times when I couldn't see the light at the proverbial end of the tunnel. What then, after all, drives any of us to see the better in this world?! The word that then constantly comes to me as an answer is 'Belief'. For me, belief, whether in myself or God or my loved ones, is what has continuously given me hope and driven me to look forward to the better times and a better version of myself.

Well, I understand that sometimes it seems to be the only positive thing in one's life, still one needs to hold on to that last resort which can be thousand times stronger than all the other ugly and negative things happening around you. After all, nothing is permanent. Depressing and struggling times will always be turned over by good times and vice versa. Just as they say, "When the end is happy, everything is worth it!"

Everybody gets lost sometimes, you know. That can't mean that the life has ended and you don't belong to this world anymore. When we are faced with a seemingly unsurmountable adversity, instead of believing in ourselves we sometimes tend to underestimate our own capabilities and values. But nothing and I repeat, nothing is greater than the value of our life itself. There's just so much to be seen and so much to be learnt beyond that one tough moment which right now, just may not seem to pass. But then the hope of everything good in us has to drive us through. It is how we learn and how we grow.

Hope to me is the belief in myself, that whatever the circumstance may be, I will try my best to go into something with a positive mindset with thoughts of "I can do it", rather than "I really don't think I can do this". Believe me, we should all love ourselves as we all bring something unique to the world.

Hope to me is the belief that my family and friends who may or may not be with me physically, will always be there for me. That they will not let me down, however dire any situation may be.

Now, if you ask me, why is hope important? Let me tell you, that nobody in this world has a perfect life. And to make things worse, in these glaringly intrusive Social media times, we are constantly bombarded with unrealistic standards of bodies and lifestyles. This can make anyone paranoid about their own life, as they will compare themselves to the celebrities and influencers of whose life we can only see the best bits on display. As a society, we need to move away from the unreal and embrace our real selves. One has to then rely on hope that happiness awaits us amidst all the inevitable twists and turns of life.

Well, you may think that a mere fourteen year old studying in grade 10, from N. L. Dalmia High School, may be too young to say such things. But I have faced some particularly tough times in my life, as well.

Briefing a personal experience from a year and a half ago, I had the worst time of my life till date. Back then, I did not have many friends in school, just a couple of close friends with whom I used to share everything. One day, my best friend just turned up to tell me that I am one of the most irritating and stupid people she has ever met, and then stopped talking to me afterwards. It was a devastating moment for me. I did not have my breakfast and lunch for two weeks, lost interest in all the activities, felt worthless, did not speak a lot. I started feeling as if I was of no use and had no purpose. Imagine, a twelve year old kid sitting beside her father, crying and saying that she is done with her life and requesting him to take her somewhere else. I continued to get a lot of ignorance in the school and no one really wanted to talk to me but it was the hope my parents, one of my teachers, my uncle and aunt and my family friends gave to me at that point of my life that helped me overcome everything. It actually made me hope that everything will be alright, in the end. It changed my way of looking at situations and handling them. It made me stronger and grateful to have such people around me. All in all, it is the past which will never come back and thus, we should start thinking about the future.


Similarly, you too should share and express your emotions and feelings to any person you trust the most. Try and take little steps towards building self-belief and the belief in your support system, be it your friends or family. You will feel light as air and I can bet on this!

Stop thinking of the past, as the last night was last night of your past life and it has got you here in the present for a purpose. You should always think that it has blessed you with another morning and thus, you won't let this opportunity be taken from you because of someone or something else. Promise yourself that you will change yourself in a way that no one can figure you out.

Every night we set an alarm for the next day and sleep only because we have hope, we have faith, that yes, I am going to wake up tomorrow. Similarly, we leave some work for the next day, we make plans for the upcoming week, month and sometimes year thinking that we are going to be alright and successfully accomplish all our goals. What are your thoughts on this? Is this not 'hope' which makes you do all of this?

Dear reader, I request you to just think about an infant trying to walk whenever you feel losing hope in everything. The infant crawls and fails again, failing multiple times without realising, what keeps her going is hope (which the child may not even realise at that time) that she will start again from the very start. You see, it is the very beginning of our lives from when we begin to hope instinctively! So, never lose hope, mates. Never. It is what keeps us humans, going places and reaching for stars.

*With a hope-filled heart and kind regards,
A fourteen year old namely, Charvi Malani*



Dear Friend,

'HOPE IS THE MOST IMPORTANT THING THAT MATTERS IN YOUR LIFE'

You were meant to find this as you're scrolling through endless social media posts and you were meant to be stopped in your tracks. You were meant to read these words, just as much as I was meant to write them.

You know you may be feeling disturbed because changing the ways of life, it's hard, it's harder than a lot of u thought it might be .Sometimes it may make u feel like you want to give up everything and just sit back there dreaming about your goals because it is a little hard to achieve it And you might want to give up.

But DONT' GIVE UP.....

You don't want to feel discharged, I just want you to realize that you just have to push much harder than you thought you might have to . Never put a time limit on reaching your goals and dreams. You know how crazy it sounds to me when someone tells me they have been working on their business for three full years and are thinking about throwing in the towel? You are working on a dream that will be something you can enjoy the rest of your life. And you're willing to set a time limit on making it happen and are disappointed in not yet achieving it in a few years?

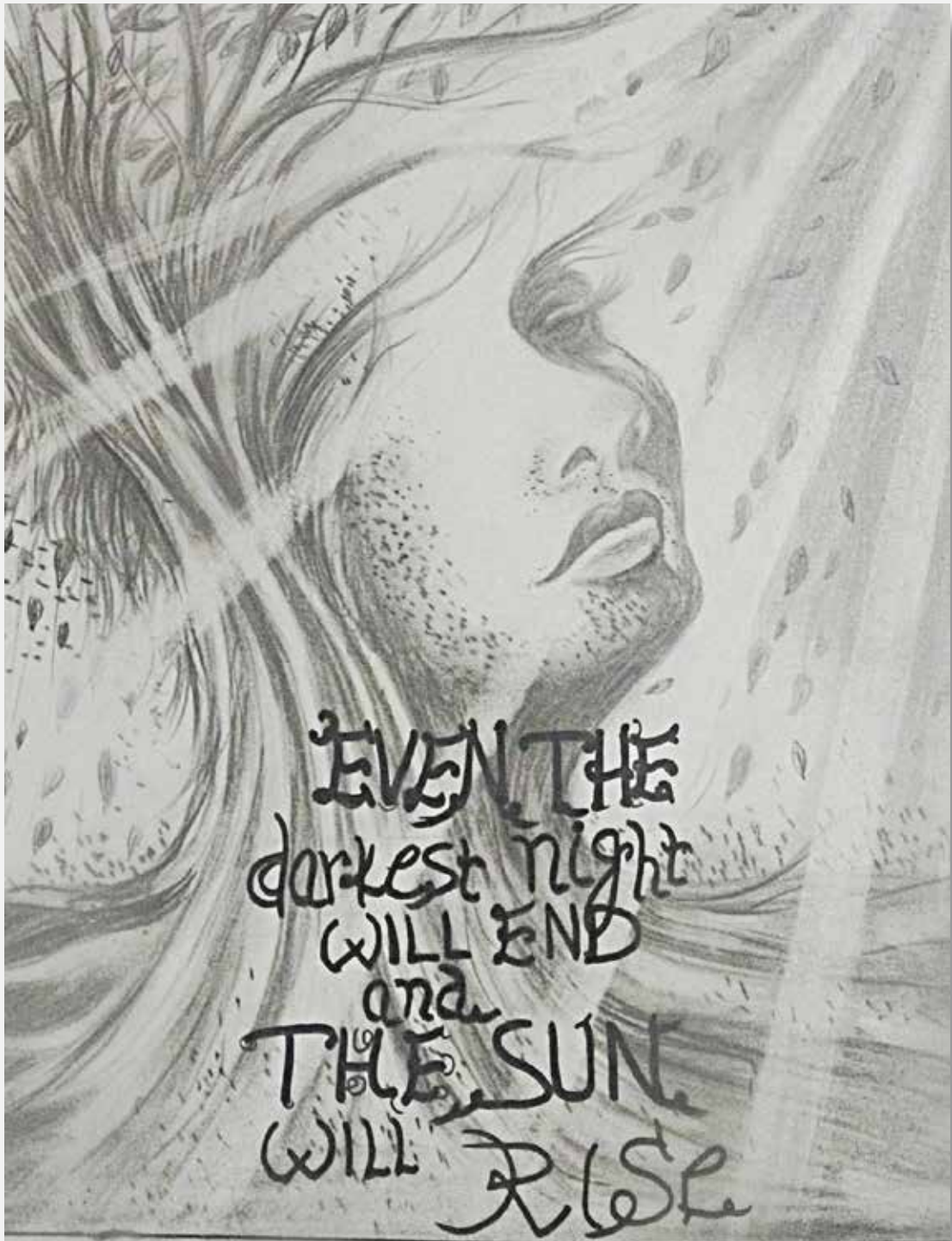
Don't listen to what the others are saying because you didn't come this far to put things off, you didn't come here to play it safe, you didn't do all the hardwork to take the easy road to get through. Don't even give a damn to grief. The thing about grief is that it tricks you into thinking it belong there and that you deserve to feel the way you do. That's a lie. You deserve happiness, peace of mind, to go to bed with a grateful heart, to be so full of light and love that it shines on your face wherever you go.

So go to bed tonight and be done with today. Wake up tomorrow and begin the day with a fresh new mindset and a brand new hope. And if you fail, try again the next day. And the next. And next. Until the day when it becomes a habit and a necessity to be happy. And the main thing to keep all the negative things aside and keep up the fight!!!!

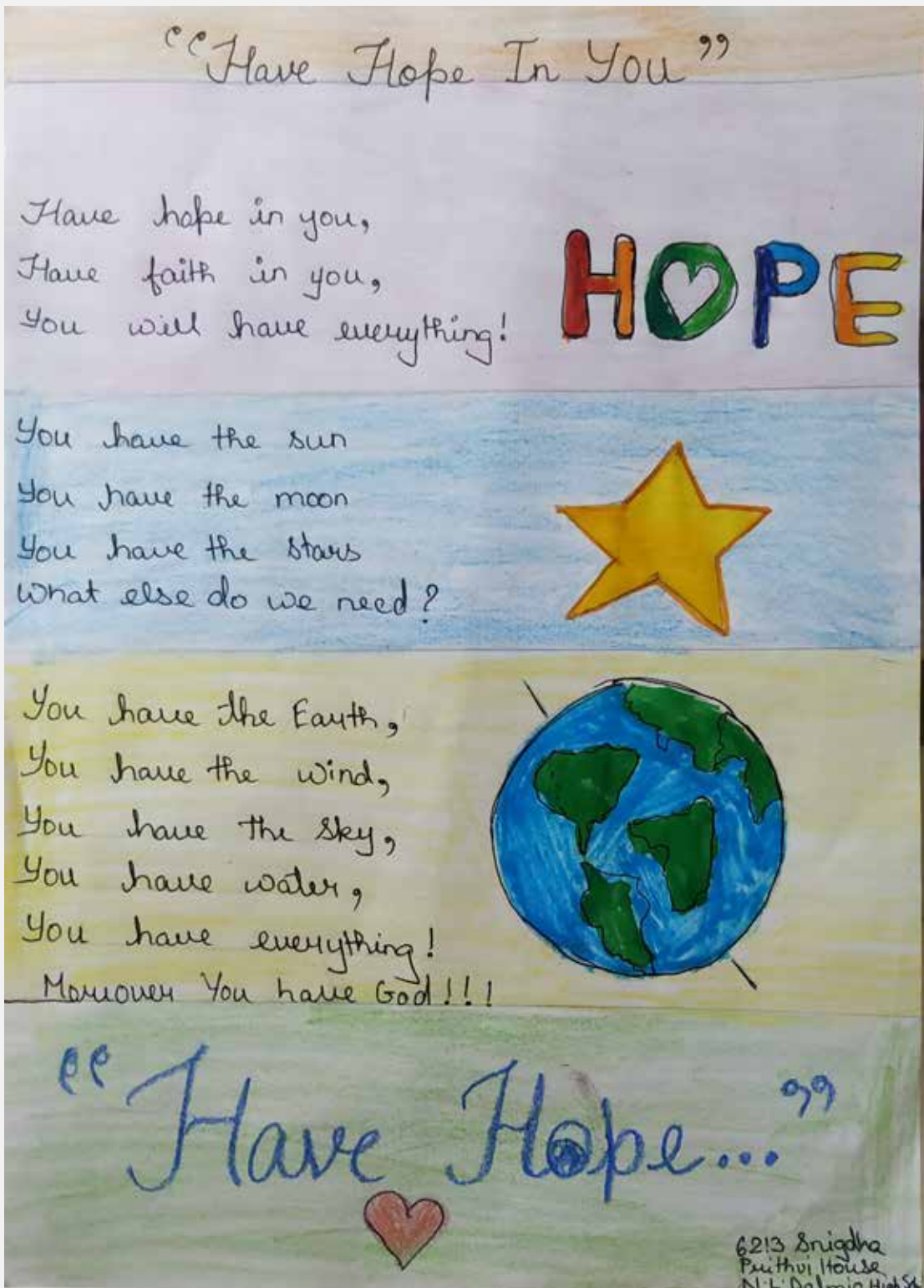
Thank you.

Rohan Singh

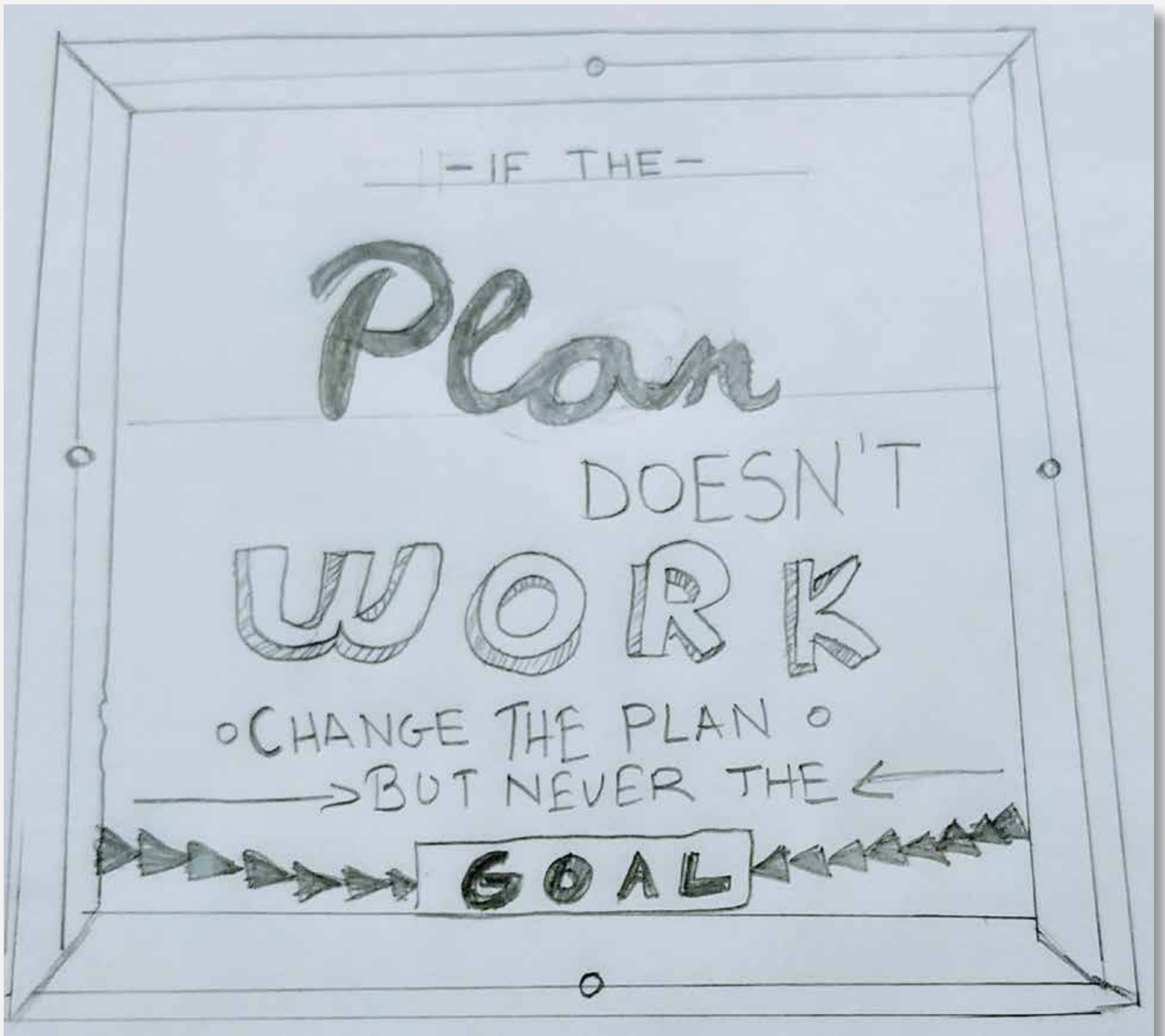
N.L.Dalmia High School.



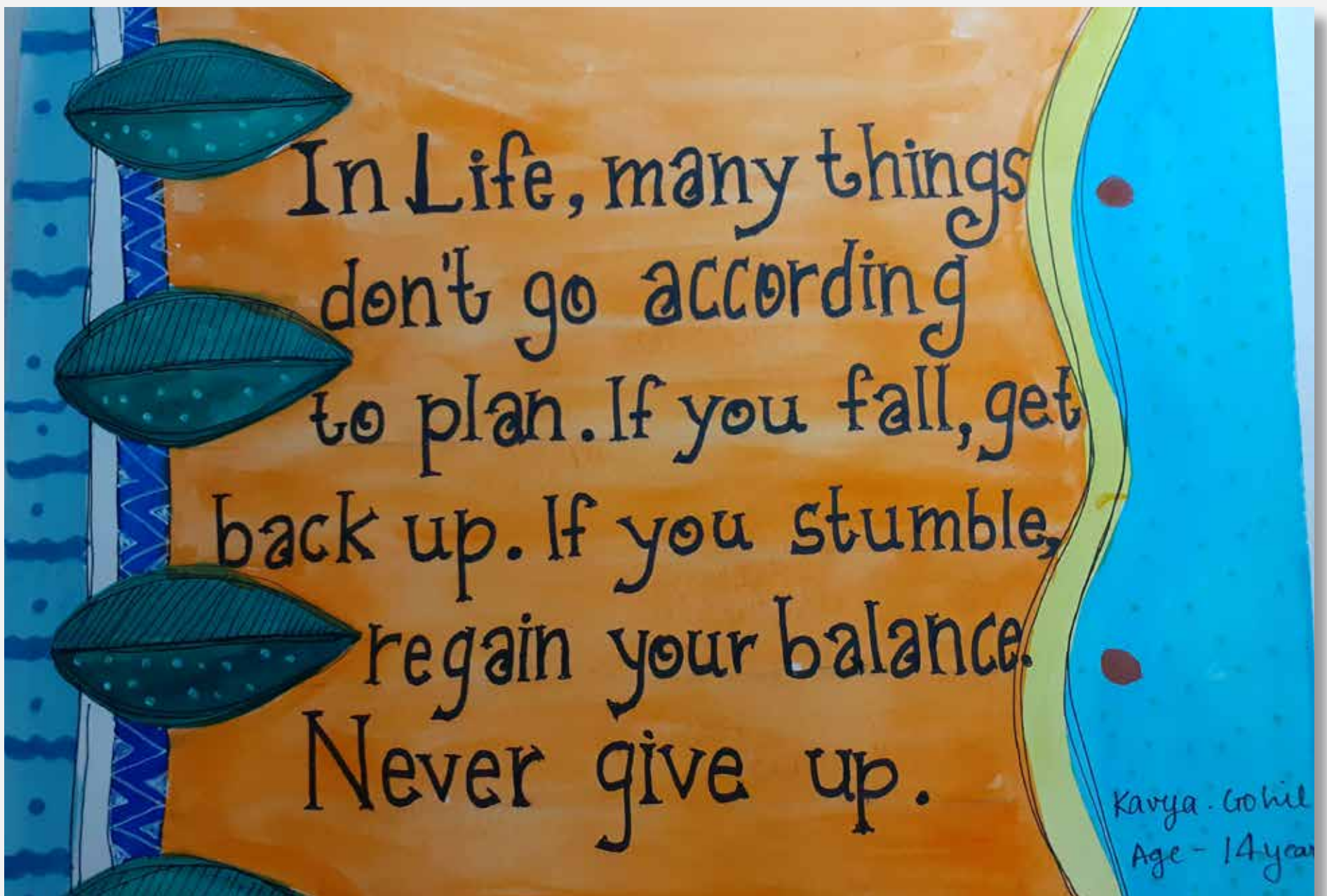
Abbas Haider, Age 14 yrs, N.L. Dalmia High School



Snigdha Mallick, Age 10 yrs, N.L. Dalmia High School



Snigdha Mallick, Age 10 yrs, N.L. Dalmia High School



Kavya Gohil, Age 14 yrs, N.L. Dalmia High School

Dear **Reader**,

I'm writing to you from the future, a couple of years ahead in your journey.

Life is so beautiful and magical.



We have travelled far in those years. I know our dreams right now are a bit vague. They will get clearer. You will know which route to take in the road when the path divides. Let your heart guide you! No matter how hard things become, keep faith in yourself. You have beauty and joy in your soul, always.

I think that's the biggest lesson we have learned over these years is "Keep going". I love that about you. You are brave. You are strong (stronger than what I imagined). Success will follow as you are capable of wonderful things. There is always beauty and joy if you look for them.



*Positive Mind
Positive Vibes
Positive Life*

Let me just leave you with this: You are capable of so much. Listen to the whispers of your soul and keep on going. Sending smile and positive vibes your way.

Stay Strong and joyful!

From:

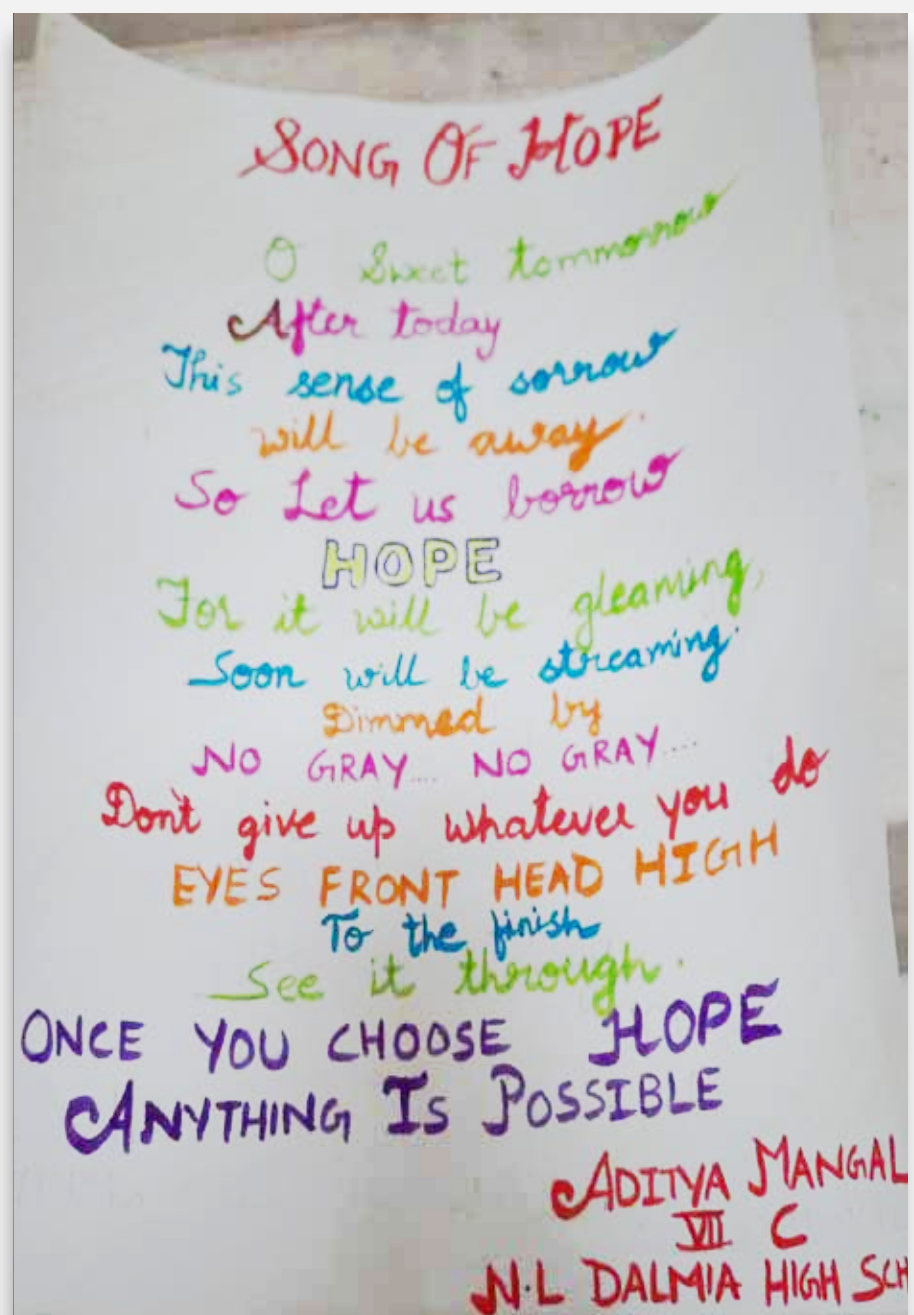
Happier & Stronger You!

Niyati Agarwal

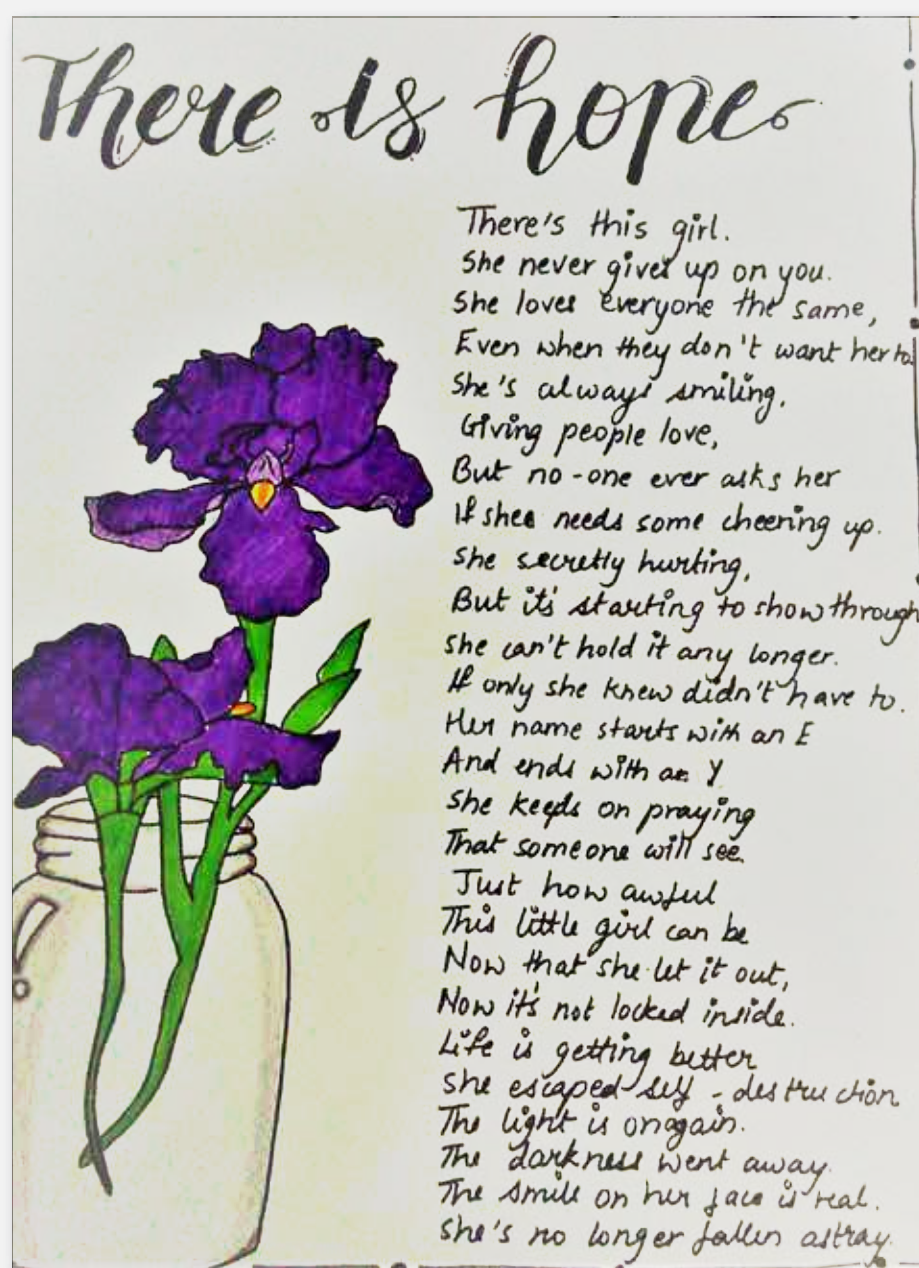
8th E; N. L. Dalmia High School



Tvesa Yadav, Age 14 yrs, N. L. Dalmia High School



Aditya Mangal, Age 12 yrs, N. L. Dalmia High School



Nishtha Jain, Age 14 yrs, N. L. Dalmia High School



Tvesa Yadav, Age 14 yrs, N. L. Dalmia High School

Hello! This is an article or rather a confession or most preferably, a description of my thoughts of what we call 'Hard Times' of our lives. This is Mast. Garvit Agarwal from Grade 10 studying in the NL Dalmia High School. The so called 'Hard times' or challenges as we usually call them, according to me are a boon for our lives. Just like physical pains are necessary to make us aware of what's wrong with the body, challenges tell us what's wrong with the mind. For the ones whose bigger part of brain is trying to convince them that whatever I am writing is something Easy to say, difficult to do sort of thing, I was the same over a month ago...

As a teenager, I am often told that teenagers are too exaggerative and too critical of things, and that they should try to change their behaviour as it would help them in the long'un. When I first used to hear this, I felt that it was just gross, but as I started placing myself into others' shoes, I realized that there are circumstances wherein we are at our best but still we can't satisfy the expecting ones. In such times, it is the duty of the expecting ones to support the other person, because in the absence of this humble act, Discouragement and Despair take birth and they 'virtually' kill the person to an extent that he sometimes feels that he is quite insignificant and loses the desire to live!

We all know what is Depression and what is hope and moreover, how are both of them related. But still, we refrain from talking to the ones who are depressed or are simply feeling low because they didn't stand up to someone's expectation (which sometimes is their own selves).

Since the millennials are the worst sufferers of depression and since they believe on facts only, here I present a list of reasons why they should not lose the desire to live! My message to all such unknown sapiens is that the first thought of 'Self Murder' which is called suicide should be uninstalled from your mind because Murder is a crime, and it remains a crime no matter one does it with himself or someone else!

Each and Every person on the Earth is significant... He is loved and cared for, if not by the people around then by the Mother Earth, who gave it being and helped him flourish in her enlightenment.

Talking about such virtues is easy, but the victim knows better, and thus it is advised that we should keep talking, if not to others then to ourselves by writing diaries or notes to themselves, which lightens the burdens. Challenges are something that make our life interesting. When we face them, we feel, life would be better in their absence, but in their absence, we tend to find some challenges. Challenges are important for us because they truly bring out the best hidden in us. Talking about Pressure, a diamond is nothing but a piece of coal, that performed well when it was under pressure!

Belief in ourselves and the awareness of the fact that God gave us life because of some reason, the accomplishment of which will make us truly satisfied and will ward off all the despair and hopelessness that life has to offer, helping us come up as a better Human being every time we defeat a challenge.

We love stars and overcome the fear of darkness, Similarly, we can love challenges to overcome the fear of failure in life.

*GARVIT AGARWAL,
CLASS 10,
NL Dalmia High School...*

Hope hope hope hope

Dear Reader,

My name is Maneet (meaning: Winner of hearts) Uppal and I'm a 12 year old boy. I always wear a smile on my face and ensure that people around me are smiling too. I am studying in grade 7 at N.L. Dalmia High School, Mira Road (E), Thane, Maharashtra.

My grandmother had recently undergone a heart surgery and it was a very testing period for all of us. The entire family pledged for her physical and mental recovery.

I wrote a small poem for her which inspired and motivated her to recover and regain her health and would like to share the same with you —

Life in recovery may not be the same.

The rules may have changed in this brand new game.

You can pick up the pieces and make a new start,

And courage and hope keep you from falling apart.

The world all around you, seems different and changed.

Things that once were new seem out of range.

But you can recapture your life and fulfill

The dreams that were lost when you took ill.

The journey to wellness takes time and is long,

And those that get well and exceptionally strong.

For depression can mar, but you have survived.

Your goal to recover has kept you alive.

Now you're recovered, what will you do?

You suffered and conquered and saw it through.

Back from the black and abyss of despair,

It is time to move on; it is time to care.

I urge to hold on for better days and wait for the bad times to pass.

You will become more stronger after what you've been through. Realise

your dreams and please don't think things will always be this

bad. Please DON'T GIVE UP.

Kind regards,

Maneet Uppal

HOPE Hope Hope hope



HOPE

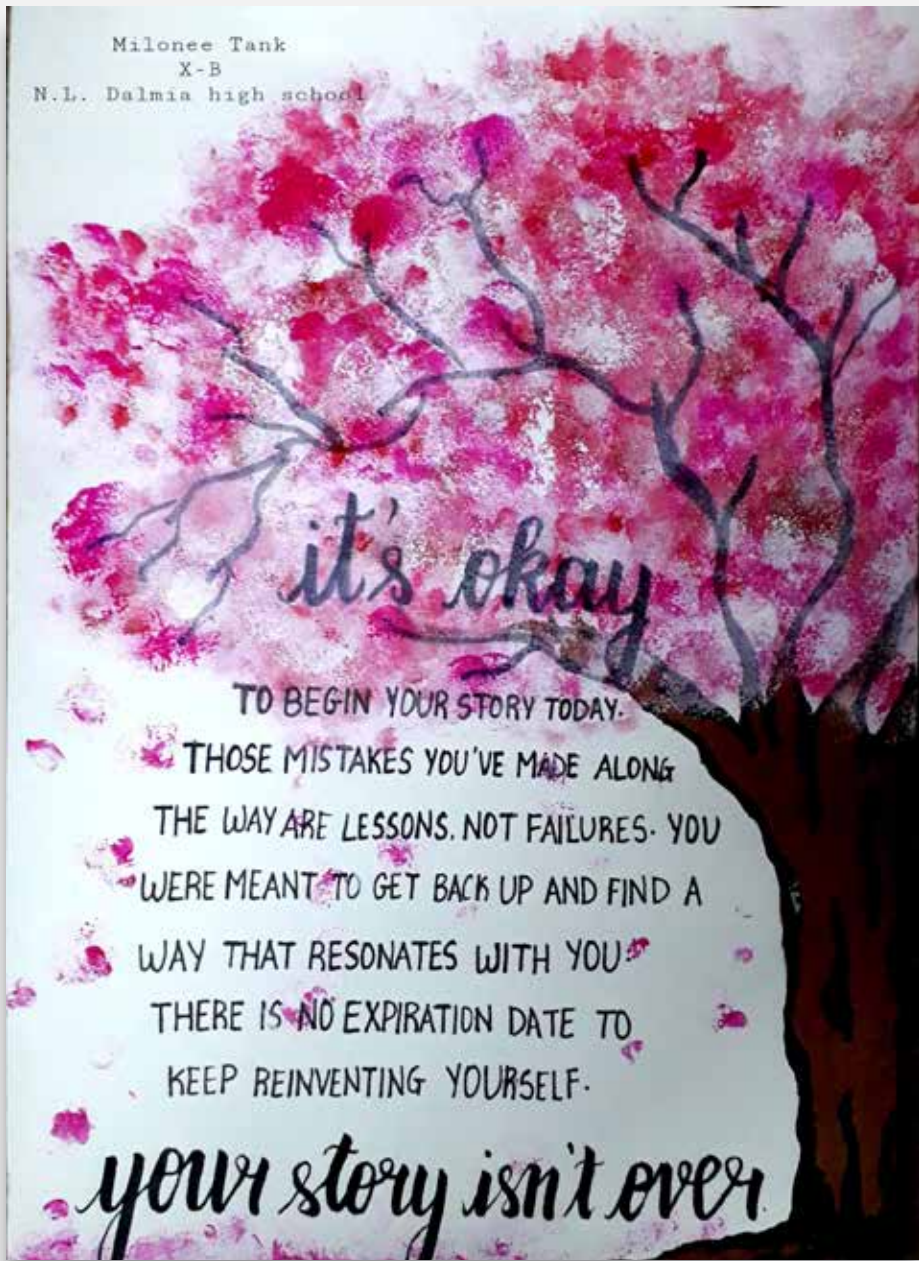
Name-Anvita V. Hadkar
Std-8th School
Name-N. L. Dalmia
High School
Age-14



Anvita Vinayak Hadkar, Age 14 yrs, N.L. Dalmia High School



MASEFA CHOUDHARY
CLASS:- VI E, AGE:- 11 yrs
N.L. DALMIA HIGH SCHOOL



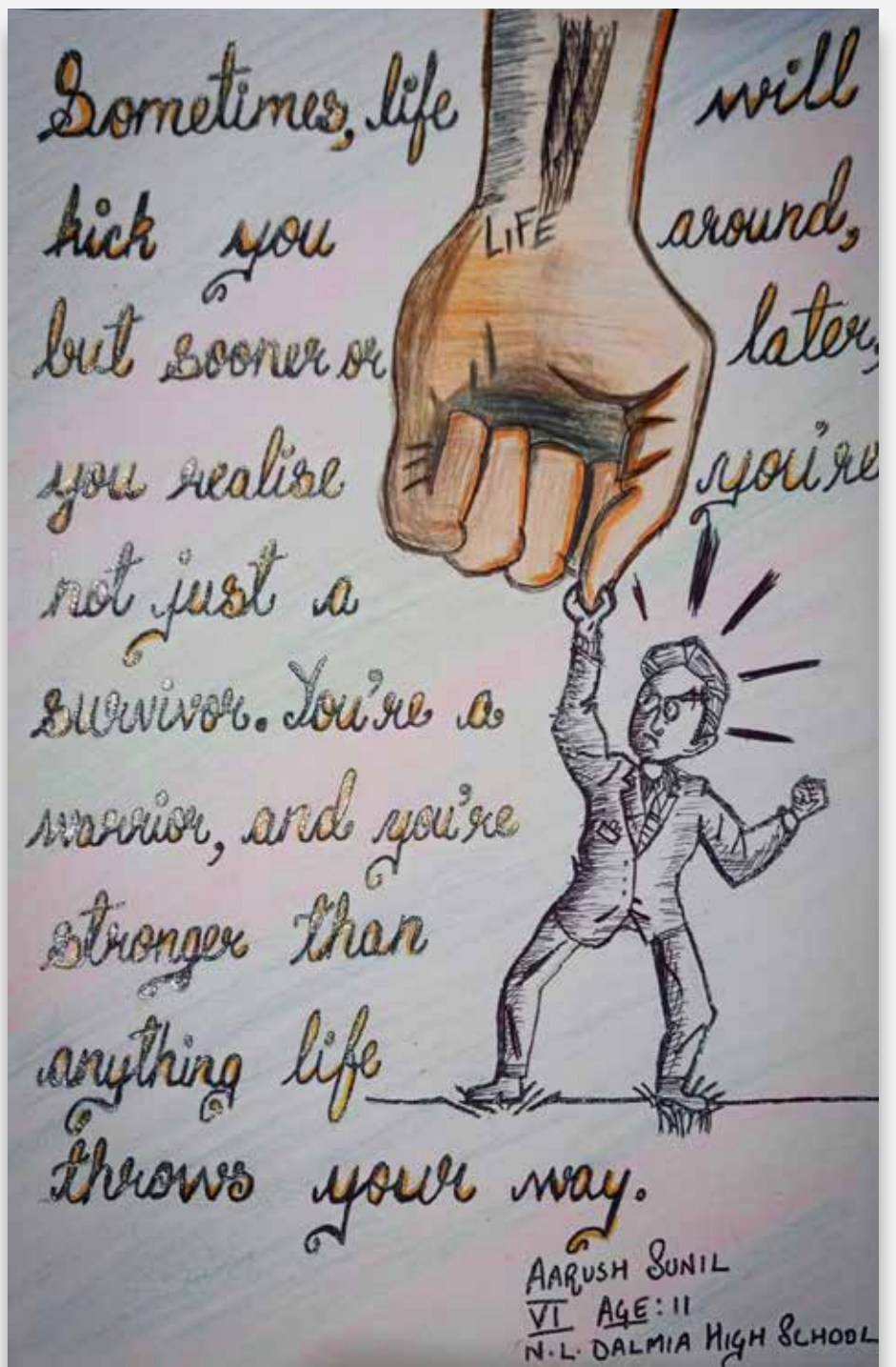
Milonee Tank, X-B, Age 15 yrs, N. L. Dalmia High School



Deeveesha Bhatt, VI A, Age 11 yrs, N. L. Dalmia High School



Aarush Sunil, VI, Age 11 yrs, N. L. Dalmia High School



Aarush Sunil, VI, Age 11 yrs, N. L. Dalmia High School



Manasi Phalke, Age 13yrs, 8th D, N. L. Dalmia High School



Harshit Sharma, Age 10 yrs, N. L. Dalmia High School

life...

it is such a blessing,
to have light embrace your skin,
to converse with the stars,
to watch the sun grin.

to sing with the moon,
to dance under rain,
to run after the wind-
chase it down every lane.

all of these we should cherish,
the gorgeous gift that is life,
no matter what it brings, we should be grate-
ful,
through joy, and even through strife.

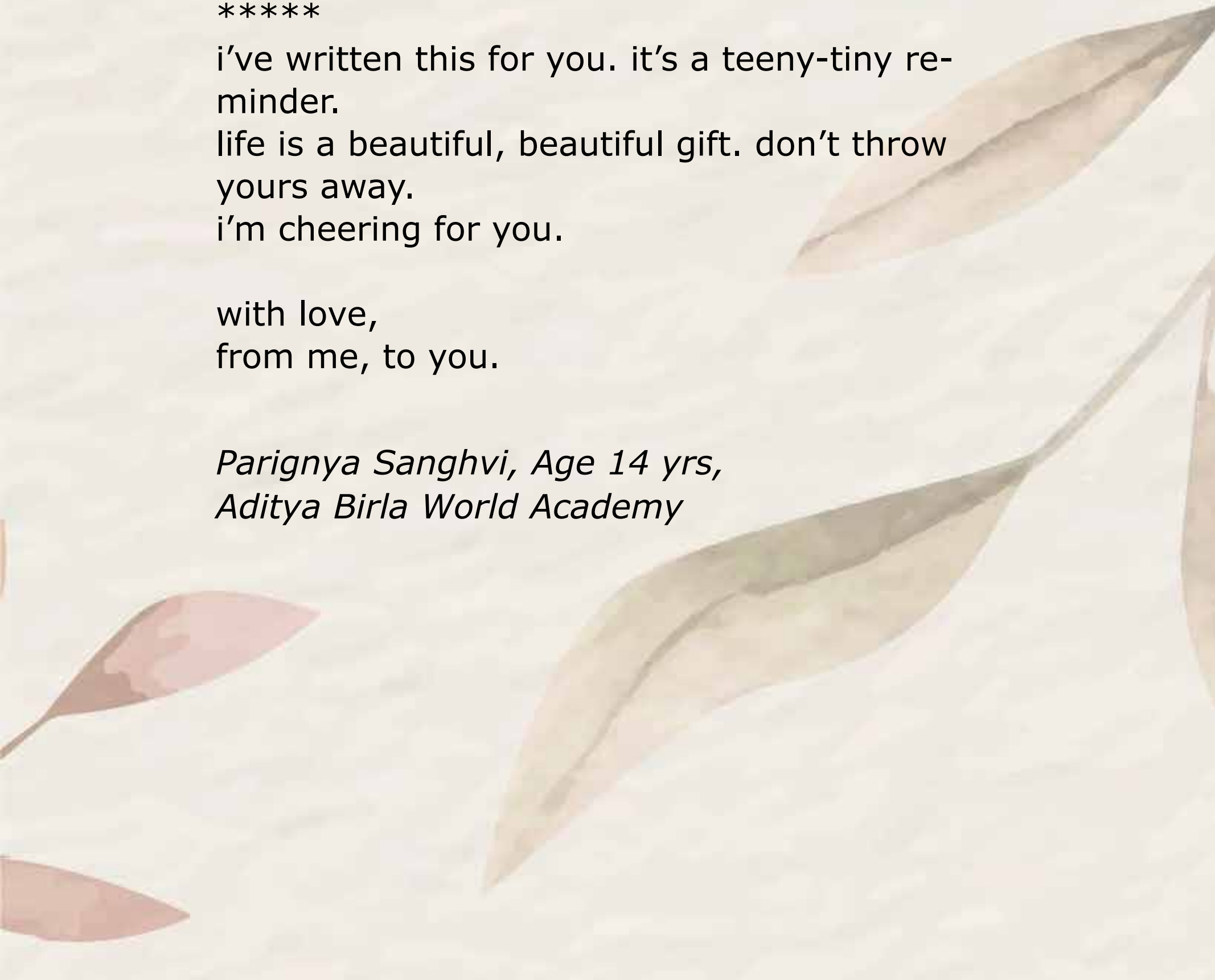
i've written this for you. it's a teeny-tiny re-
minder.

life is a beautiful, beautiful gift. don't throw
yours away.

i'm cheering for you.

with love,
from me, to you.

*Parignya Sanghvi, Age 14 yrs,
Aditya Birla World Academy*



Dear Reader,

My name is Aashi Doshi. I am currently studying in 10th grade at Aditya Birla World Academy. The corona virus has been a tough situation as I haven't been able to meet my friends and family as much as I had wished. Some of the healthy strategies and coping mechanisms include listening to music and dancing. These two helped me immensely and always lifted my mood whenever I felt down. Always remember that no matter what you are going through, you will get through it and you will come out of it stronger than you were. Don't feel scared to ask for help from a trusted adult or even a friend, everyone is here for you.

With Kind Regards,
Aashi Doshi

Dear Reader,

My name is Deekshaa Muralikrishnan
I am 8 years old
I study at Podar International School

I have been very bored in this COVID-19 lockdown and used a few techniques to overcome boredom and my personal favorites include :-

1. Reading
2. Doing things I did not have time to do earlier.
3. Making online cards for upcoming events eg. Teachers day (September 5).
4. Writing a Story or Poem .
5. Putting on a play for the family to see .

We will overcome coronavirus as we patiently wait in our houses.

Please stay positive and never give up

Regards,
Deekshaa Muralikrishnan

To the esteemed person reading this,

Greetings, I am Sanskriti Sharma studying in 8th grade, N.L. Dalmia High School. I wish this Letter of Hope written by me will help you to maintain a positive attitude during this crisis.

As you know, we are all under a lockdown imposed by the government due to increasing cases of the COVID-19 pandemic. It is difficult for all of us to adapt to this situation as our daily lives have been introduced to a digital and unfamiliar world which is a challenging yet fun learning experience for us. Even I was not used to it at first because after our final examinations got over and we passed our 7th standard with flying colours, I was very excited to begin with my new academic year and make it another fun, knowledgeable and special year but due to the COVID-19 pandemic, we weren't able to attend our school physically, instead our school started teaching us through online classes which is an enjoyable way to learn too.

In the starting of this lockdown I was not motivated and was not able to adapt this situation. I was only thinking about the adverse things even so I realized that there are many things to do and stay positive. Such as, lockdown gave me a chance to get more affectionate with my family as in our busy lives we are not able to spend much time with our family. I play games and discuss about various topics with my family. We can also spend our time in learning new skills and developing new hobbies. As of me, I learnt to play piano. We can learn many things about ourselves and we can meditate and exercise to keep our mind relaxed and our body healthy. We can do gardening, cooking, learn and explore dance, music and other art forms. For avoiding negative thoughts we can engage ourselves in activities, communicate with our family and trustworthy friends if we are still having an issue with tackling the negative thoughts, we should avoid social media platforms for not receiving any negative news. Through this crisis and lockdown we also learnt the importance of people who help us in our day to day life such as doctors, police officers, cleaners, house maid etc.

We must understand that this lockdown is not eternal and we should stay positive, zestful and happy so that when we again step out in the real world, we are happier and full of spirit to work and achieve more success. Till then, stay safe, healthy and happy!

*With kind regards,
Sanskriti Sharma,
Age 13 yrs,
N.L. Dalmia High School*

Hello Reader! Yes you!
I just wanted to tell you...

Firstly, that you're amazing... And that everyone goes through tough times, and everyone has their lows, so no matter who you are, I'm sure you've been through something that made you feel bad. And you probably keep it to yourself. But that isn't going to help anything, so instead of bottling up those emotions you can:

Take to someone! Talk to anyone you trust, or maybe even to yourself, just saying it aloud makes you think about it more logically.

Write it down! And instead of feeling bad about it, why don't you see the lessons you learnt from that experience? The best thing you can do is learn from it, and then move on.

You aren't immortal, but you've got a chance at living, so make the most of it! And whenever you feel low, come back to this letter and read it, because:

If you sometimes don't feel just right,
And don't feel good just now, its fine,
Just know that I am here with you,
Through the mountains, rivers, and valleys too.

You need to be strong, be brave and believe good will come your way, because eventually, it does. And once again, live your life, it's worth living. And it'll go by faster then you think. You can do whatever you want to, I believe in you. Now you just need to believe in yourself.

Finally, Be grateful. Even for the tiniest things, like reading this. Be kind. Help someone else, you'll never know just how much them may appreciate it. And go do something good for someone else, it won't just make them happy, but you as well. You can find so much good in this world, if only you look for it.

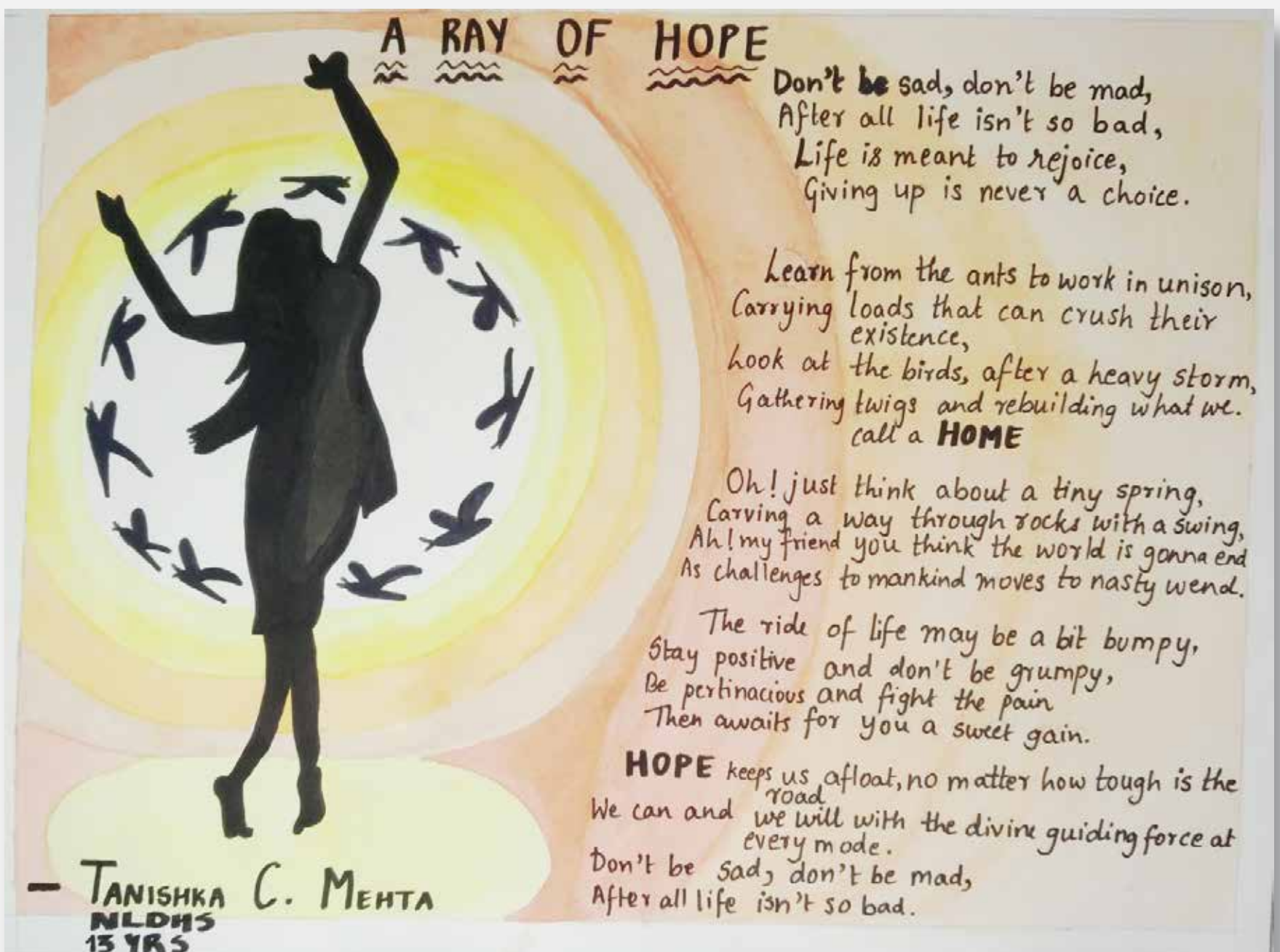
Love you,
Anonymous.



Sonakshi Yadav
7F Roll no. 17
Age:12.
N. L. Dalmia High School.

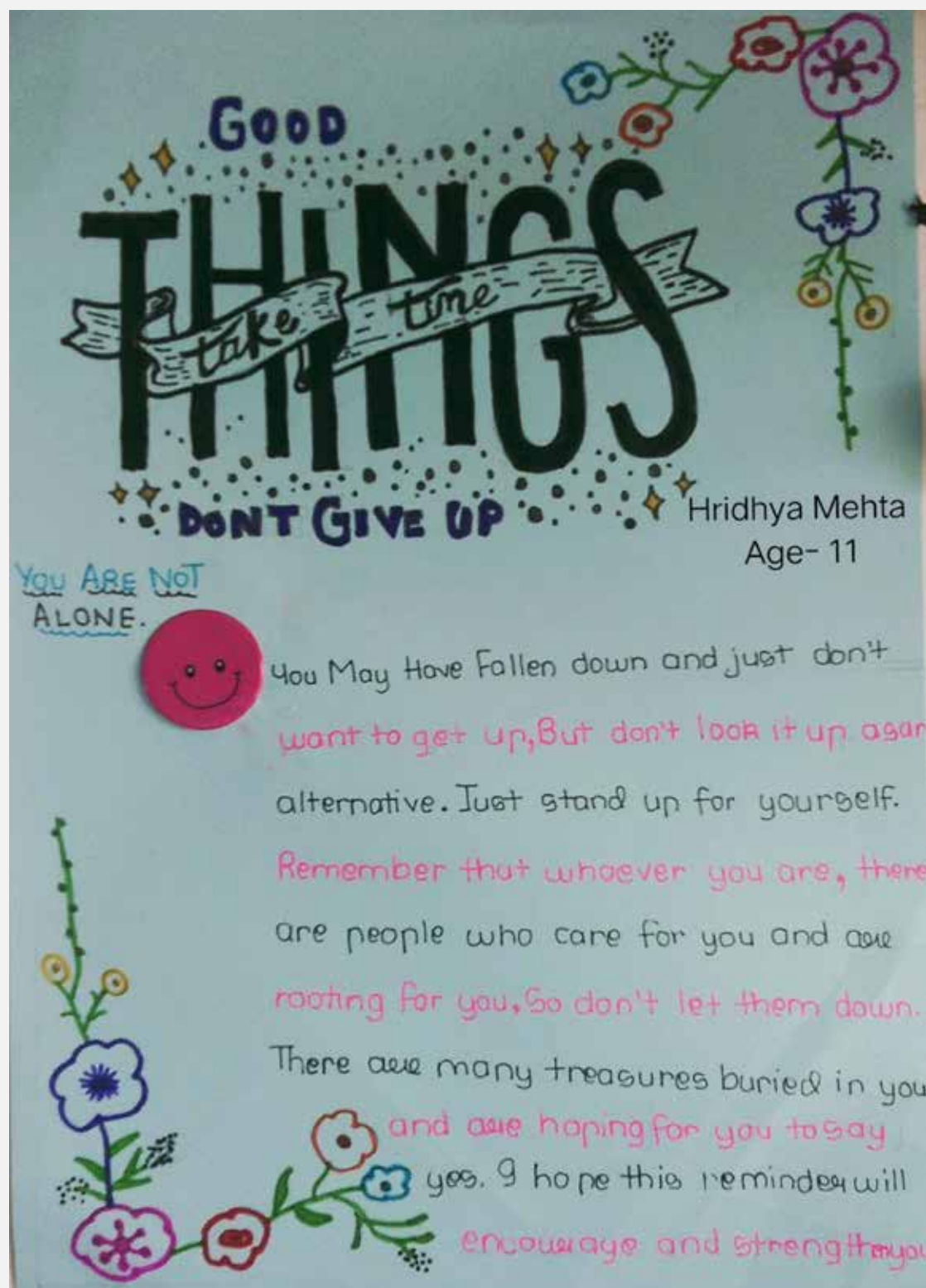


Sonakshi Dayaram Yadav, Age 12 yrs, N. L. Dalmia High School





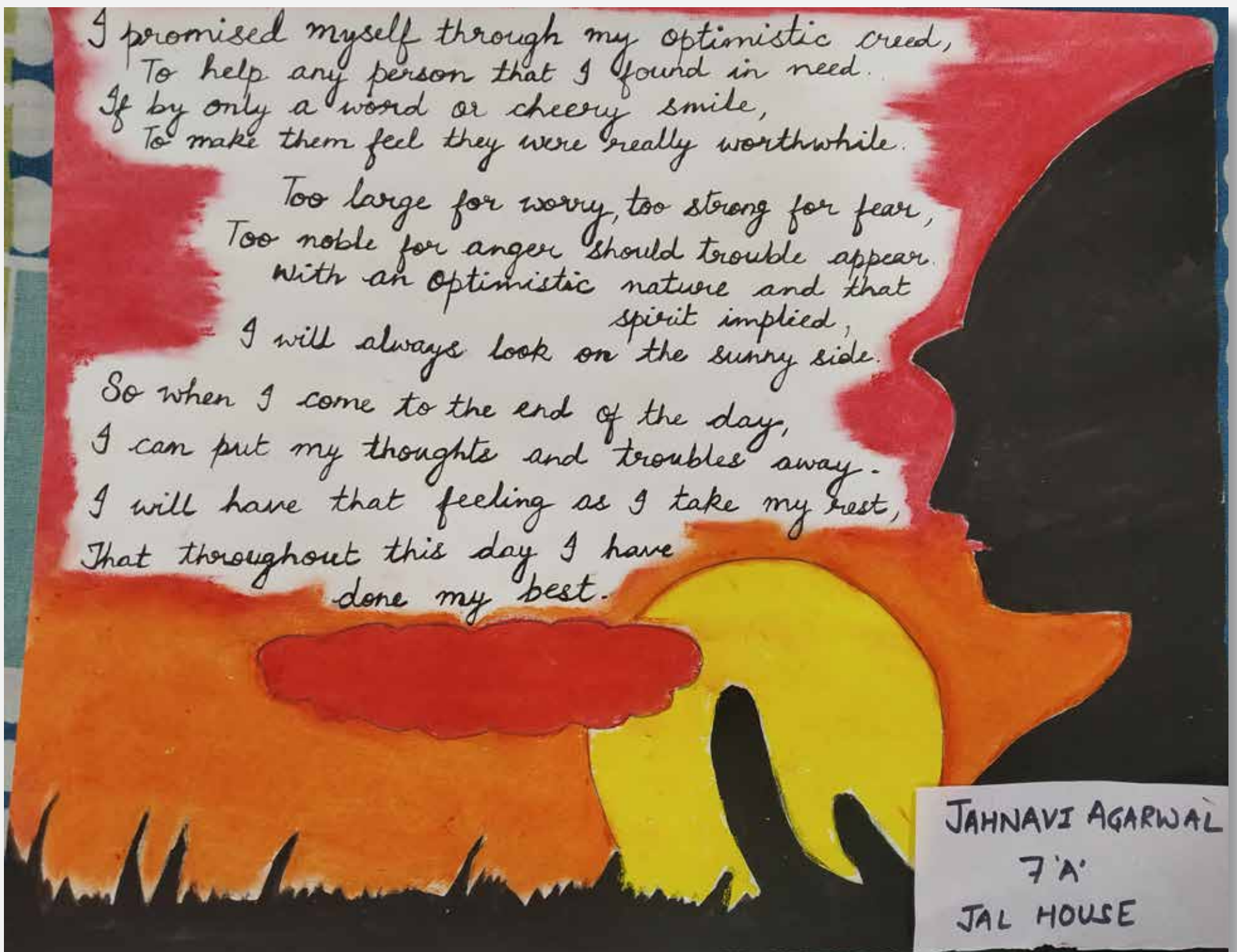
Muskan Arora, Age 16 yrs, N. L. Dalmia High School



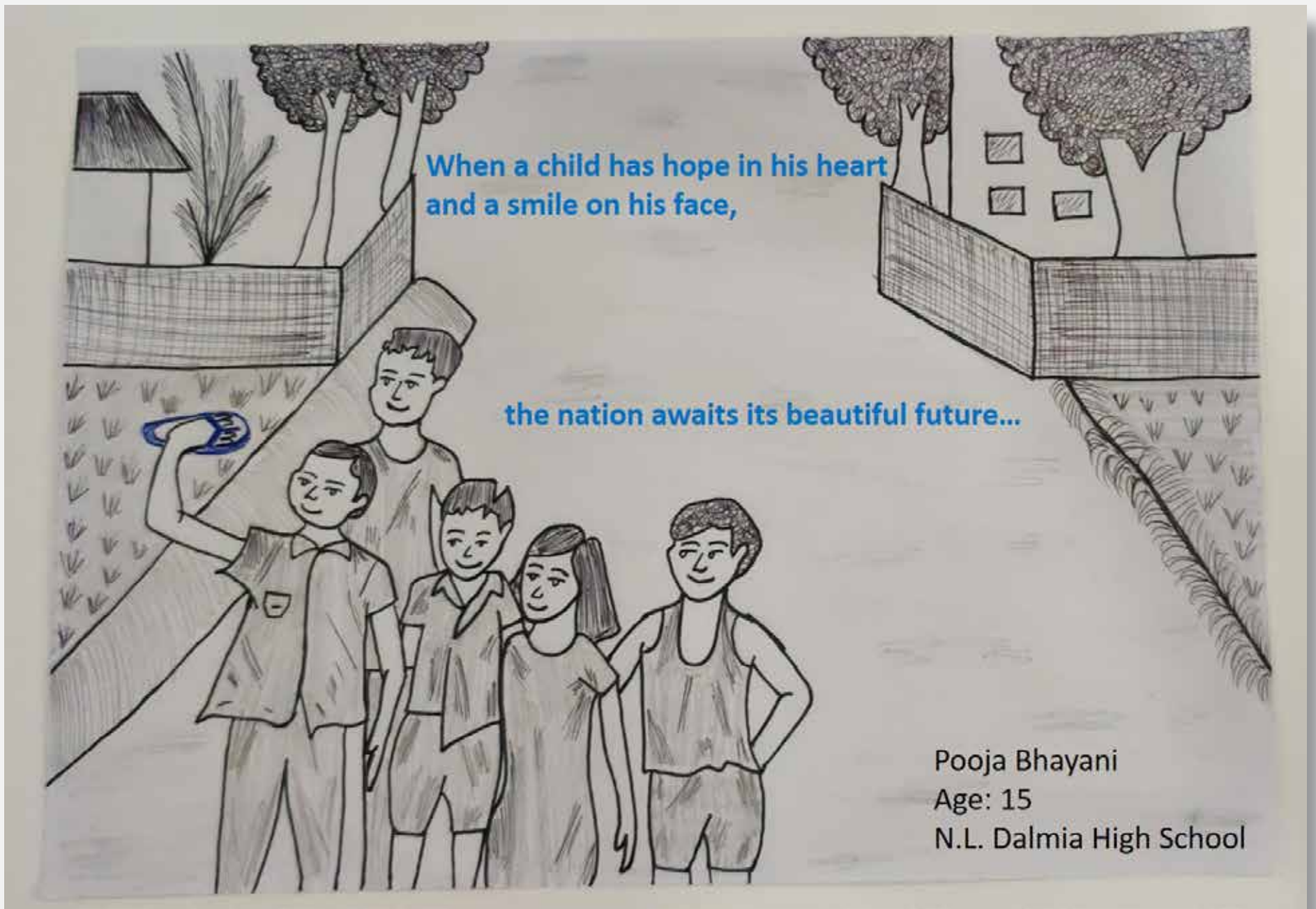
Hridhya Amit Mehta, Age 11 yrs, N. L. Dalmia High School



Jahnavi Agarwal, Age 12 yrs, N. L. Dalmia High School



Jahnvi Agarwal, Age 12 yrs, N. L. Dalmia High School



Pooja Bhayani, Age 15 yrs, N. L. Dalmia High School

Hello,

Your life is priceless. No matter what you're feeling or thinking, you - and only you - have the potential to get over it. I am writing this letter of hope and encouragement to you as a reminder of how important you are.

Even when it seems like there is barely anything left, just remember that:

1} You are loved and cared for.

2} No one can be more important to you than you.

3} And when it seems like the struggle will never end,

IT WILL GET BETTER. Just stick around and see the beautiful sunset. Stick around and try new things. Stick around and meet new people. Stick around and experience LIFE.

THE BEST VIEW COMES ONLY AFTER THE MOST DIFFICULT CLIMB. There is no such thing as an ending. Only a new beginning.

Sincerely,
Arka ☺

Arka Kapadia Solanki, Age 13 yrs, Aditya Birla World Academy

Janwi Singh

N.L.DALMIA HIGH SCHOOL

age 14 yrs

std - IX A

Hope...

With The
New Day
Comes
New Strength
And
New
Thoughts



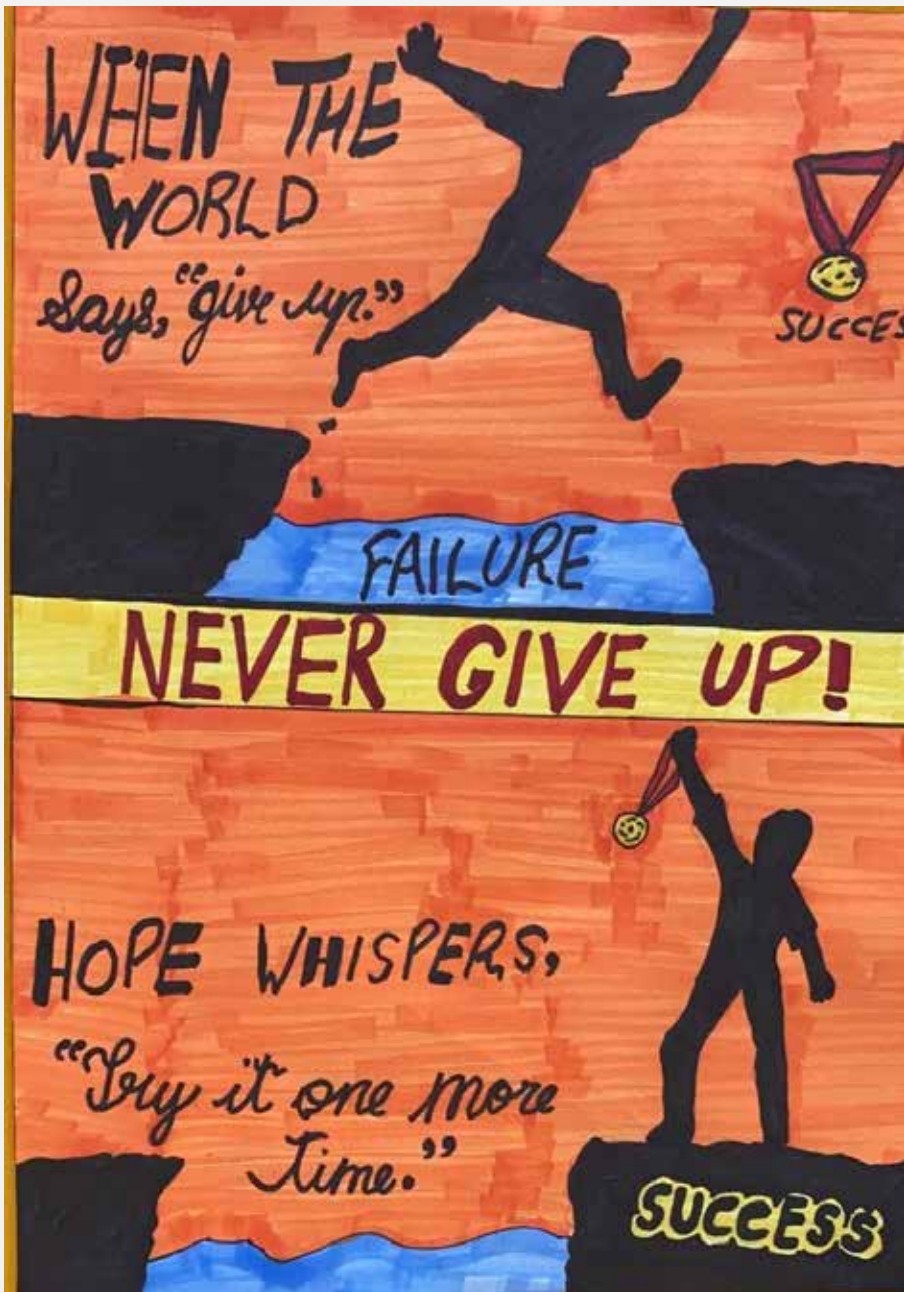
N.L. Dalmia High School

Age - 14

Janwi Singh IXth



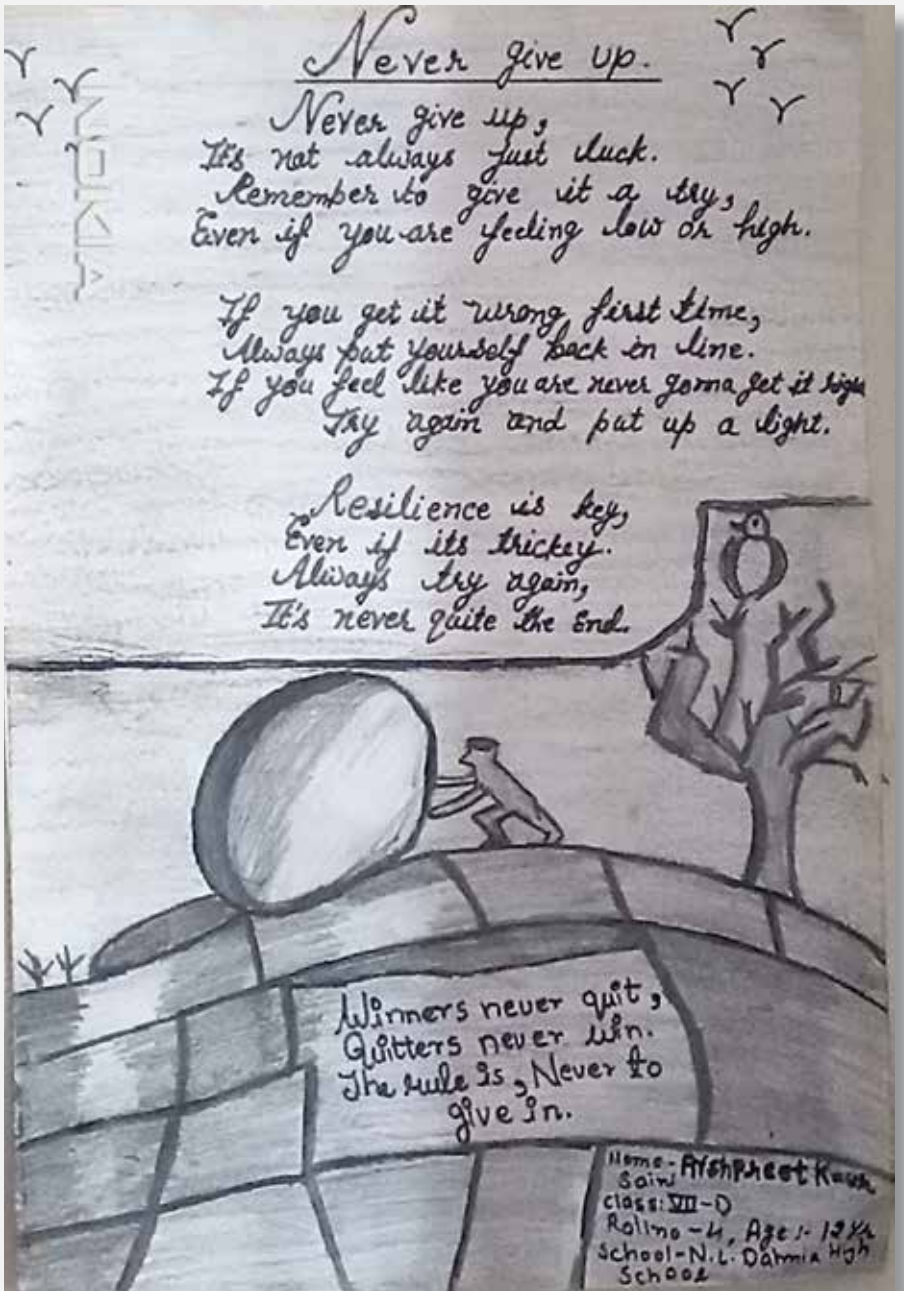
Yeshaa Tony Dsouza, Age 14 yrs, N. L. Dalmia High School



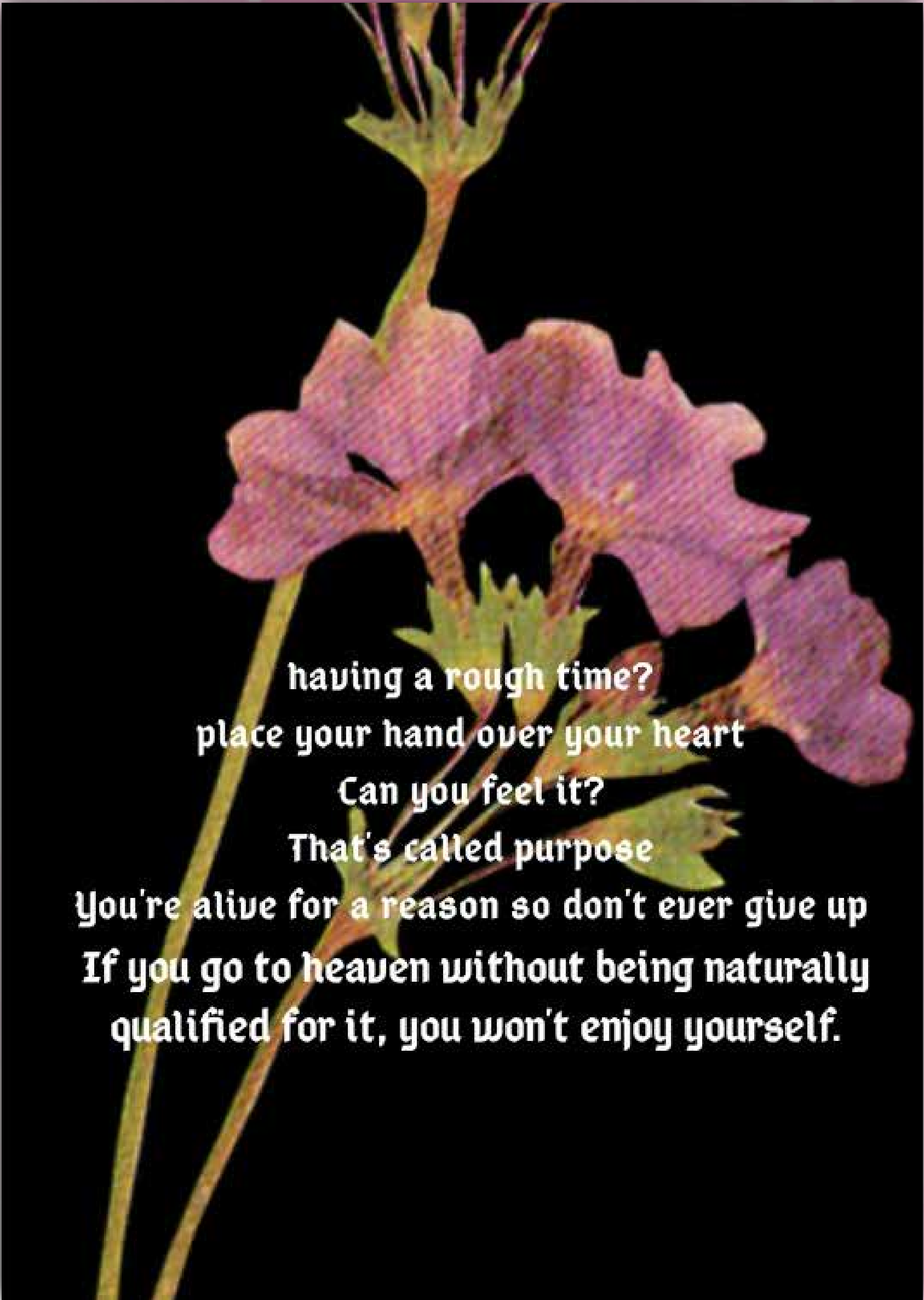
Kabir Shaikh, Age 11 yrs, N. L. Dalmia High School



Aranyak Mahapatra, Age 12 yrs, N. L. Dalmia High School



Arshpreet Kaur Saini, Age 12 yrs, N. L. Dalmia High School



**having a rough time?
place your hand over your heart
Can you feel it?
That's called purpose
You're alive for a reason so don't ever give up
If you go to heaven without being naturally
qualified for it, you won't enjoy yourself.**

Hrishita Sikarwar, Age 15 yrs, N.L. Dalmia High School

Life is a ride with many highs and lows, you must enjoy whatever good life throws at you and at the same time face all your problems with courage. One can never be certain of what problem might arise. No one is perfect and no one can be perfect, so even though you may have flaws just remember that it makes you who you are, that does not mean you shouldn't improve yourself.

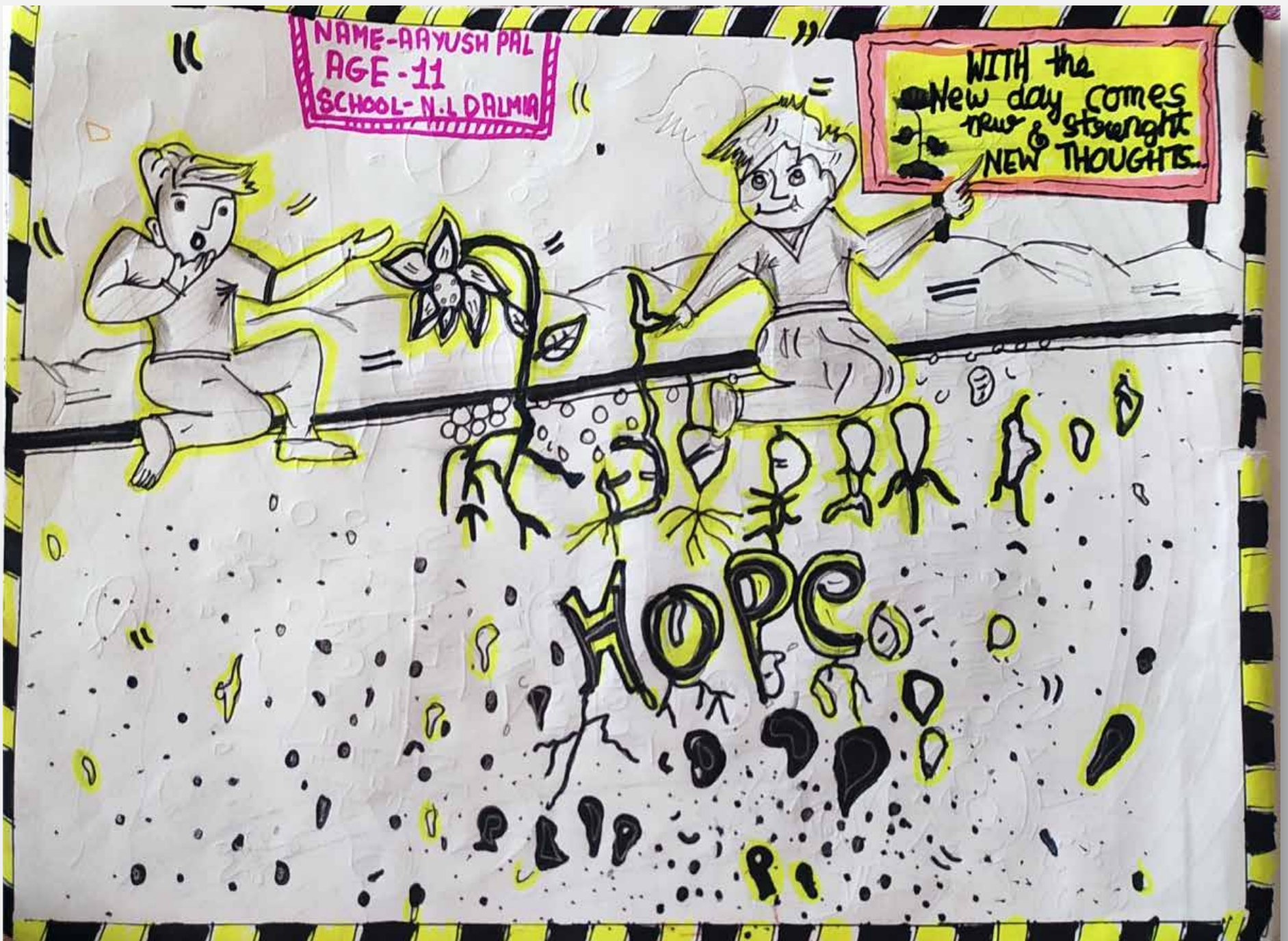
You must remember that everyone is born for a purpose, so you are very important. Love yourself for there must be at least one person who aspires to be you and live your life. When you are in times of anguish remember that there is at least one person who will be there by your side, though you may not know who that is. Never give up and have hope, for problems always come with a solution. Even in your darkest times never lose the sight of your true good self. There is always something good in something bad.

There was once a family that was planning to make a trip to the US, so they saved some money and got all the documents ready. They made a ship reservation to the US, however seven days before their departure the youngest son was bit by a dog and so the family was quarantined for fourteen days to do away with possibility of Rabies. Hence they weren't able to go to America, due to which the whole family was very disappointed .

Five days later, the tragic news spread throughout Scotland that the mighty "Titanic" had sunk. The unsinkable ship had sunk, taking hundreds of lives with it. This family was to board the same ship, but because the son had been bit by a dog, they were left behind in Scotland. When they heard the news they felt that a tragedy turned into a blessing. This is a true story of the Clark family. So always shine brightly even when things may not go your way and take any opportunities that life throws at you.

- Angel D'souza 9th A
N.L.Dalmia High School

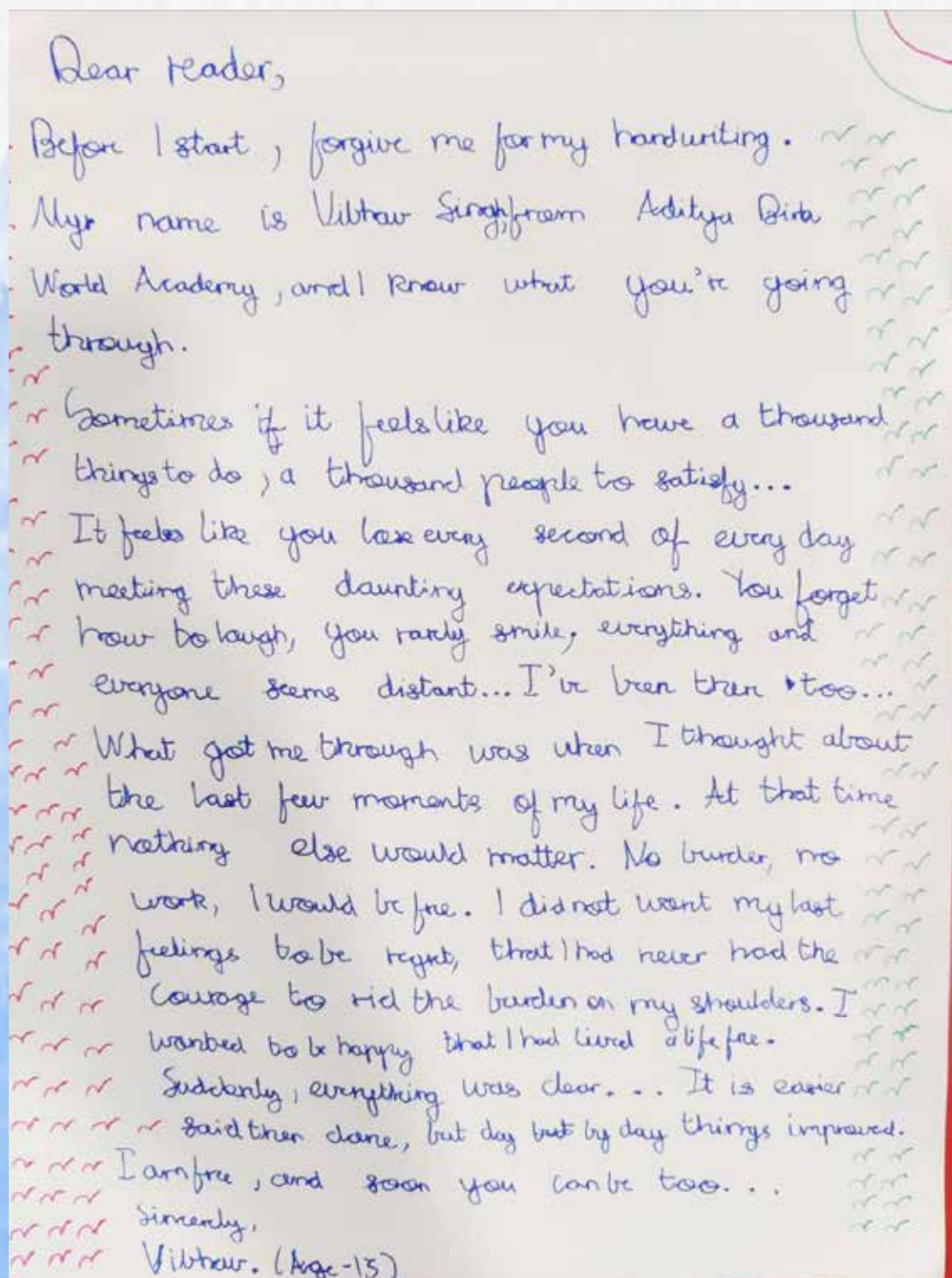
Angel D'souza, Age 13 yrs, N.L. Dalmia High School



Aayush Ajay Pal, Age 11 yrs, N.L. Dalmia High School



Aayush Ajay Pal, Age 11 yrs, N.L. Dalmia High School



Vibhav Singh, Age 15 yrs, Aditya Birla World Academy

My Dear Gift (present) and future friends,

Addressing you with the above is Ranveer Singh; which if translated in English means 'Warrior of the Battle'. My journey in academics has reached 6th Grade housed in the all directional learning center names **N.L. Dalmia High School** in Mira Road (Thane).

The Year of CORONA as 2020 will be recalled in future has introduced us to new NORMAL. A child of my age who was excited to start the school early morning after half a decade of afternoon classes, catching up with new classmates, playing with friends , getting those praises and scolding's from our beloved teachers – thought of all these a normal earlier. However, protecting oneself from this uncontrolled, untamed and infectious virus by staying at home with social distancing is the new normal. This has also made me sense the plight of caged birds who yearn for freedom of movement.

But staying home has also made me connect to my family members who have become my friends, teachers and metaphorically library. I have my school and playground all within the four walls of my home.

My mom has converted my study room into a proper class. I have helped her draw pictures, create posters and pasted it on book cupboards and my table – thus ensuring I don't miss my physical school. Every morning I get ready dressed in my school uniform with my and snack box to munch on healthy food during class breaks and my water bottle to quench my thirst. Feel so excited to switch on my laptop and connect to my teachers and friends over video enabled classes. It's as if I am sitting in my classroom (although Digital) and having a great learning experience.

After school , my Grandmother is my historical and mythological teacher. My aunt becomes a great computer teacher and my punching bag for jokes and fun. Evening is all spent with family playing board games as if playing with friends with a little bit of cheating. Exercising with my uncle also keeps me fit **"All work and NO play make Jack a dull boy"**. And then my dad with whom I can share and talk about everything in my mind as he is more of a friend now.

So, friends am sure you also must be utilizing the time at hand in similar or more interesting activities. At times when all are busy and if we ever feel bored and lonely , I would suggest what I practice – keep oneself engaged. **"END of Silence"**; as my dad says, **'speak your thoughts, express your feelings with anyone in family. Don't hold onto things.'**

Keeping yourself busy with calls and video conferences with friends, online learning's, competition, picking up a hobby like painting, writing a diary would definitely make us

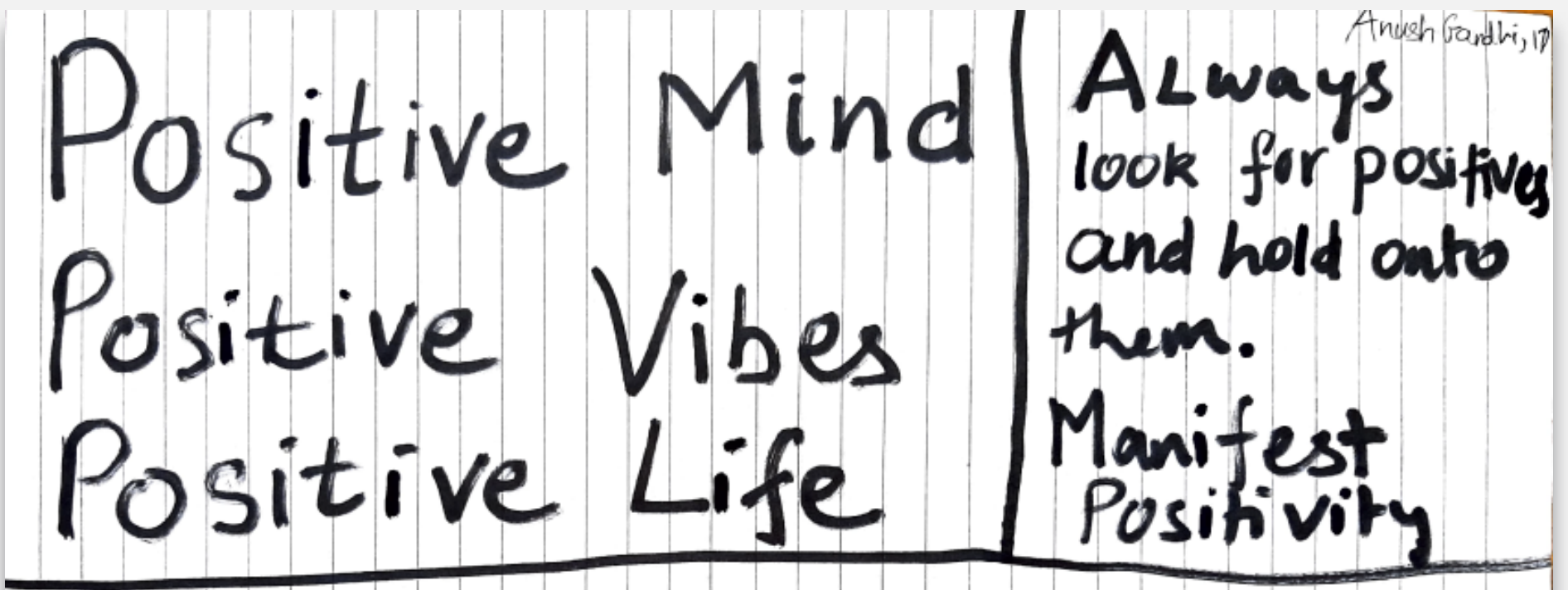
more positive. We can also help in household chores. My friends did not believe me when I informed them that I have learnt to prepared tea and Maggie , although It was not like what mom and aunty make. Also let's ensure that we tire ourselves with exercises so that we get sound sleep so that we have a great start every morning. We should always keep in our mind that we are not alone.

Nothing is permanent and so is this lockdown. I am sure one of our great scientists will come up with a vaccine which will take care of the Virus and we will again be free to spread our wings and soar up in the sky and move a little from being in this almost 100% digital word to real world.

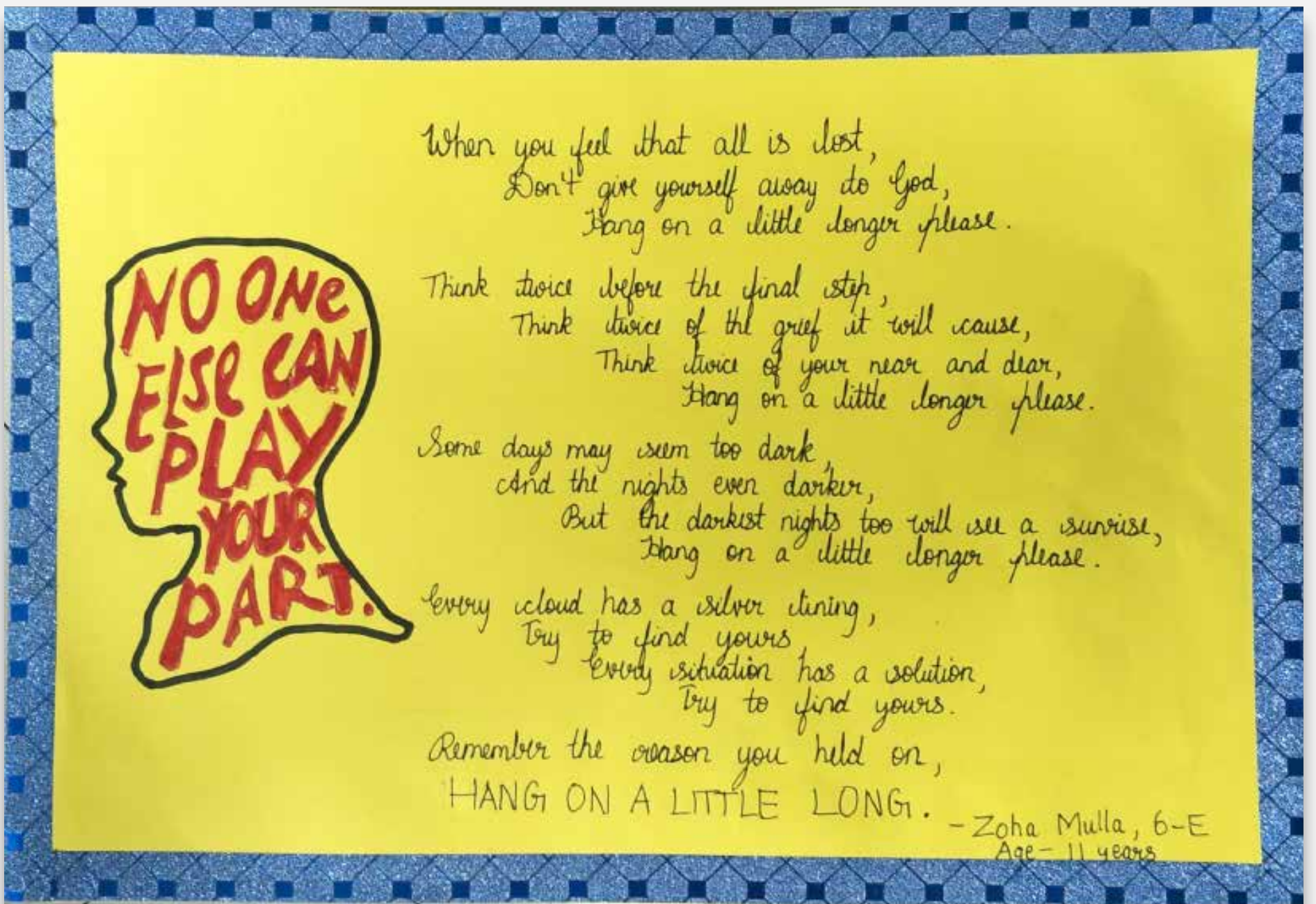
But till that time comes, lets all pledge to be healthy, happy, cheerful and positive. Stay safe and take care!!

With kind regards,

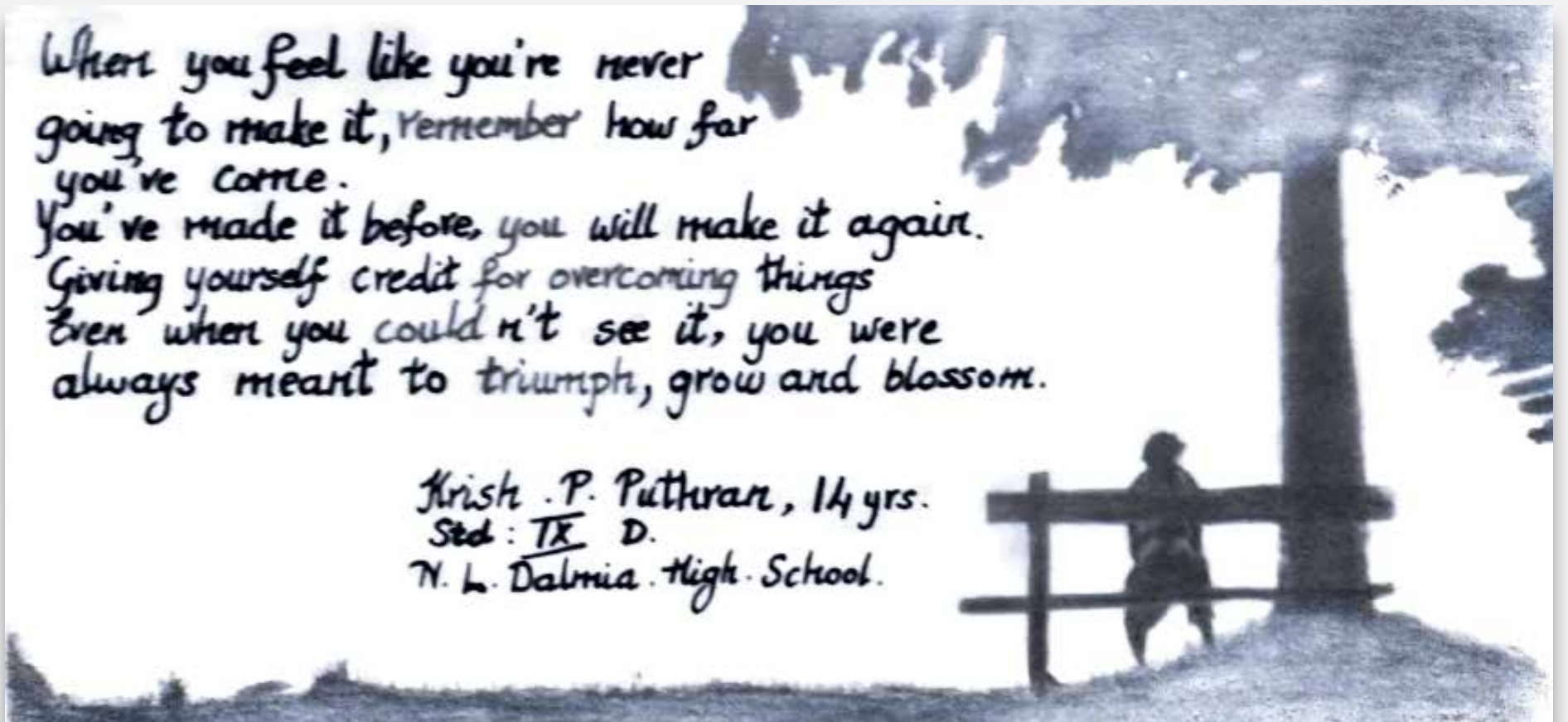
Ranveer Singh



Anush Gandhi, Age 17 yrs, Aditya Birla World Academy



Zoha Saif Mulla, Age 11 yrs, N.L. Dalmia High School

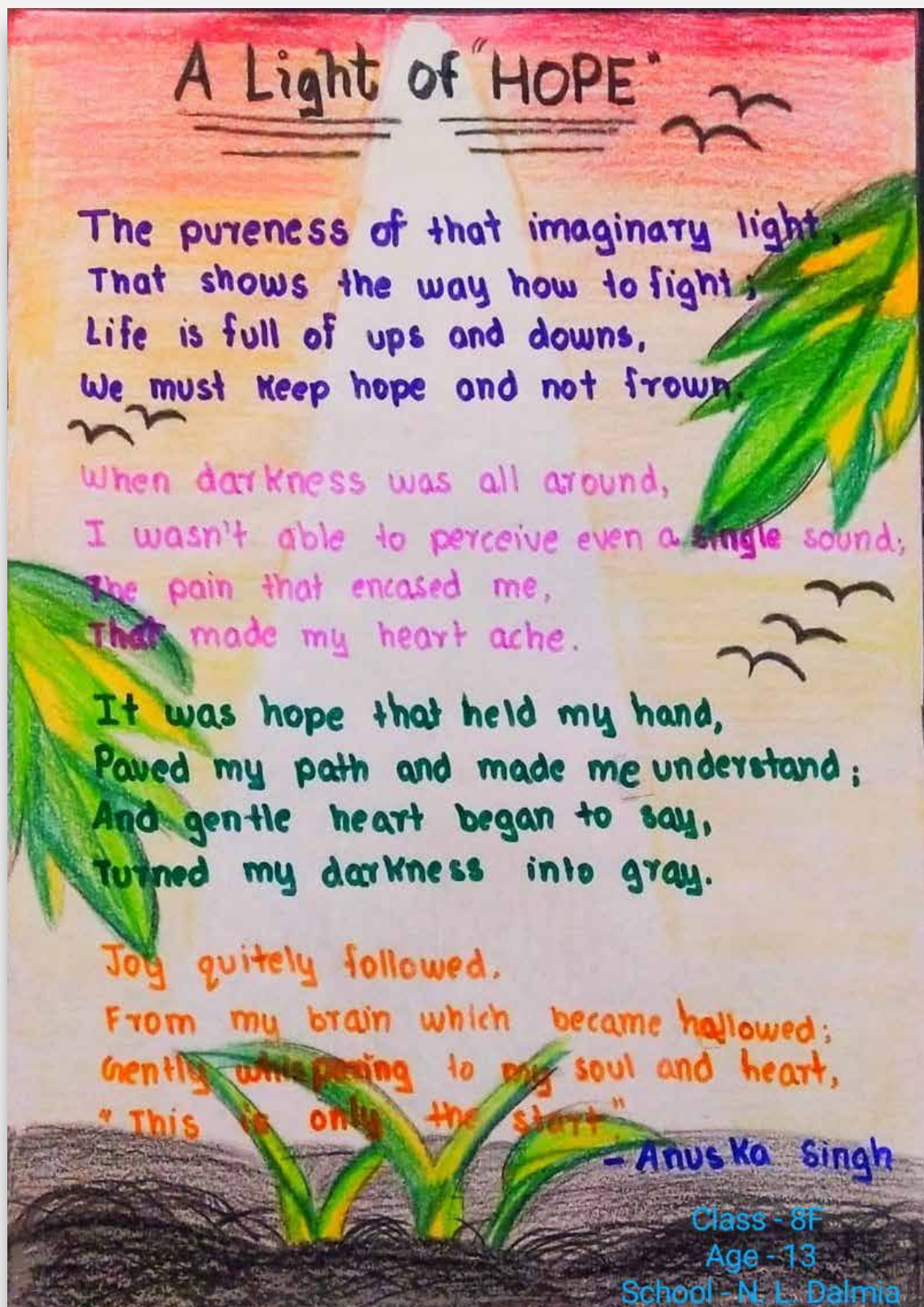


Krish Pravin Puthran, Age 13 yrs, N.L. Dalmia High School

Dear Reader,

Hey, I am Gayatri Jatia. I'm 13 and study in Aditya Birla World Academy grade 7B. I love animals, they are so cute, friendly and cuddly. I could scroll through images of dogs all day. It's what I do when I feel down. Those fuzzy, goopy faces instantly cheer me up. Or I write down all my feelings and tear the paper and take out all my frustration. When that doesn't help I call my friends and tell them how I'm feeling. They always know what to do and say. Sometimes I feel like being alone and crying my eyes out, so it's what I do while listening to sad songs. If none of this works bust out the popcorn & ice-cream! You are gonna binge ^{watch} Netflix and take time for yourself. Just remember no matter what YOU ARE LOVED. You might not feel like it, but you are. Think of all the wonderful people you have surrounded yourself with, how they would do without you! You are NOT alone. All you have to do is ask for help. Ask anyone! Let it all out, it helps. Share how you are feeling. I almost gave up too and did it, but then I remembered all the people that love me. I called my best friend told her how I was feeling and cried for hours. In the end I felt better. This is a battle that you are gonna fight and win. Because people love and care about you. Hope this helps. Love, Gayatri

Gayatri Jatia, 7B, Age 13 yrs, Aditya Birla World Academy



Anuska Singh, Age 13 yrs, N.L. Dalmia High School



Love Yourself

Dear Friend,

Hey! I'm Varsha. I'm from a small district called Kodagu in Karnataka. I'm studying in Grade 11 in Pathways School Noida. Been here for almost 9 years now, so pretty much most of my schooling life. I really love my school. It can get stressful too though. I just completed my Grade 10 and it was truly very challenging. There was a lot of stress in terms of work piling up due to time management issues and also, trying to balance this with extra-curriculars. I was only able to overcome this challenge when I started to prioritise certain tasks and put less effort into the ones I felt weren't too important. Scheduling these, I started to feel a weight lift off my shoulder. When I'm going through tough times, I find that lying down and listening to music, or having a simple conversation with my parents/brother can really help. Anything that you may be going through, I may not be able to relate to, but I definitely understand the challenges that it may have on your life. I cannot tell you how to deal with it, but I can promise you, that this will pass. I assure you that there is a very bright future ahead of you...you just have to want it enough. There are many other amazing things going on in your life right now, and I know it may be hard to focus on them right now, but just know that it's there. There are people in your life who care about you; talk to them, seek advice, distract yourself. Just know, that you don't have to go through this alone. You will get through this, because "you are BEAUTIFUL, you are LOVED, you are NEEDED, you are STRONG, you are ENOUGH".

- Varsha <3

A LETTER OF HOPE

Dear Reader,

I have never been someone who is good at writing but I hope through these words you understand that there are more people like you and that you are not alone. My name is Sanaya and I just finished 10th grade.

Through my whole school life I faced difficulties. I faced obstacles that always knocked me down but I got up and I urge you to do the same. I faced bullies throughout my school life. People who told me that I was someone who didn't matter and that I was 'fake' even though my only intention was to be friendly. People created a lot of problems for me and spoke about me behind my back. They pushed me into a corner and I felt depressed even though I never showed it. I cried nearly everyday. Another factor of stress for me was the pressure of studies which I am sure you might have gone through or are going through.

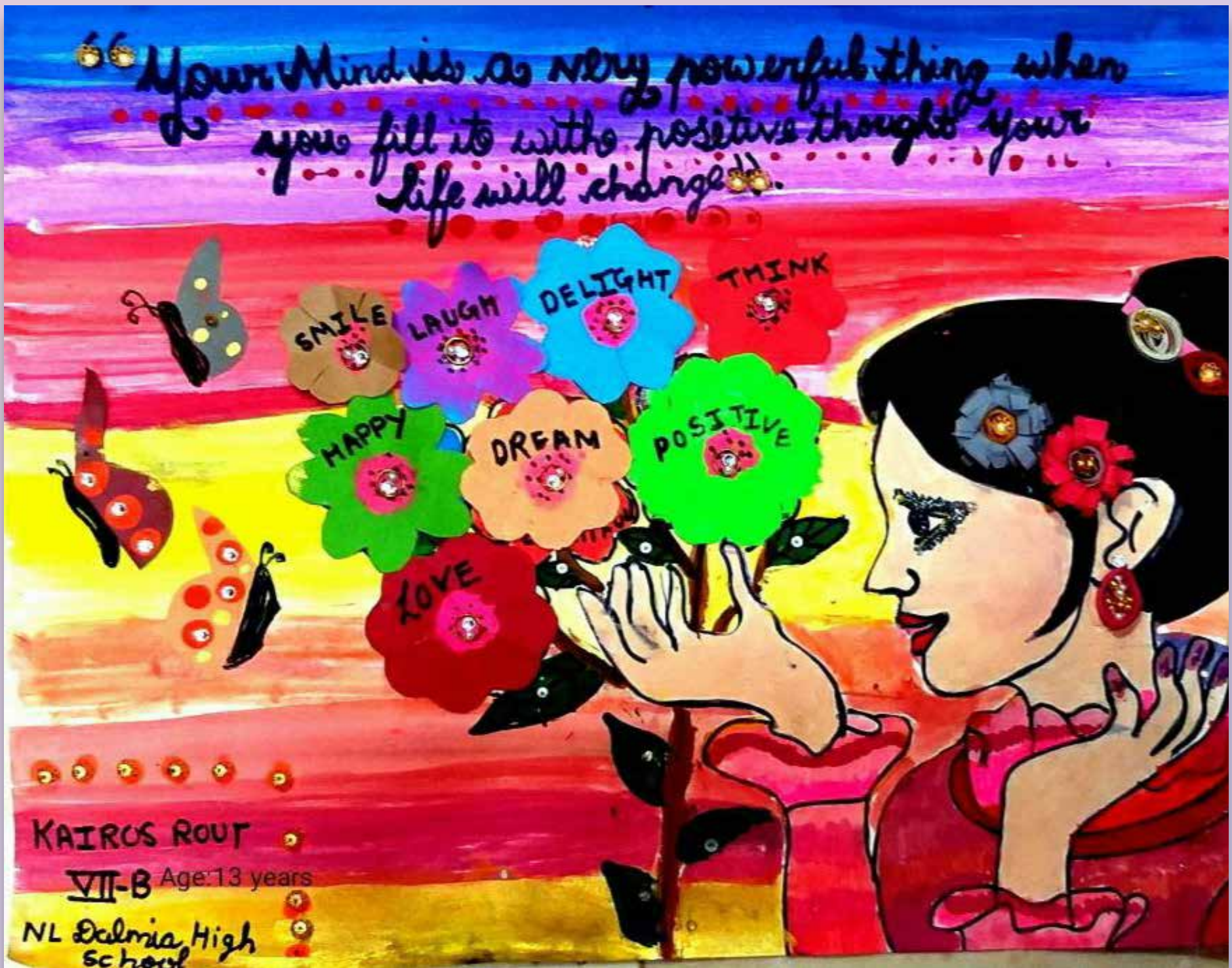
I struggled to get out of such an environment and finally could see the other side. How I coped with this? I just made sure that I never showed them that they got to me. You may be saying that it's easier said than done and I totally agree with you. It's because I have gone through it that I say that, but with time it becomes easier and they eventually got off my back and let me be. I relied on music and dance. Every evening after school or

whenever I got time I played music and even though I am not a professional dancer I would just get up and dance. It helped me to vent out my frustration. I spoke to my parents and friends and they played a very big contributing factor in helping me get back to my happy self.

Right now all I would say is to stop, sit up and breathe and remember that you are not alone. You have people to talk to whether it is your friends or family. No matter how hard, you should talk to someone. It is always better to let it out a than keep it bottled in. I always believe that.

I hope that you hold onto hope and believe that life will get better. Just believe in yourself and believe that you are special. Every moment is a new one and more importantly, as you lie in bed, remember that each day holds something different and special, because each day is a new day!

With warm regards and love,
Sanaya.
(age: 16)



Kairos Rout , Age 13 yrs, N.L. Dalmia High School



Medhansh Iyer, Age 12 yrs, N.L. Dalmia High School



Daksh Viveck Waghmare, Age 11 yrs, N.L. Dalmia High School



Unmani Tiwari, Age 15 yrs, Aditya Birla World Academy



Unmani Tiwari, Age 15 yrs, Aditya Birla World Academy



Riva Singh, Age 15yrs, N.L. Dalmia High School

LETTER OF HOPE

Dear Reader,

I feel exuberant to possess the virtue of opening myself to you as Anushka Sharma enthusiastically studying in Class 8C in enlightened school, N.L. Dalmia High School.

Recently, during my yearly exams, I merely forgot to prepare one chapter of Mathematics and what came in the paper was the most difficult sum of the same chapter. At first, I was horrified seeing it, but when I tried to solve it patiently, I could recollect my teacher solving the same sum and I succeeded to solve it accurately.

What worked during such a situation was nature's wonderful creation. RAINBOW which shines brightly high up in the sky whose formation is only possible with presence of sunlight amongst the black melancholy clouds. Prove yourself more colourful than rainbow, higher than the discouraging dense clouds and you shine more positively than the merciful Sun which leaves its print till now, on the pages of brass ring history.

It's crystal clear to certify that 'SOMETIMES, WHEN YOU THINK THE STORM IS COMING TO RAIN ON YOUR PARADE, IT'S ACTUALLY THERE TO WATER YOUR GARDEN'

In Mathematics, we come through unlimited tough sums which make us combative. But the compassionate guidance of our Math teacher, paves a tension free road to solve it and the ecstatic frame of mind we endure after solving it, is inexpressible through words – a feeling which cannot be obtained by unraveling an effortless sum. To clear with, our elders are the one who emit a ray of light in the room of darkness, just we need the walk into the room with our own legs seeking opportunity and make them feel satisfied that the light which they illuminated was of a great use.

There is always an end to feeling expressed through words. I hope through my written words you will surely attain an unparallel encouragement, which will clear up my motive. With this, I would like to wish you the best of your destiny in your upcoming vulnerable time.

SEEDS OF FAITH ARE ALWAYS WITHIN US; SOMETIMES IT TAKES A BACK TURN TO NOURISH AND ENCOURAGES THEIR GROWTH.

With Kind Regards,

Anushka Sharma

Age 13yrs,

N.L. Dalmia High School

Dear Friend,

Happiness is important in life. Tough times come, but I can promise you, they shall pass. I cannot possibly seem to understand the difficulty you might be going through, and I shall not act like I do. You might have been born into a happy family, or you might not have, but that doesn't change a thing. What's important, is to make the best of the moment, and know that tough times seem to go on forever, but eventually you shall find someone who truly cares.

Please remember that you are not alone, and never fear contact. If you find it difficult to express your feeling verbally, contact a trusted adult: If you're a student, then a teacher you can open up to; if you're an adult, an emotional counsellor would be a healthy option. The key fact to remember is that **YOU MATTER**, no matter what anyone else says. You need to remember that others' opinions should not matter. Ignoring is something everyone says to do, but it might not seem easy. I have been bullied in the past, but what I learned to do, was voice my opinions in a creative form, and understand that the people who ruin, or disturb our lives, have some emotionally unresolved issues of their own.

If you ever feel any distress, remember, once you decide to change something in your life, nobody can stop you. Ending your own life is not an option. It is not a cure to depression, anxiety, or stress, but rather your, and your loved ones' loss. If you have a problem with other people, try and solve it by contacting an unrelated third-party individual, and get help.

If you're still reading this, please know that everything I've written here, comes from the heart, and that giving up is not an option. If others are creating issues in your life, nothing matters more than to initially inform them about it, and then if that doesn't work, get as far away from them as possible. To you, only your happiness, and the happiness of your loved ones matters, and whoever says otherwise, their opinion does not and should not matter.

I hope I have encouraged you to create even a minor change in your life, because emotional happiness matters, and you make a difference to the world! Please take care!

With kind regards,

-Keshat Mehra.

Age: 16/(ABWA)

Buddy,

from the other side it's Pushya. I am an aspiring lawyer and I'm always reading, studying or partying. I also write poetry and I'm always updated on what's going on around the world. I currently study in the XIth grade at Podar, ISC. You could call my personality a blend of Blair from 'Gossip Girl' and Eleanor from 'The Good Place' (both the shows are a 10/10, highly recommended). I love sports and I am a swimmer, basketball player and currently I'm learning kickboxing.

To start off I'm headstrong but an emotional baby. The lockdown has specially been hard on all of us and it's also proven by science that mental health has taken a toll due to the lockdown. Personally, I have been facing two major issues which are that I haven't been able to cope up with studies and I'm not being able to do anything productive. Also, I have been feeling distant. Whenever I feel that I'm not able to cope, I don't try harder. I just take some time off. I read, do yoga or journalise and music has been a saviour. It's totally okay to not feel okay and to not be able to cope up. Never give up hopes because where there is hope, there is faith and where there is faith miracles happen. Lockdown has been tough but don't forget how far you've come. Remember all the times you pushed yourself even when you thought you reached your limit. All the times you wanted to give up but stayed strong. Try looking for a little bit of happiness even if you have to look harder on some days.

Try reaching out to your loved one may it be family or friends, you are loved and beautiful and people care about you. Talk to them, listen to what they have to say and connect with people. You have survived through bad days and you will get through this. XOXO

With kind Regards,
Pushya Chhabria.

Dear,

Alright I don't know about you, but I did get Salman Khan's attention at least. Even though I ain't any pro at writing letters, but believe me, this was not disliked by as many people who disliked Sadak 2's trailer; so yeah just give it a read, because I hope it helps!

Even though it's a universal fact that for every Vivek Oberoi, there is a Salman Khan (yeah I saw that video too); but it's true the other way round as well: For every Ryan Reynolds there is a Hugh Jackman too, you just haven't met your Hugh, or Blake Lively, so you definitely need to go out and find them. Just take your masks when you go out.

Hope is a beautiful word (and a lovely name for the Wasp), but as a thing and feeling, it holds an equal stature, as of Love and Affection and Fraternity. It is the real 'Mazboot Jod' that holds all the three emotions together (yeah it is stronger than Ambuja Cement too). It has been always the thing that people crave, and when they get it, take for granted. Why does it sound familiar? Oh, relationships.

Chill out dear reader, that was just a joke, Love does include humour too right? But keeping jokes aside for some time, let us really find out if help and hope is out there or you are right at thinking nobody cares for you.

An average human being meets more than 80,000 people in his entire life up to 30 years, and if you are an extrovert, just multiply that number by itself; and if you are a social media influencer, just ignore the numbers, because you guys are playing in millions. So, even if you remove all the toxic people and people you don't talk to, or the people that cringe you out (Great! I was removed by 90,000 other people); you still have a lot of people that love to talk to you, share stuff, be happy and find positivity around you. So why is there a certain idea that is in your head that NOBODY loves you? You are neither Race 3 nor Janice bro!

There is always more than you know. Human mind always stops to think and comprehend beyond a point, the point at which it thinks it has had enough. And that is the point, the exact point where we lose something as important as the Kohinoor- our Hope. But it's all like Inception; it is all in your mind, and is definitely not true. There are many who can listen to you and your problems, solve them and there are far more people who love you, maybe they are shy and haven't told you. There are a few people in every person's life, who hold the same person at a position equal to family. Even you have a family outside your family? (Dom after jumping through a Spaceship onto a Chevrolet Mars Rover: "It's about time")

But seriously, isn't there more love and hope and affection than you already think you have? Haven't you under-judged your own self? Well if you are reading this book or even this letter, then you have.

As a wise man once said:

" There is one Universal Truth beside the fact that Ross and Rachel were on a Break:

There is always help for those who are in need of it"

Even though neither of us knows each other, I really hope we both meet at some point of time in our lives. And I didn't say heaven because I have full confidence I won't end up there.

Thank You for reading such an immature and lengthy letter! May God bless you and Hope Satan forgives me!

Yours Very Lovingly,

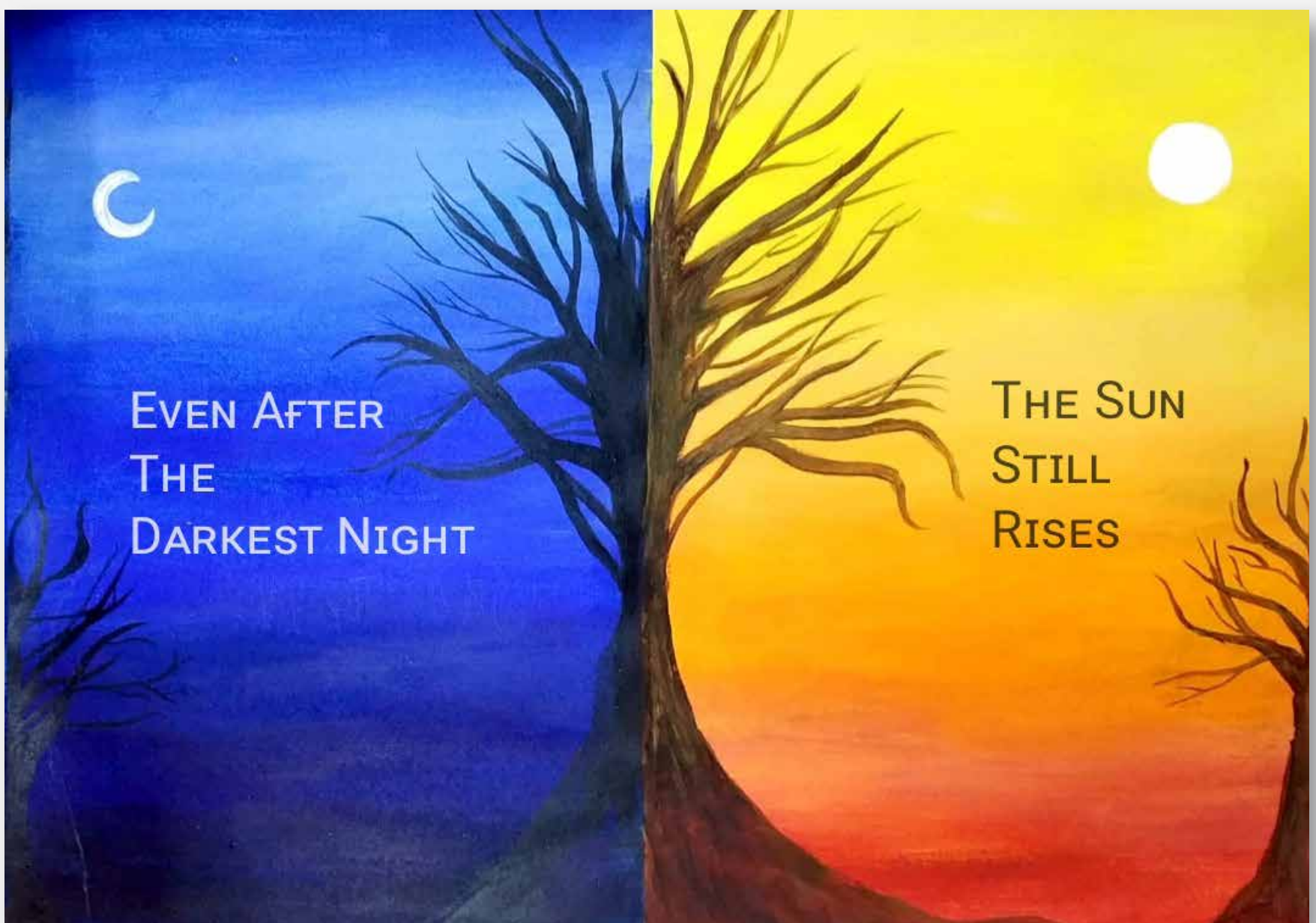
Ibadullah Daulatabadi
(@ibad.daulatabadi)

Ibadullah Daulatabadi, B.K.Birla Public School, Kalyan

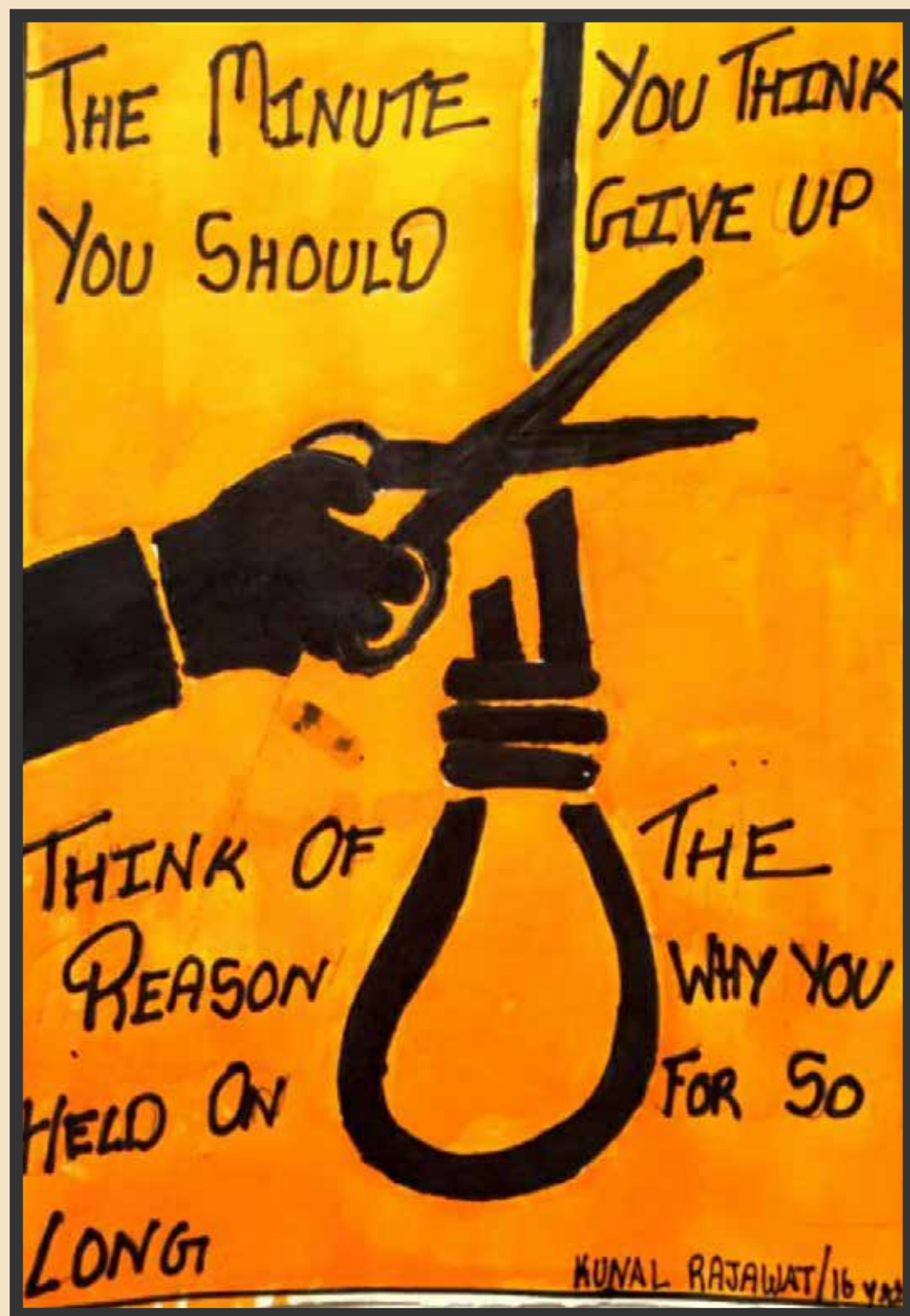
Hello, my name is Aryamann Kothari
~~At~~ and I study in the 10th grade at
 Aditya Birla World academy. Recently,
 my studies have been very pressurizing
 and stressful. For each test I have to study
 a lot and this takes a toll on my health.
 However, ever since I made up a
 schedule for each activity, ~~my~~ my
 day goes very nicely and peacefully.
 I would recommend you to do the
 same as making a time table
 will make sure you complete every
 task on time. Moreover, you can easily
 reach out to an adult for my
 problem you face and they will
 help you. Guys it is fine to talk about
 your issues to an ^{trusted} adult and it will
 only make things easier.

With Kind Regards
 Aryamann.

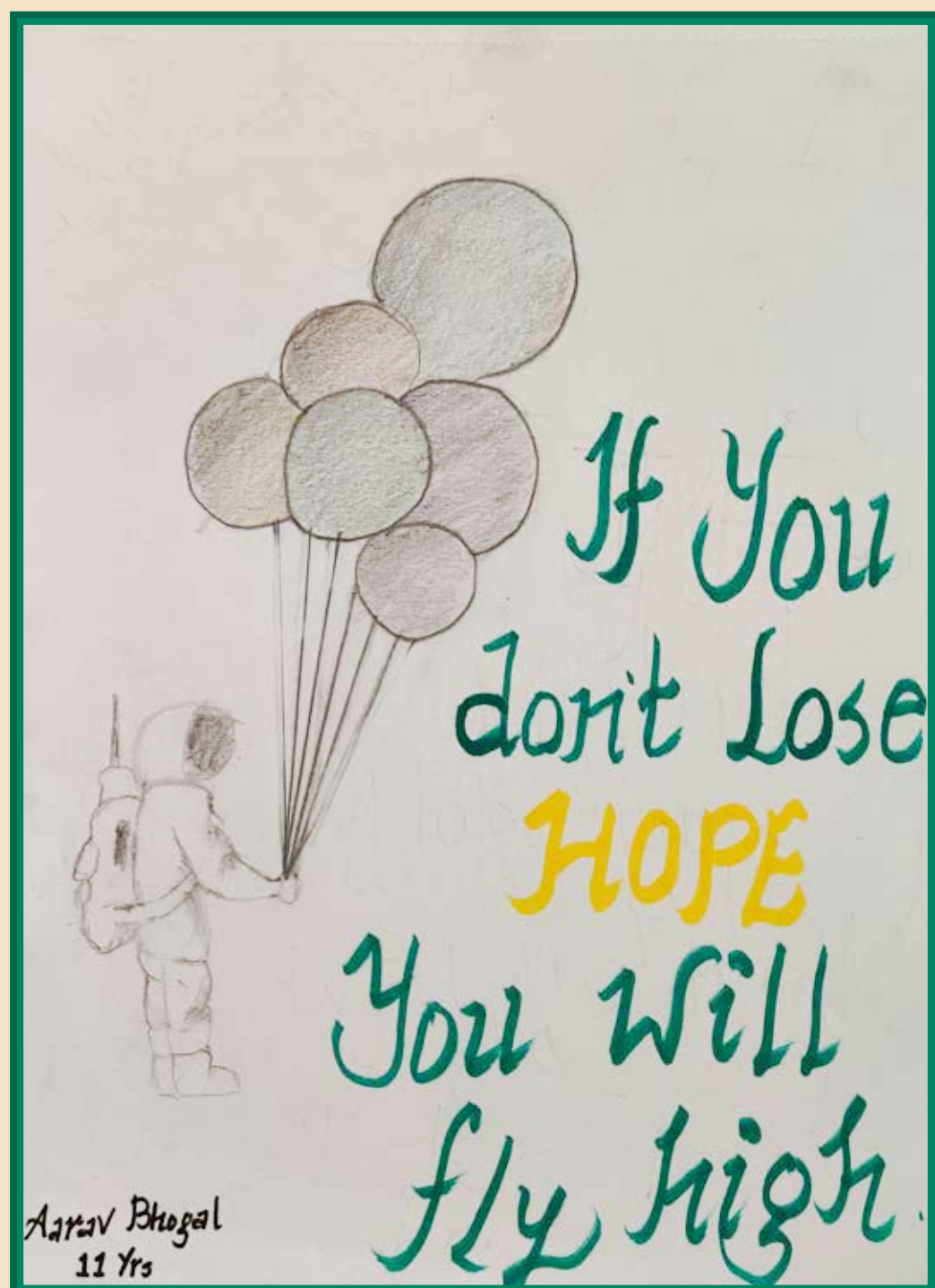
Aryamann Kothari, Age 15 yrs, Aditya Birla World Academy



Ruth Soans, Age 16 yrs, N.L. Dalmia High School



Kunal Rajawat, Age 16 yrs, N.L. Dalmia High School



Aarav Bhogal, N.L. Dalmia High School

Dear reader,

Here's a reminder – you're the strongest person out there and can definitely overcome everything in your way! You are a warrior, and nothing can ever change that. The world loves you.

Hi! I'm Aditi, studying at Aditya Birla World Academy. No, I don't know you personally, but I strongly believe that we have a few things in common, the most obvious being that we have both survived this pandemic. This in itself is a huge achievement. It proves, that even when the world comes to a standstill, we WILL adapt, we WILL overcome anything that comes in our way.

Personally, I often feel like leaving the house, meeting my friends and just living life like we regularly did. I was not willing to adapt at first, but then I realized the importance of the same. I started looking at the more positive side of this crisis and began finding solutions to everything. If not meet our friends every single day, we can definitely call them to catch up with them, like we did at school. It obviously does not feel the same, but considering so much that is happening, this was the least we could do to help one another.

Now, I also spend more time with family. We play board games and talk about anything and everything. It is extremely fun, especially when no one catches me cheating at UNO. The times I don't want to interact with others, I do what I love - dance, listen to music or simply watch my favourite shows on Netflix.

It's okay to have a few days where you feel down, moments where you feel like it's getting to much, IT'S OKAY! You don't need to be productive every single day, you don't need to compare yourself with another person, we are all different and we all just need to be our best selves. That is all that is important.

Do not bottle up your emotions, don't every feel like you're alone, the world is with you, we love you. Even during these times, talk to your friends, or anyone you trust. Discuss and take ideas as to how we are all spending our times differently. If your problems ever seem to be too small in comparison to someone else's, does not mean yours are not important. Prioritize taking care of yourself. Give yourself time for self-discovery, trust me, you would not regret it!

It's okay to have bad days, be less than perfect and make mistakes. Just always be yourself and do what is best for you!

*With Kind Regards,
Aditi Mody,
Age 17 yrs, Aditya Birla World Academy*

**“I can't change the direction of the wind,
but I can adjust my sails to always reach my destination.”**

Each of us should have certain goals and expectations in life. Else, we are a rudderless ship. However tough the path may be, we should strive to find a way to achieve what we desire. We know Life is all about facing challenges.

Talking about challenges in life, they always come in various shapes and sizes, so to say. Take the case of the present global pandemic. Billions of people across the world are confined to their homes and millions have lost their near and dear ones to the deadly corona virus, perhaps cutting off the only source of livelihood to their families. In India itself, almost a million people have lost their jobs, as the economy struggles to get back on its feet. It is during such critical times that each of us, should stand by such people, be empathetic and extend our support. At the same time, we need to stand strong and get through this together. We cannot afford to lose Hope, be it as a society or as an individual. I know it is easier said than done but challenging one's own self is the biggest challenge. Not only in the current situation, darkness tends to engulf us in every passing phase of life and it is only through such experiences, that we become better suited to face the next set of challenges. Belief, hope and spirit to win, these are the three attributes that can help us overcome any difficulty. Let us not forget, the only person who can pull us up from the deepest abyss is OURSELVES.

Over thousands of years, India has seen devastation and oppression in many forms. In spite of all that, our country has progressed and is today poised to regain its rightful place in the world stage. Let us not lose that indomitable spirit to win. The clock is always ticking and we need to make sure that we use it wisely so that in future we never regret letting things go when we had the chance to hold on to them.

by Akshiti Banerjee

Age: 14 years

N.L Dalmia High School

Dear friend,

Please step back from the edge. I know you are feeling that life is not worth living, but I just want you to listen to me - if you would allow me the brief privilege.

A leap of faith is a risky yet beautiful thing. Yours, however, is a leap OFF faith. Maybe you feel that you have explored all options, but I ask this of you – have you explored the option that maybe, just maybe, this final option of yours could be, just could be, wrong?

Humans are fundamentally flawed – name me one perfect person, I'll wait (maybe that allows me some more time with you). I am a terrible person and I know it. I have wronged but I have been wronged even more. And so, I have often found myself on the precipice of insanity – on a figurative cliff; a cliff at the edge of which I have found myself facing the dilemma of 'me against the world'. And I have felt weak.

But I am weak; tiny even. As are you – and that makes the two of us. And there are more like us. And all of us have found a reason to explore life a little longer.

So, dear friend, please step back from the edge and talk to me. I may not have the solution to your problem but I will help you find the solution in yourself. The solution will be beyond the edge of another cliff – just not the one on which you are standing now.

Yours,

Me. Just like You.

Vrat Baghel,

Age 18+ yrs,

St Joseph Academy

Dear friend,

Please step back from the edge. I know that you are feeling that life is not worth living, but I just want you to listen to me - if you allow me the brief privilege.

A leap of faith is a risky yet beautiful thing. Yours, however, is a leap OFF faith. Maybe you feel that you have explored all options, but I ask this of you - have you explored the option that maybe, just maybe, this final option of yours could be, just could be, wrong?

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So, dear friend, please step back from the edge and talk to me. I may not have the solution to your problem but I will help you find the solution in yourself. The solution will be beyond the edge of another cliff - just not the one on which you are standing now.

Yours,

Me. Just like you.

"Where there's life, there's hope"
The sun is high and rising up
in the sky, so keep up your
hopes and all say "hi". Preserve your
energy and retain your will power
to take up a challenge, because
hope always says,

"Hold On, Pain Ends"

Never lose hope, never lose heart,
as when you realise it will be
too far. Be strong, stay strong,
not just physically but mentally,
because when you keep hope
awake, you heal rapidly.
Just keep smiling and
be happy, as they say
smiling is the best
way to keep your
hopes high

12 yrs

Manasvi
Ravuri

LETTER OF HOPE

Dear YOU ,

Hang in there!!

I know you are exhausted and hurt and feel like things will never get better. But, I promise you ***that tomorrow will be a beautiful day. So, don't*** give up and trust me things will get better if you only decide to stick around and not give up to the possibility of a better tomorrow.

Even though I am not in your shoes right now ***and I don't know you, but I understand how exhausted and troubled you are trying to silence the voices screaming in your head, trying to fight the negative thoughts with seem to never go away however hard you try.***

But, hang in there and you'll reach tomorrow - a place filled with endless possibilities.

Tomorrow you'll see beautiful sunrises and sunsets.

You will go on amazing adventures.

You will be surrounded by people who love you and care for you.

You will achieve all that you dreamt of.

You will laugh like a kid again.

You will bring happiness in others life.

You will eat your favourite food and watch silly movies with your friends and make awesome memories.

You will make your family proud.

You will have a story to tell others and help them fight through troubled times.

All this is possible if you don't give up. This is your fight with yourself and you will surely win if you have the courage and faith that everything is going to be okay.

When you are troubled just breathe and imagine how beautiful you want your ***tomorrow to be. Don't think about yesterday and don't let it define your tomorrow.***

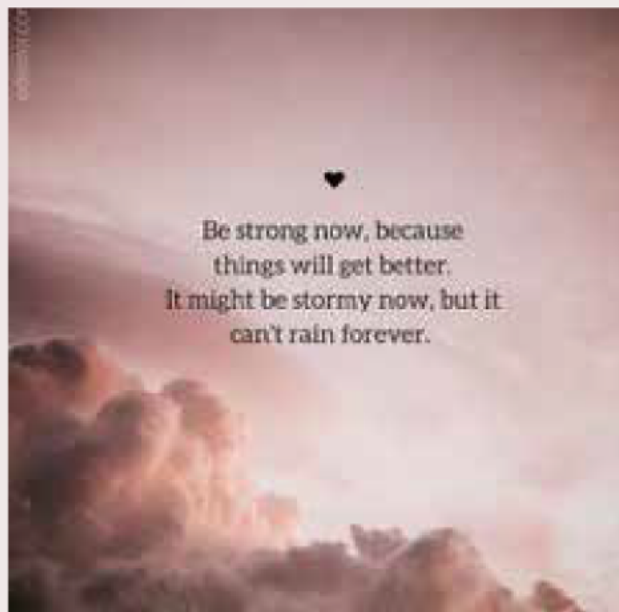
It's ok to cry and get angry. You don't need to fight this alone. Seek help from your family, friends and don't hesitate to take professional help. You have to win this battle.

This letter is my plea to you to hold on. My promise to you for a beautiful future and my faith in you that you can overcome this

Sending you positivity and love and courage,

Malavika Baijal :)

N.L.Dalmia High School.



Letter of hope

Hi my name is shreshtha sane age 15 years I am a homeschooler. Journey as a reluctant homeschooler to a happy one has been quiet a journey.

The pandemic hit as sudden as a car crashes into you on a express highway. Leaving one clueless and completely out of control.

This pandemic is going to be a milestone in many people's lives including mine. With uncertainty hitting and my boards to appear 2020-2021 the situation was indeed scary. Not getting to meet your friends and peers and being locked down with parents was quiet intimidating. My moms a shoulder to cry to many youngsters and their parents. She was receiving calls every other day mentioning about how aggressive or quiet a teenager is getting.

What struck me at that particular time is everybody wants someone to talk to. You can pour your heart out and destress in any form. Writing is quiet a healer. I always feel extremely relieved when I write down a bad day and when I write down about a good day it makes me more happy. I decided to help myself and all my fellow teenagers world a little beautiful and creative in this pandemic.

So I decided to start my own teenage magazine. LES GAZZETTE- by teenagers for teenagers (www.lesgazzette.com). A platform where one can write whatever you want. Unless it's not political or racist it will go unedited. We received many articles. In about 3 months we had 100 articles. But there was this one topic that was hot and being written about in every second edition. The topic of depression, the topic of love lost and so on. The teenagers need a platform to express without being ridiculed at how insensitive this generation is. Without being judged and I am glad that LES GAZZETE helped them to some extent.

Overwhelming responses from readers mentioning how the article has helped healed encourages me and our small team. We have people who have reached out asking for help and we have forwarded such request to the right channel when needed.

Life is beautiful and if that's not what your eyes and mind show you, it's time to change your vision and thoughts. It's time to hold someone as mentor, friend counsellor.

*Shreshtha sane
age 15,
Home School*

Dearest Reader,

My name is Ruth Soans and I study in grade 11 of N.L. Dalmia High School. I am really grateful for this opportunity to put forth my views and feelings.

Recently, my aunt passed away. She was like a mother to me. I cannot believe that I will never get to speak to her again or even hug her. She meant everything to me and I cannot believe that she's gone. It's been almost two months but it still hurts so bad.

I think of her a lot. "She's in a better place now", says everyone. Whenever I feel low, I cry or I write down my feelings on a piece of paper. It makes me feel so much better. It does not take away all the pain but it helps me get through it.

I'm sure many people are going through a much worse time than I, but, find solace in the fact that you are not alone. You are cared for, loved by your family and friends. You are stronger than anything that the world throws at you. Believe in yourself and you Will overcome the pain, the sadness. It might be tough but you have to keep fighting because in the end, it will all be worth it.

Talk to your family, your friends. They will help you through the tough patches of your life. If you do not feel like talking to someone, write down your emotions. Trust me, it helps tremendously. Also, If you ever feel overwhelmed, do not hesitate to cry. You do not have to be strong all the time and crying certainly does not make you weak.

This is your Life. Live it for Yourself. Set goals, have dreams, work towards it.

Everything you need is already within you.

Stay strong. Live your life like never before.

With kind regards,

Ruth Soans,

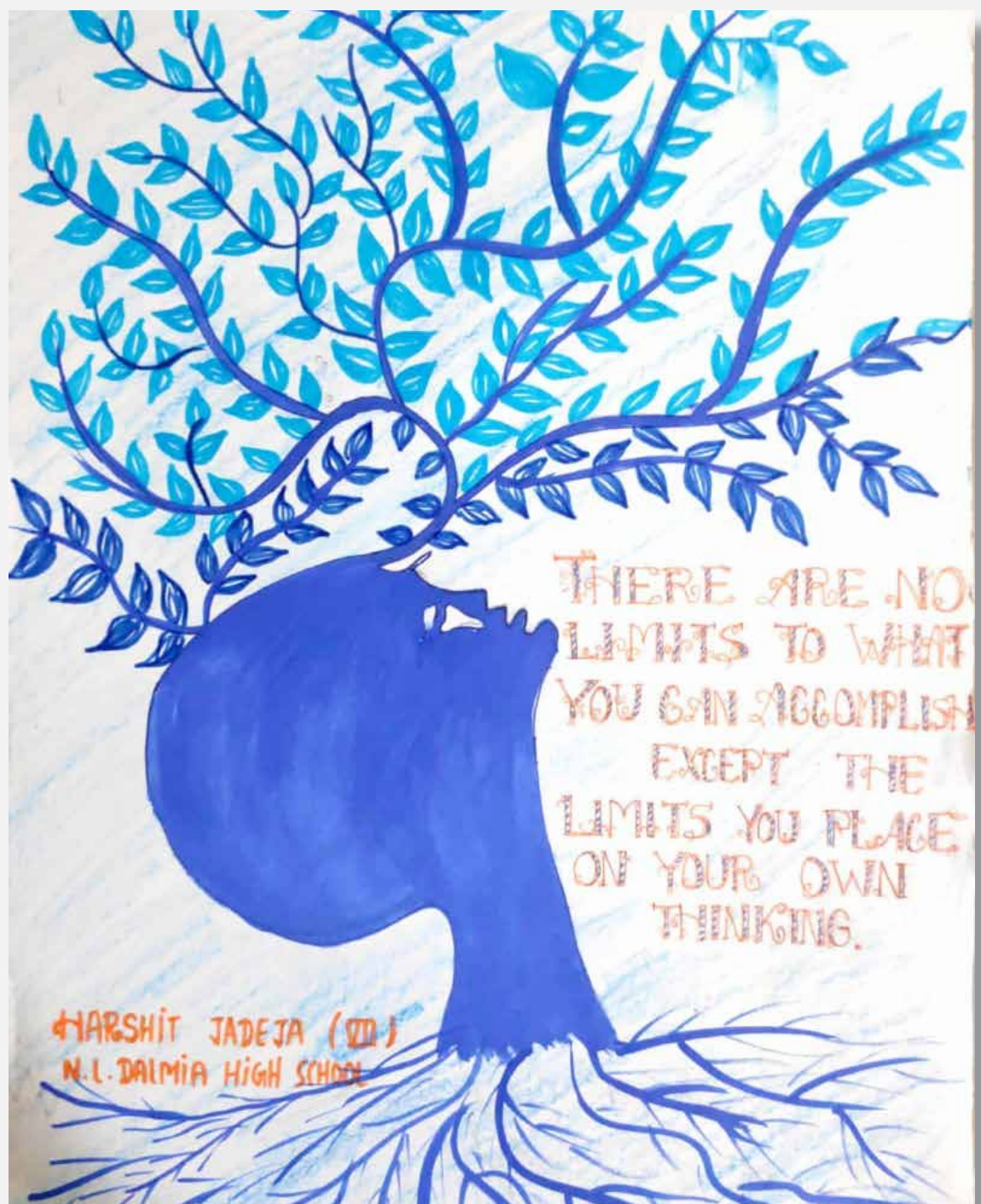
Age 16 yrs,

N.L. Dalmia High School

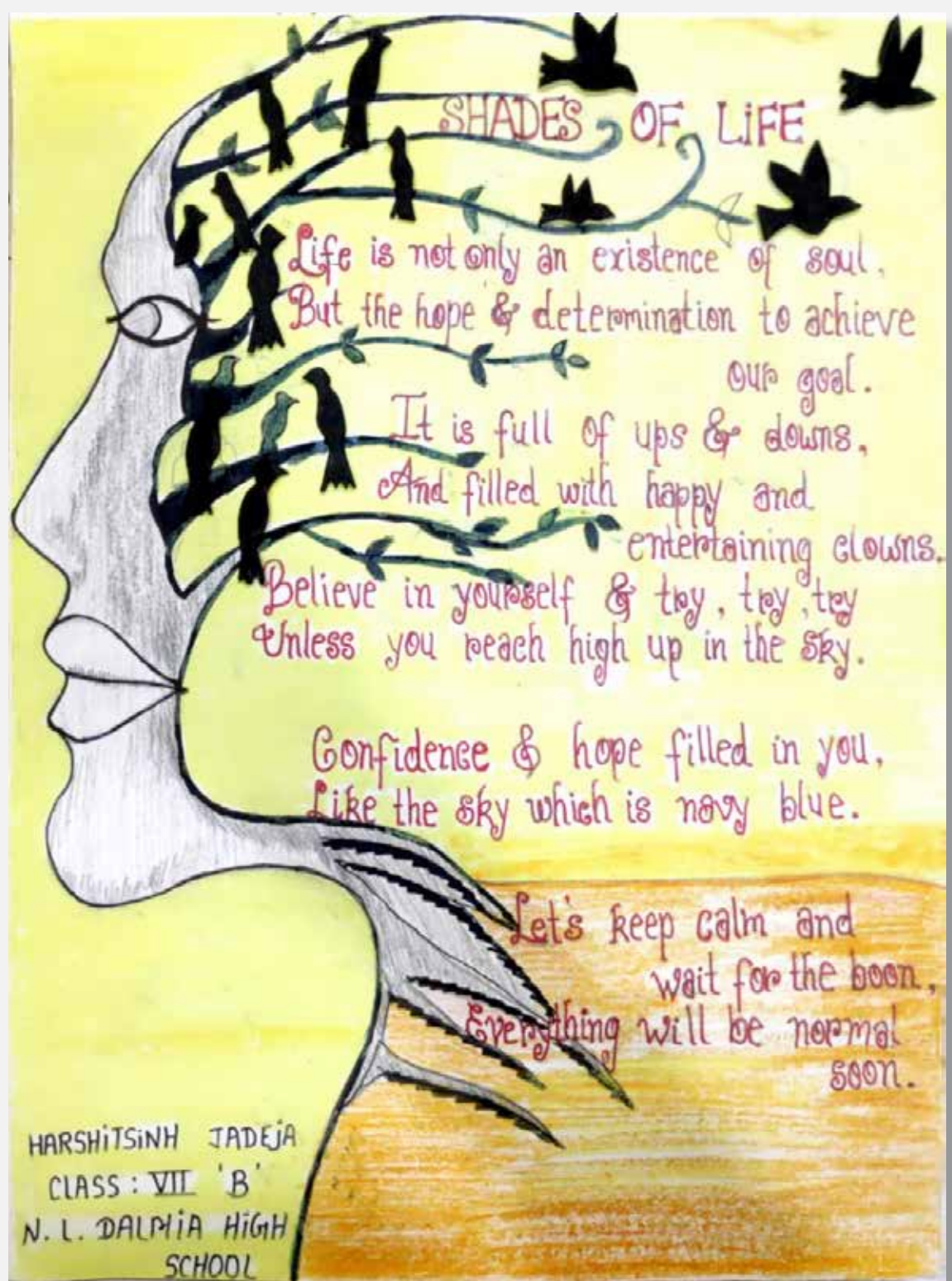
Dear Reader,

Hello! My name is Priyancee Shahi. I am studying in N.L. Dalmia school. I am an 11th grader. My life is very frustrating. I am a type of person who prefers to be alone rather than with people - well, most of the time. But I don't get alone time. I live with 8 people, and each person annoys me till I cry out in frustration. I am always praying for my freedom. My parents do not allow me to go out with my friends. But I have found my source of happiness - books, music and coffee. Everyone has that one thing which makes them happy. A person, a show, a game or a hobby. That one thing shows that however difficult life may be, there's always one thing for which we should live. You might be going through tough times but remember, these times are not here to stay or weaken you, they are here to teach you, to make you stronger for your future. And once you overcome this, life will reward you in sweet ways. And if you think that you are losing the strength to cope up with this, there's always another person ~~you~~ whom you can ask for help. By overcoming these ~~at~~ obstacles, you prove to yourself and the world that you are stronger than you think.

Priyancee Shahi
16 years old.



Harshitsinh Jadeja, Age 12 yrs, N.L. Dalmia High School



Harshitsinh Jadeja, Age 12 yrs, N.L. Dalmia High School

Dear Reader,

Writing this letter is by far the most exciting thing I've done till now. I'm from Aditya Birla World Academy and I study in 9th grade. Although I have no idea how I've made it this far. This letter may have plenty of grammatical mistakes and punctuation errors but just bear with it.

Recently I have been feeling out of touch with my feelings. Like I don't know what I feel and how I should feel. Because of the current situation, the only interaction we have is through online platforms. But I hate it. The fact that I have to wake up every single morning and learn electrolysis of an ionic compound on a screen with the same voices and faces; the most frustrating thing in the world. I do not feel like talking to any of my friends anymore. I don't feel like talking to anyone anymore. What's scarier is that I am an outgoing person and I usually feel, the opposite of what I'm feeling right now. I start crying out of nowhere in the middle of the night because I know that I have to do the SAME THING again tomorrow.

My family, I guess is the only thing keeping me sane right now (although they make me go insane on a regular basis). Just talking about absolutely ridiculous theories or memories makes me feel a tad better. Since a long time, I have been wanting to make a fitness routine and quarantine, has been good in that sense. Getting some workout in a day makes such a big difference. For the lazier days, listening to music has been my therapy. Whether I'm crying, shouting, excited or frustrated, a song from Avicii, Prateek Kuhad, Troye Sivan and a bunch of other incredible artists; can make all the negative feelings fade away.

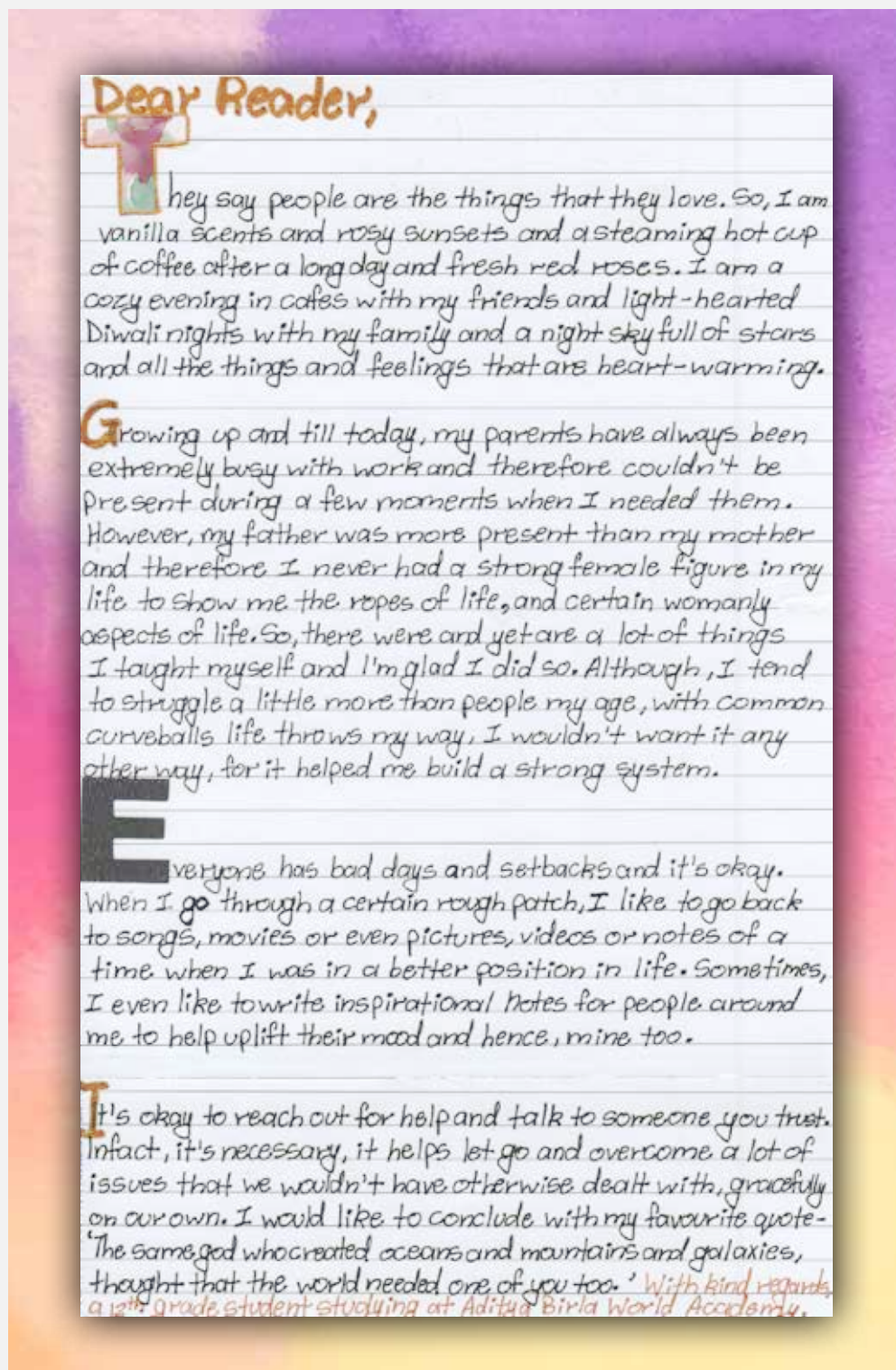
No matter what anyone says, you are a fighter. You have made it through these horrible months of fear and sadness and microscopic bacteria, which is no piece of cake. If anyone makes you feel bad, remember that it won't hurt unless you let it. No situation or problem is major or minor. It all depends on how badly it affects you, which is different for different people.

So, from one individual going through problems to another, talk to your friends or family or anyone that you trust. Keeping it in won't help as it certainly did not help me. Expressing your feelings will lift a burden of your mind, which is an indescribable feeling. Get in touch with that one friend who you always reminded yourself to call back. Get in touch with someone who you recently became friends with. Get in touch with someone who always understood you no matter what complicated things you told them. Get in touch with you by reminding yourself how far you've come without looking back. Get in touch with your feelings by instead of ignoring them, accepting them.

You are a magnificent beast. Never, ever, let yourself believe that you are too weak for something. You got it all, you just have to embrace it.

With love from far away,

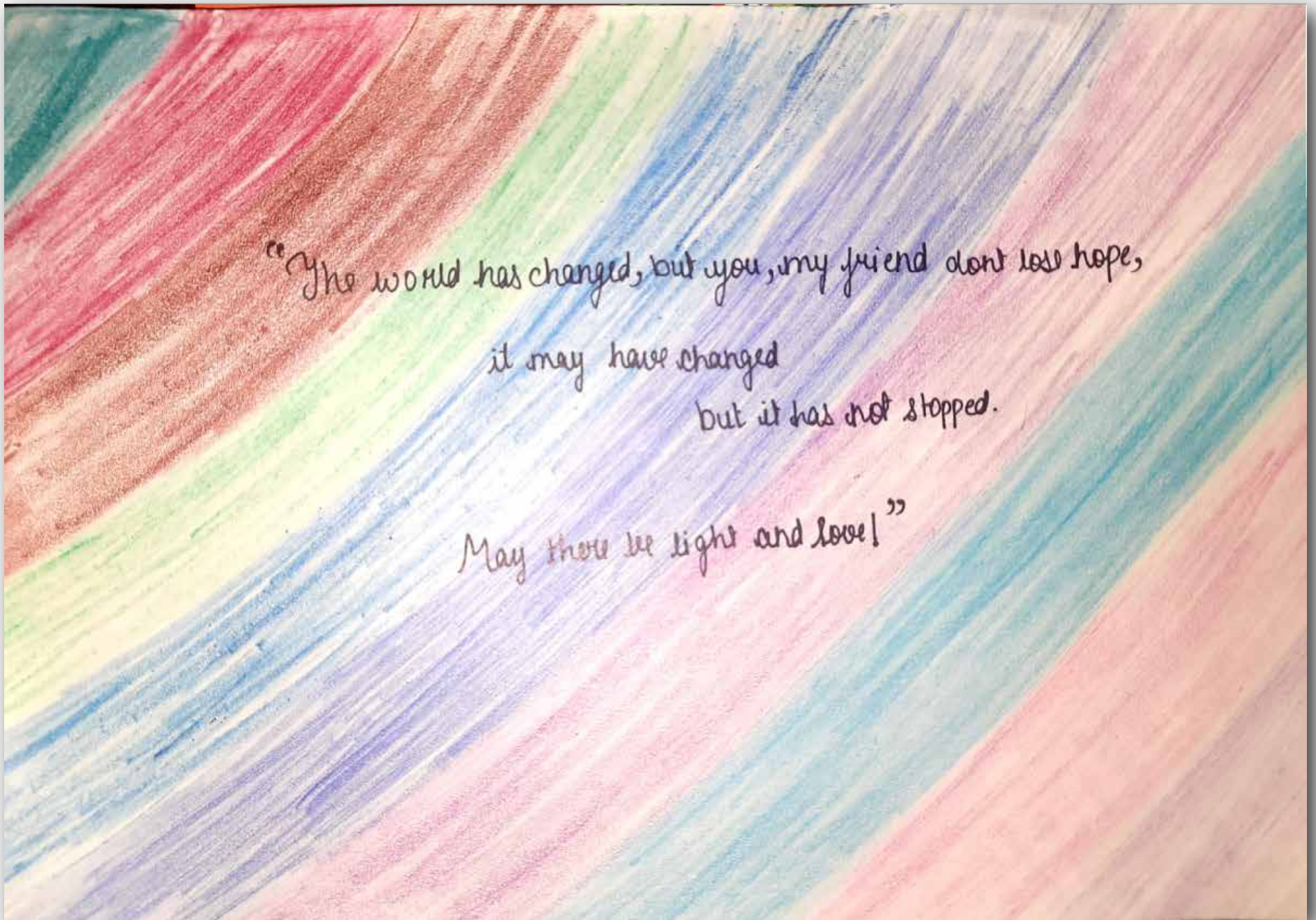
Zainab Kagzi , Age 15 yrs, Aditya Birla World Academy



Banjot Singh Kohli, Age 16 yrs, Pathways School Noida



Shriyadita Deb, Age 11 yrs, N.L. Dalmia High School



"The world has changed, but you, my friend don't lose hope,
it may have changed
but it has not stopped.

May there be light and love!"

Shawn Viji, Age 15 yrs, N.L. Dalmia High School

"Keep your focus towards the sunshine and shadows will fall behind you"

Considering any adverse situation as an opportunity to strengthen you mentally will be my advice to you. There is a famous saying that when one door is shut, God opens many other doors. We just need to identify them. When you look at things from a positive perspective, then good things start happening to you.

So instead of thinking about the negative things the situation has brought you, change your focus to positive things. Well, just think about it once, why this situation has come up in front of you? It's because according to God, you are capable of tackling this situation. Adverse situations like this pandemic are in the disguise of fantastic opportunities.

It is rightly said that a plant requires both- rain and sunlight to grow. So along with pleasures we also need difficult situations to grow into a better person. But these situations are only beneficial to us if we fight them with courage and with a positive attitude.

I would conclude by saying that focusing on positive things and keeping a positive attitude towards difficult situations, will render the battle half won.

-Mehek Agarwal

Age: 14 yrs

Mehek Vikas Agarwal, Age 14 yrs, N.L. Dalmia High School

Dear Admirable Stranger,

I am Mihika Thakur student of
N.L. Dalmia High School studying in Grade 6th.

After giving my grade 5th exam this Feb, I was planning for my vacations, but was more eager for joining the new session as I was running high on my dreams to start my journey in secondary school. Apart from studies I am a great lover of dance, this passion has kept growing with my age and I have my own expectation in this field, who knew with everything on my plate, things going smooth we were there to hit the wall. Always talking about freedom we voluntarily got ourselves confined in the houses, leaving school locked, no family, no friends, no playing outside. Our fate in the hands of unknown.

Then my parents explained me this is what life is "The Wheel of Time" the one on top has to be prepared to go bottom to again rise to top and it will cost you, your believe and faith in yourself and your willingness to swim upstream.

I am writing this to you as for my purpose I am in desperate search of some bundle of smile which I came to know are available with you in abundance. I want to say something profound, something to brighten your day or even change your life but all I can hope is to bring smile on your face so you can enlighten others.

In this situation only hope and your strength will cope easily with the daily affairs of life. It brings optimism in your life. If you adopt it as a way of life, it should bring constructive changes into your life, and makes them happier and brighter.

Try, try, try and try again this is what you are meant for.

• It was you who started walking when you knew only to crawl.
• It was you who started racing with your friends when you only knew how to walk.
• It was you who started cycling after falling 20 times.

Remember the only way you can fail is when you give up and that's not you. The future is yours and you are bound to score.
You are not scared, you are courageous. You are not weak, you are powerful, you are not ordinary, you are remarkable.
I know my friend you are my eagle, when all birds find shelter during a rain with your capabilities you fly above the clouds to avoid rain. Problems are common but attitude makes it different.

You are beautiful inside and out. I want to tell you how much you are appreciated. Without you, this world would not be quite the same. If weren't for you probably would not be aware right now, but once you unlock yourself you can shatter the shackles of disbelief gripping you to become one to be counted. As what has come is bound to go, remember the "Wheel of Time" so push yourself in these testing times again to rise up and then you will find a world full of opportunities just like an eagle far from the fath of skies.

So Smile, Smile, Smile.....

Your Friend,

Mihika Thakur
10 years

Some people may be in depression, sad, or unhappy with something. But cure of these things isn't suicide. Right Friends? Some have friends, some are alone. Instead of taking any dangerous step, we should share our problems. Agree? The best thing to shoo away this negative thoughts is SPEAK UP. That is what I can suggest. Don't learn to hide your pain, instead try to share, my dear friends. It will help you a lot. Some people take such drastic steps, when they have serious problems. The above quote is dedicated to those fellows.

PROBLEMS NEVER STAY, THEY JUST PUT THE SIGNATURE IN THE EXPERIENCE BOOK OF OUR LIFE AND MOVE AWAY

Think before taking such steps. Think about your loved ones. Think about your parents, who struggled for your upbringing. Remember this always :

TRAIN YOUR MIND TO SEE THE GOOD IN EVERYTHING. POSITIVITY IS A CHOICE. THE HAPPINESS OF YOUR LIFE DEPENDS IN THE QUALITY OF YOUR THOUGHTS

#####

~Anushka Dubey

~8A

~Roll no. 4

~B.K. Birla Public School Kalyan.

~Blue House

Live your life to the
fullest and
embrace your uniqueness.



Hope is the only
thing stronger
than fear.

Preksha Shetty, Age 16 yrs, N.L. Dalmia High School

Dear Awesome Soul,

The trees whisper about the silence you keep, calmed by the wind, who is tired of wiping your dew everytime it passes by. They know your shoes will take you to the walls that make you smile for another day. Having this thought, see the zippers of the bag on your shoulders click in melody. All through the lane that takes you back home. Little do they realise this smile you wear is for the world, besides them.

I know you have kept your bag at the edge of bed that slides a bit as you close the door. You have started liking the company of the corners rather than the windows that used to bring both light and wind you met before.

May be they are waiting outside, for you! Yes, they won't force in to witness your smile that you kept for your room but only satisfaction they seek is the wait for you will end tomorrow. Again they walk by your side everytime you rise and step towards the lane.

I am sure you know them. They were always a part of your life. I was informed that I am not suppose to ask about the pictures you paint from your past. I want you to know about the camera that is happily hiding. Camera symbolises your present. Some believe that life is in the moment you encounter. People around experiencing it have set up different perspectives about the same moment. The magic confines in the way you feel about it. It's something that remains within you, since its birth. You may expect it to shine through the ways you wish you could express, but some part of it resides as a beacon.

No one knows about it, may be its just fear you to unweave its wonders. They add up to your lessons. In this way everyone generates a unique being and perhaps misconceptions. Sadness, Stress, hiding from the heart of memories, you know them as well. They come from your past and kept bombarding in you. Their presence imprint your heart, and channelise through streams of tears that you hide from your loved ones.

Appreciate yourself for being able to survive them. If you could give me a chance to acknowledge you as well, I would like you to open the door, hug your wellwisher and squeeze out all that's on your mind. Tears will slit, smile on their faces shall dim, but light in your soul will mean the world to them, as you slowly free yourself from the tangles of your worries.

New tomorrows will begin shining up soon. The ones that will bring sweet realisations and most importantly, a better version of yourself. And if you could only think about them at this moment, search for your wind. Who is it? Can you remember? If not, then open the window, let your wind come in and fill your soul. Have the light bright up your room. Make them your hope to dream of tomorrow. Believe me, they won't leave.

I know you desire to lock up your worries, but you need to realise they are a part of you. You can only step ahead to brighter world having them fade away.

There are very few people who witness the nature as a soul. If you think you are alone then just get a glimpse of her. Rains will come and thunders too, but wait for the spring is a beautiful journey to enjoy.

You won't believe! Your wind has collected all your tears and added his own in a hope to give them to you when you smile.

Have the camera click the best picture of yours. I want to meet you everyday when your steps spring through the road. And this will happen when you smile selflessly for I am one of the clouds that the wind is about to gift you, every tomorrow. So, let me be your pearl of hope.

With Love,
Shradha Mishra

Hey!

This letter coming absurdly out of nowhere shocks you. Doesn't it? Wait! Don't throw this letter away! I know you are running out of time to end things but could you spare a couple of minutes reading this?

Mom always tells that everything in life happens for a reason. But isn't it too hard for us to believe that something that is too hard to swallow through our throats could be reasonable? I didn't believe it either!

There are so many things bothering you now, but nothing is more important than this life. One exam doesn't decide your fate. One love doesn't decide your future. The only exam that matters is choosing life over anything else. And the only love that matters is self love. I do not want to bore you with the cliché philosophy, but let us see things in this way.

You love rains, so do I. There is something soothing about the cold raindrops pitter-pattering on our cheeks. It feels like they connect with us, while the dark melancholic clouds reflect our dark gray times.

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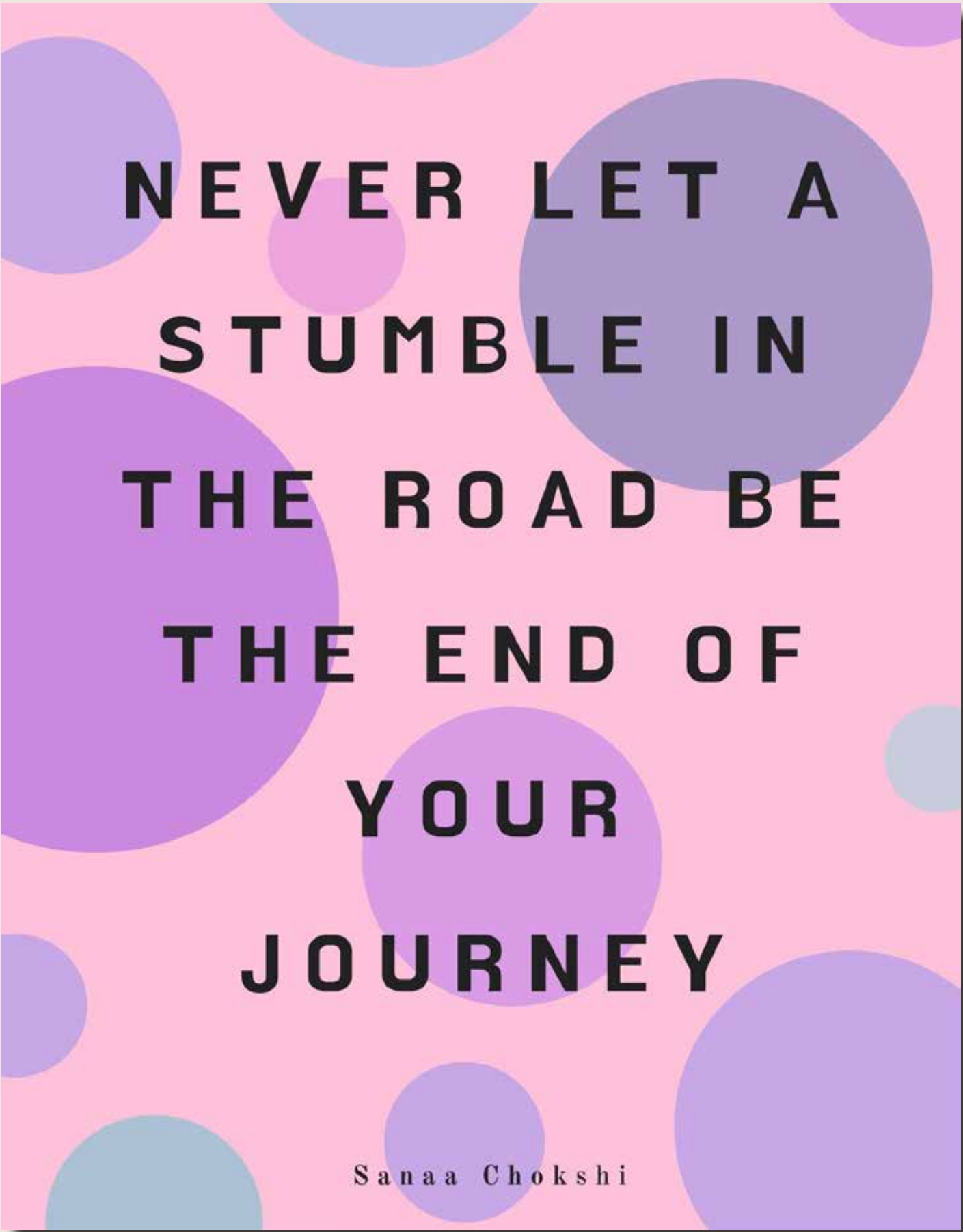
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By the time you finish reading this letter, it would be around 2:30 a.m., because you thought, that would be the right time to end things. Stop staring at the clock now! Drop the knife. Nothing is more painful than the regret you will have, if you give up on this one beautiful chance called life. Trust me, this darkness shall fade and a new day of sunshine awaits you. There will be a day when this will no longer bother you, that day you will decide to write a letter to your younger "self", thanking her for not giving up. And she would be reading the letter when she needs it the most!

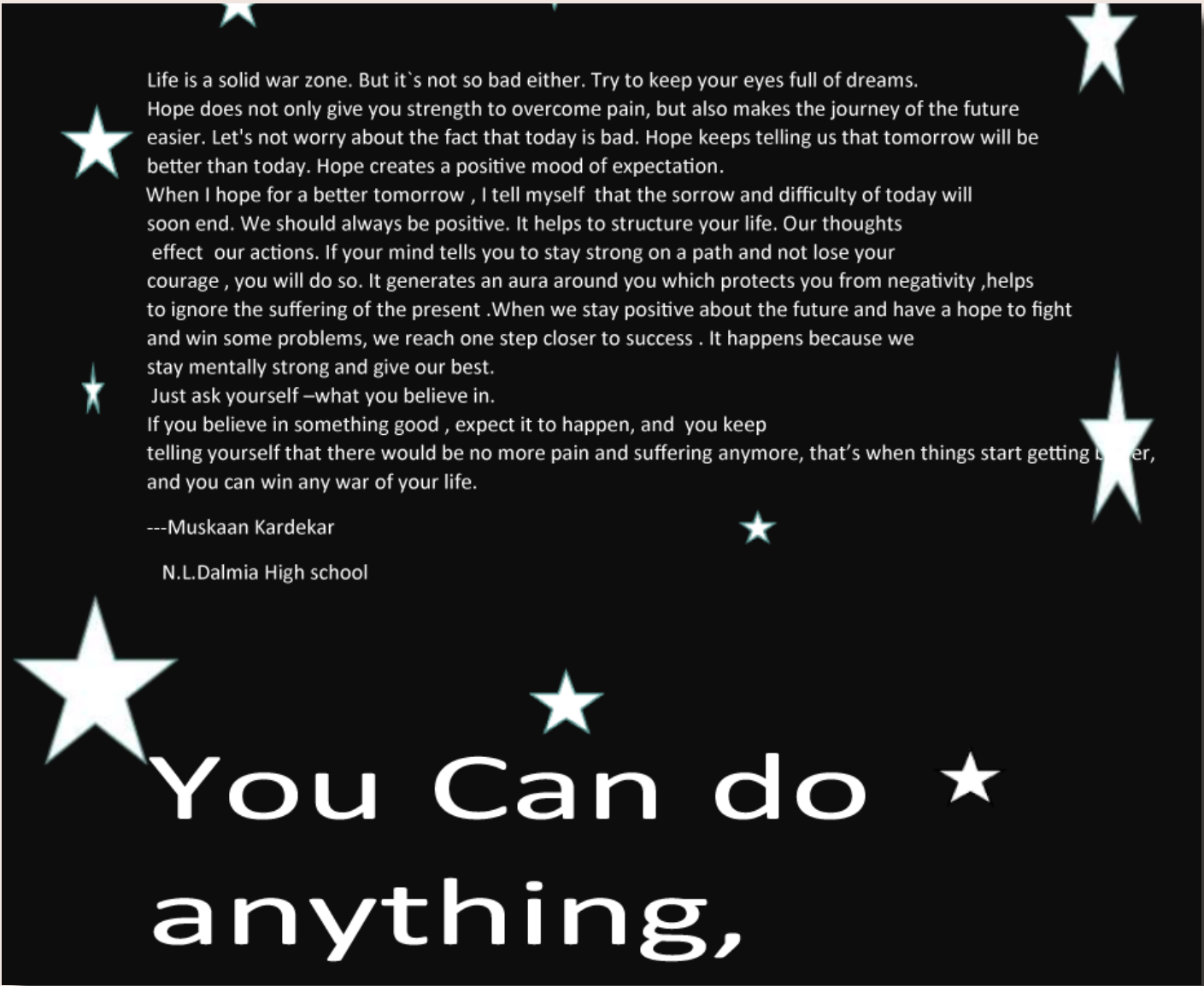
Spoiler Alert - Your future is so beautiful that anything that bothers you today is not worth it!

With Love,
Your Future "SELF".

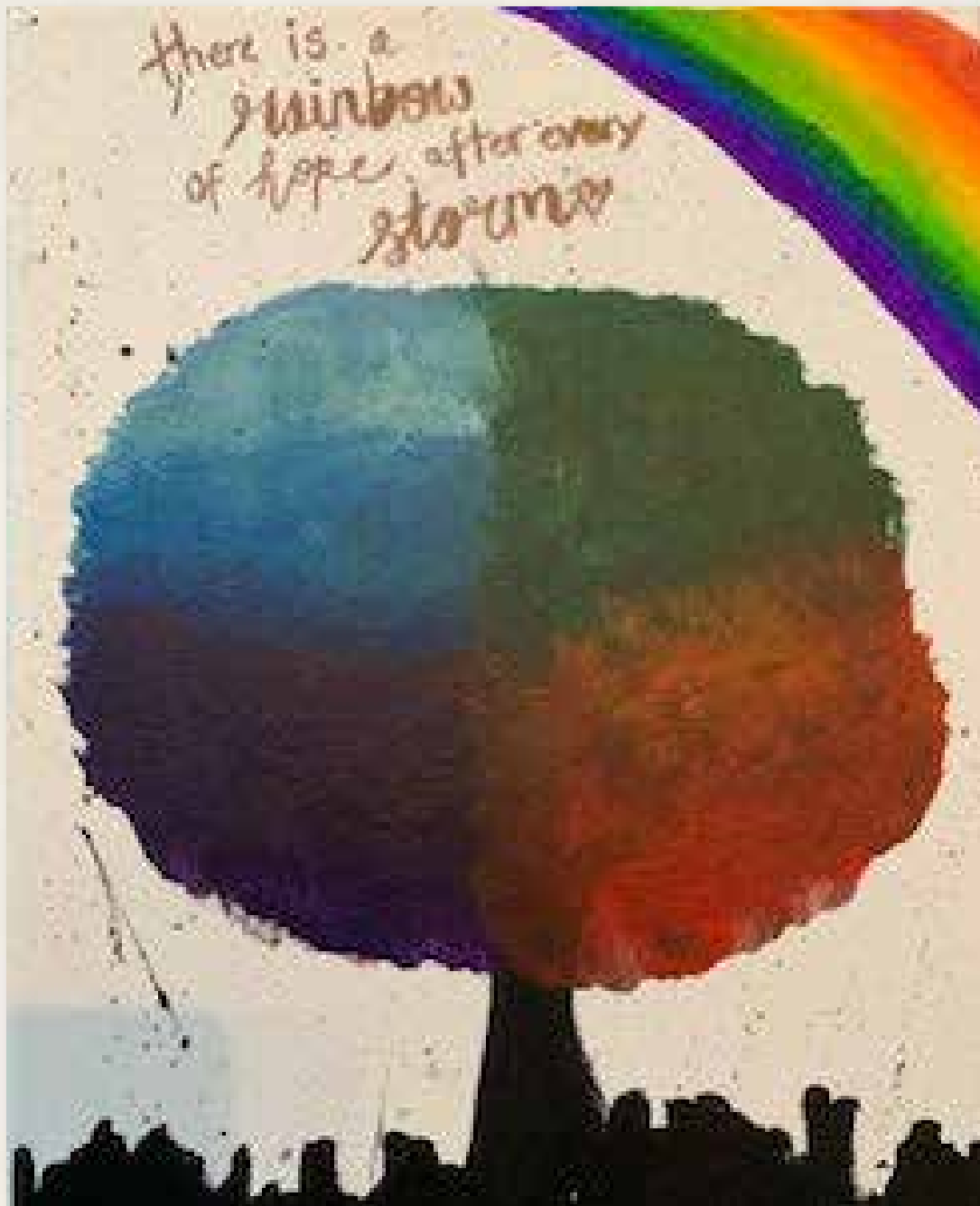
Written By,
P. VAISHNAVI
AGE - 22



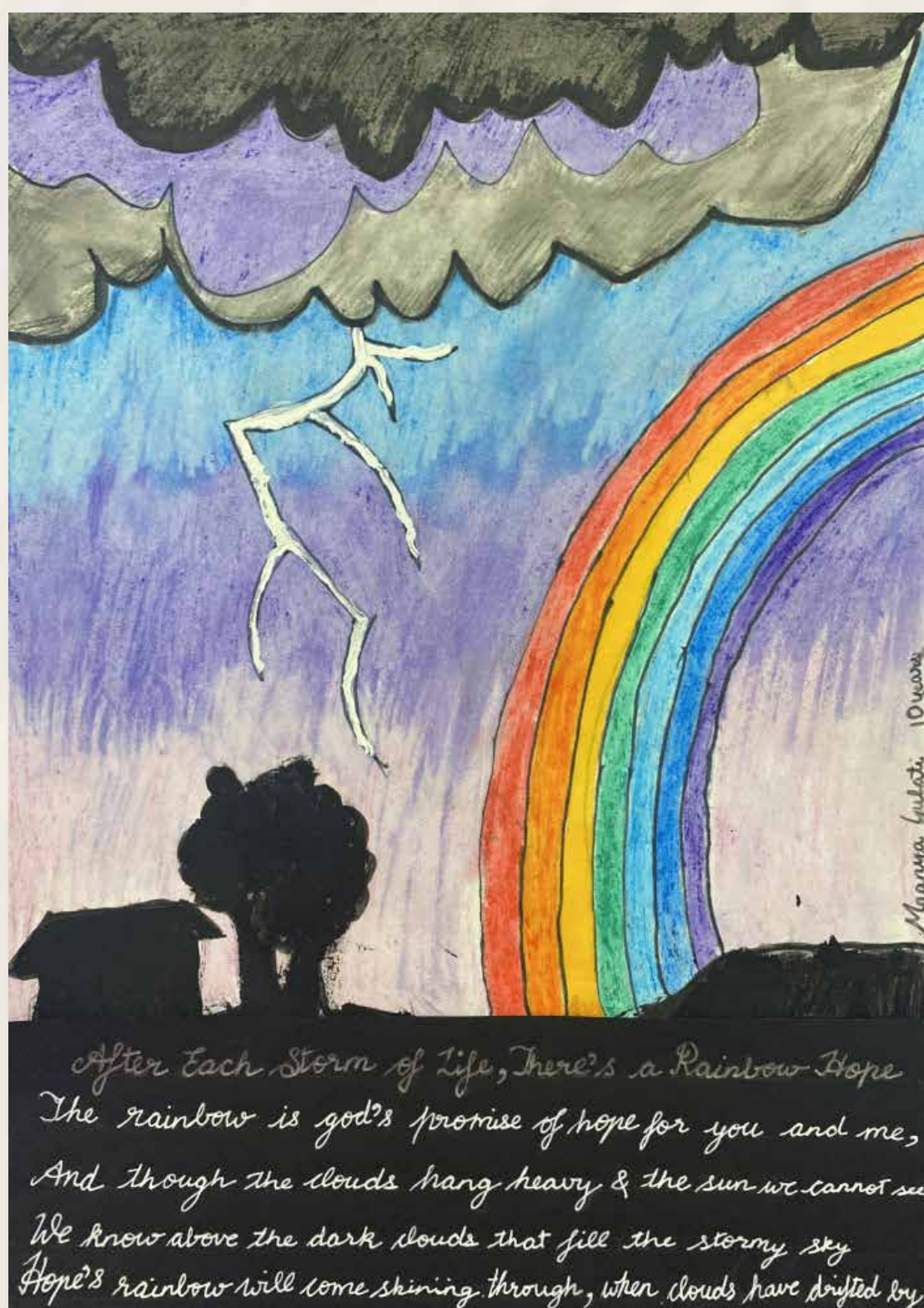
Sanaa Chokshi, Age 16 yrs, Aditya Birla World Academy



Muskaan Kardekar, Age 13 yrs, N.L. Dalmia High School



Kaveesha Bangar, Age 11 yrs, Mount Litera School International



Maanya Rohit Gulati, Age 10 yrs, N.L. Dalmia High School

*Even the bravest of best and the coolest of the cool,
Can worry about something big or something small.
Even the toughest of tough, even the smartest of smart,
Can be worried about things they hear in the dark.
What you find worrying others might find it fun.
Worries aren't always the same for everyone.
But sometimes events turn the whole world around
And everybody worries and wears a long frown.
Worrying is normal when so much has changed,
It's okay to worry when things are not the same.
Your head might ache and your heart might beat quickly,
As worries rise like a wave, and make you feel sickly.
So let's talk to each other, we all might feel the same.
Let's draw all our worries and give them a name.
Let's take three deep breaths slow and deep.
Let's exercise, eat well, and get enough sleep.
Let's speak to our family and friends on the phone.
Let's paint beautiful rainbows to show we are not alone.
Sharing our worries can make us feel better.
Showing our feelings can bring us together.
It's okay to be worried, but this virus won't last forever.
We can overcome anything, when we're there for each other.*

Kaveesha Bangar

Dear beautiful soul,

Even though we have never met I want you to know that you are extremely important to me. You are so strong. You are valuable. You are amazing in every way. You don't let anyone besides YOU decide your worth. You are courageous. Don't let anyone bring you down. You are soooooo soooooo gorgeous inside out.

SMILE

Yup, that exact smile. Its so wonderful how that simple thing can light up someone's day. You should definitely wear that more often. And if not for you please do it for me, it'll make my day!

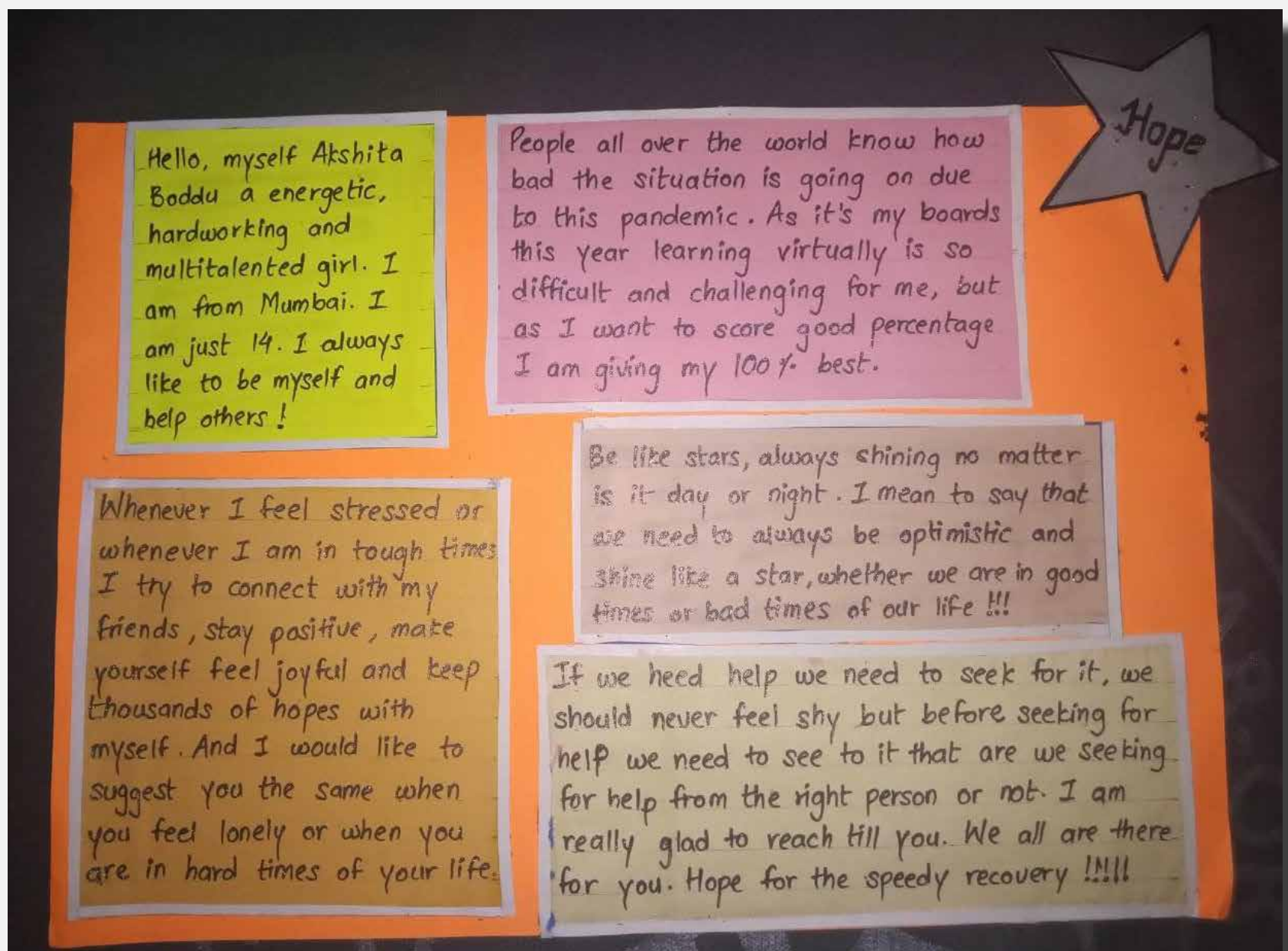
Now I know that sometimes you might just feel like ending it all but trust me you are way more than just giving up your life. Think about all the little times in your life that brought a smile onto your face. Now see how those lovely moments are nothing in comparison to your flaws, or things you are not okay with.

I know what you might be going through right now are just breaking you down, but just remember that there people in this world who love you and I love you. All the feelings you are feeling currently, just give it all to me. May it be fear, frustration, anger, loneliness, sadness just give it all to me. Take a deep breath. In return, I am giving you love and strength and am letting you forgive everyone who has hurt you. Put your ego aside as ask for forgiveness to whom you may have hurt just from your heart. Because, you do not apologize to somebody because someone's right and someone's wrong. You apologize because you value your relationship with that person more than your ego.

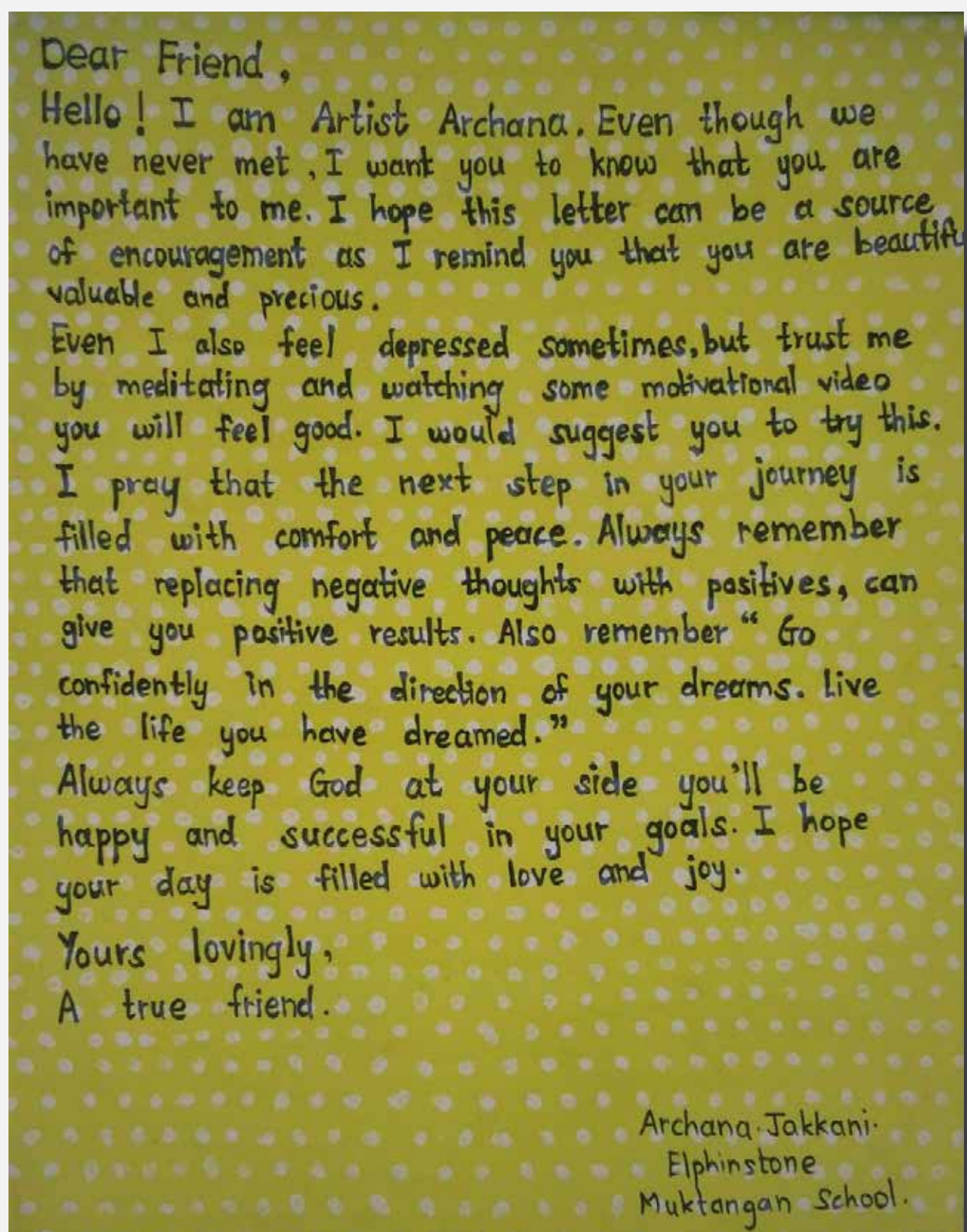
See I am somebody who has a lot of faith in God and I don't know if you do and its okay even if you do not. But just talk to Him, it'll feel like a huge weight has been lifted off of your chest. He's one constant you will always have and He's always gonna be there for you. Just have faith. Trust His timings.

You can make it through anything and everything just as you have all this while. You'll overcome anything that comes your way. Your life is worth spending. You don't know how rare it is to get this beautiful life that you have... and yes it might have its own ups and downs. But remember that at the end of the day, its your choice to scream, or to enjoy the ride. stay strong, u are beautiful

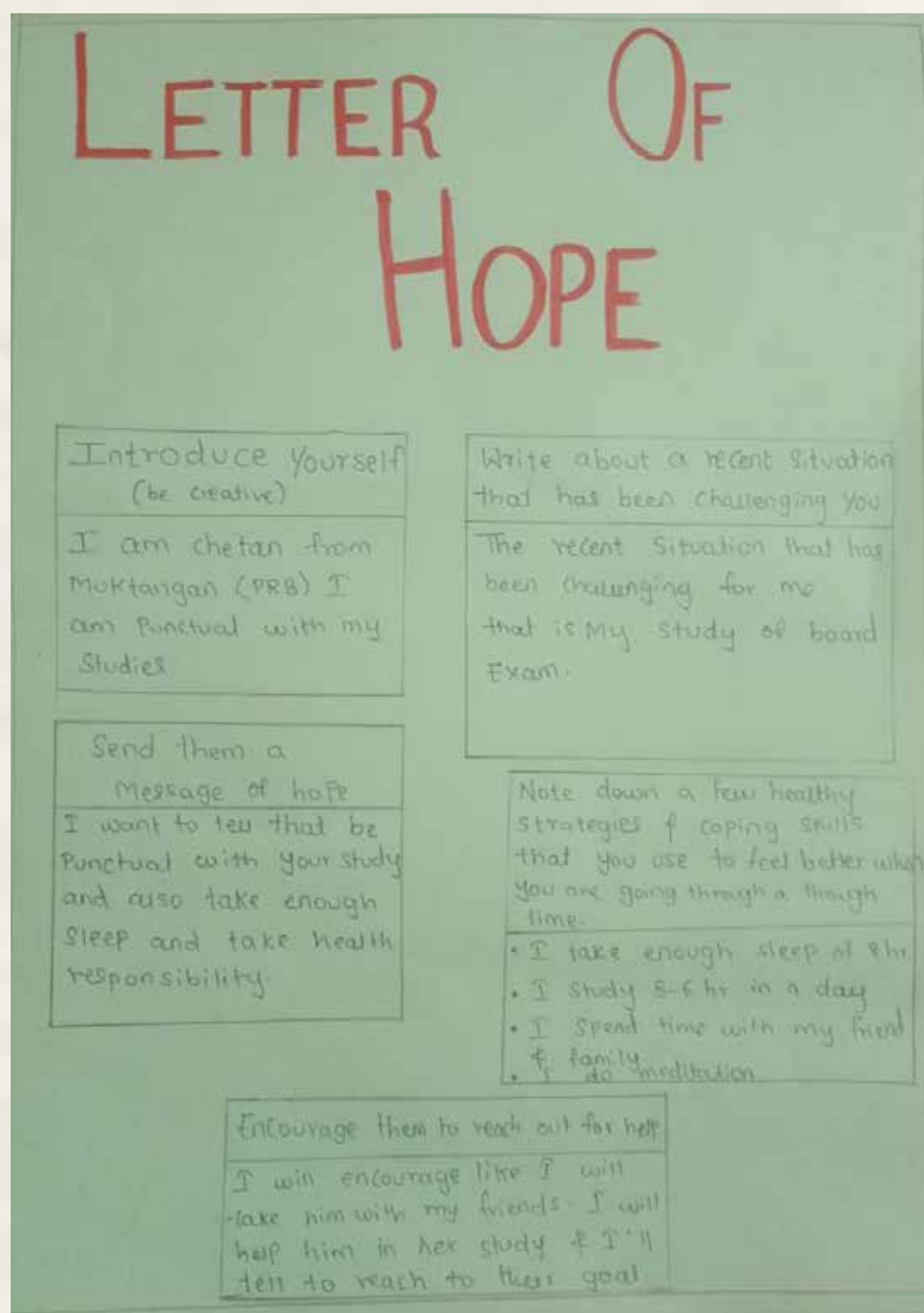
Love, Ariha Shroff (Mumbai, india)



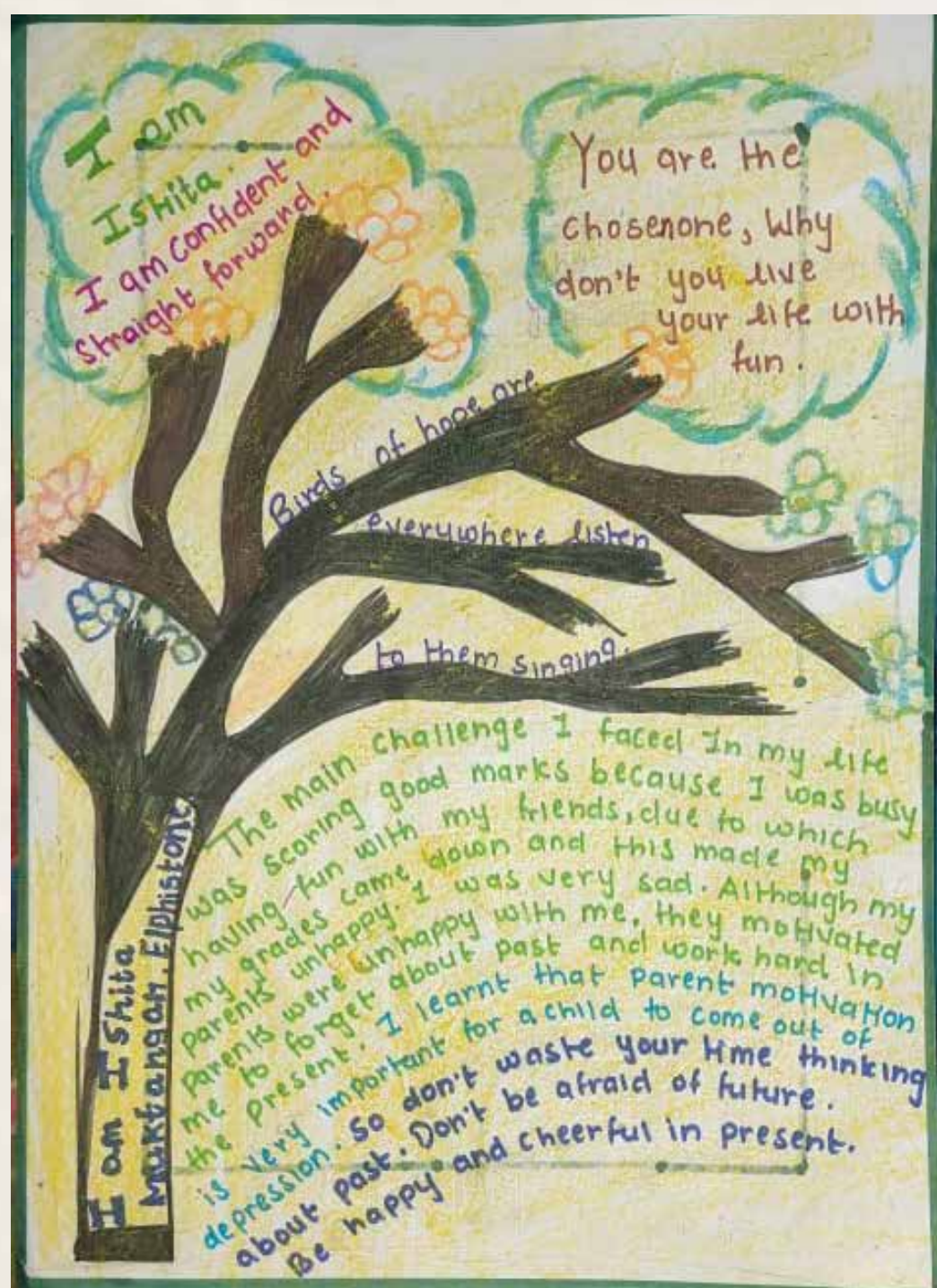
Akshita Boddu, Mukangan



Archana Jakkani, Mukangan



Chetan, Mukangan



Ishita, Mukangan

Dear reader,

My name is Sanaa and I'm a 16-year-old currently studying in the 10th grade at Aditya Birla World Academy in Mumbai. So, it is currently 1:30 am and at this time I'm usually at my calmest therefore I chose to write this letter now. I'm not someone who's great with words so apologies in advance. So, let me tell you a little bit about me!

Favorite food: MEXICAN

Favorite animal: DOG (duh)

Favorite song: Electric love by Borns (you can check out my favorite jamming playlist on Spotify – sexy feet by Sanaachokshi)

Favorite color: Blue

So, I'd like to let you in on a little secret about me. Before the new year started I had a bad feeling about it I thought that if I had one good year the next year would be bad and guess what...It was the worst till now. I experienced somethings which I wished I never ever had to but I realized that it all a learning process. Quoting I don't even know who "You have to get through the fog to find the sunshine". And currently I'm getting through it. I was always a happy and open person. But these past few months I started to fake it because I thought that my friends would just think that I was being petty if I told them why I was upset. So instead I chose to ignore the reason why I was sad and just faked every happy moment since. And as I continued to fake it I got better, I felt better. And now I'm at my healing point where I'm just trying to figure out my purpose.

I tried many ways to cope like I'd type out my thoughts in bullet points or I'd dance like a lunatic to my playlist and rarely I would speak to my one friend which was hard but it felt great. I didn't speak about everything, but just as much as I could.

Through this whole experience, I strived towards one goal: Self-love. This word is often ignored in my opinion but if you start to love yourself, be happy with yourself and your life will never be better. Self-love means that even if you're alone or you feel alone you know that you have yourself to get through the journey. You're reaching every goal, for you and not for someone else. You are your main priority. So it doesn't matter if you change your personality, lose friends, get a whole new makeover IF IT MAKES YOU ONE STEP CLOSER TO LOVING YOURSELF THEN DO IT.

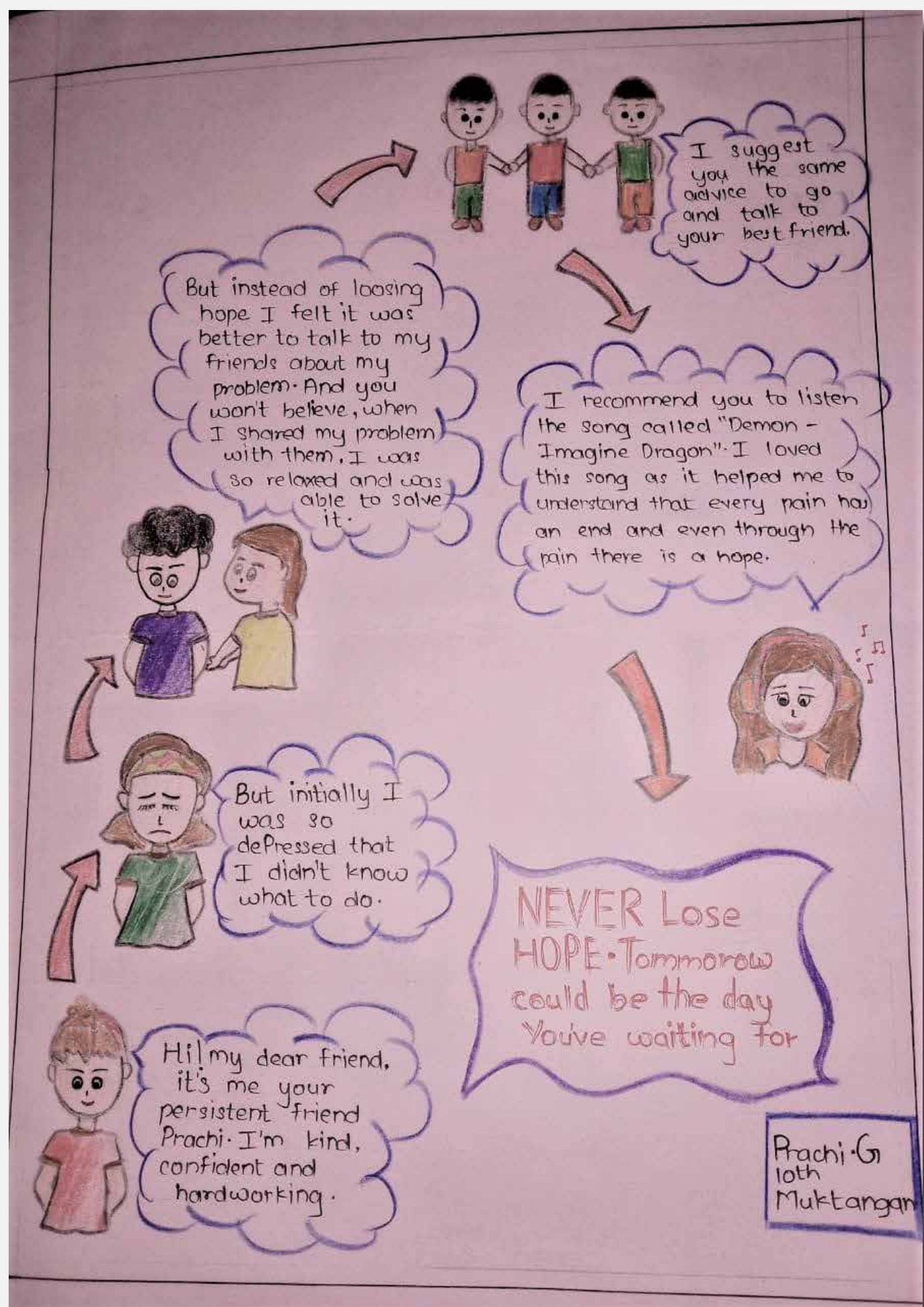
Love yourself and the rest will all come. Trust me.

I don't know you but if you are reading this then know that you are here for a reason God brought you to earth for a purpose. And don't think that he's failed you or that your life won't get better. Because I promise you it will. God doesn't give us more than we can handle. And right now, you're the strongest person!! So, trust the process, get through the fog and you'll be thankful to see the sunshine!

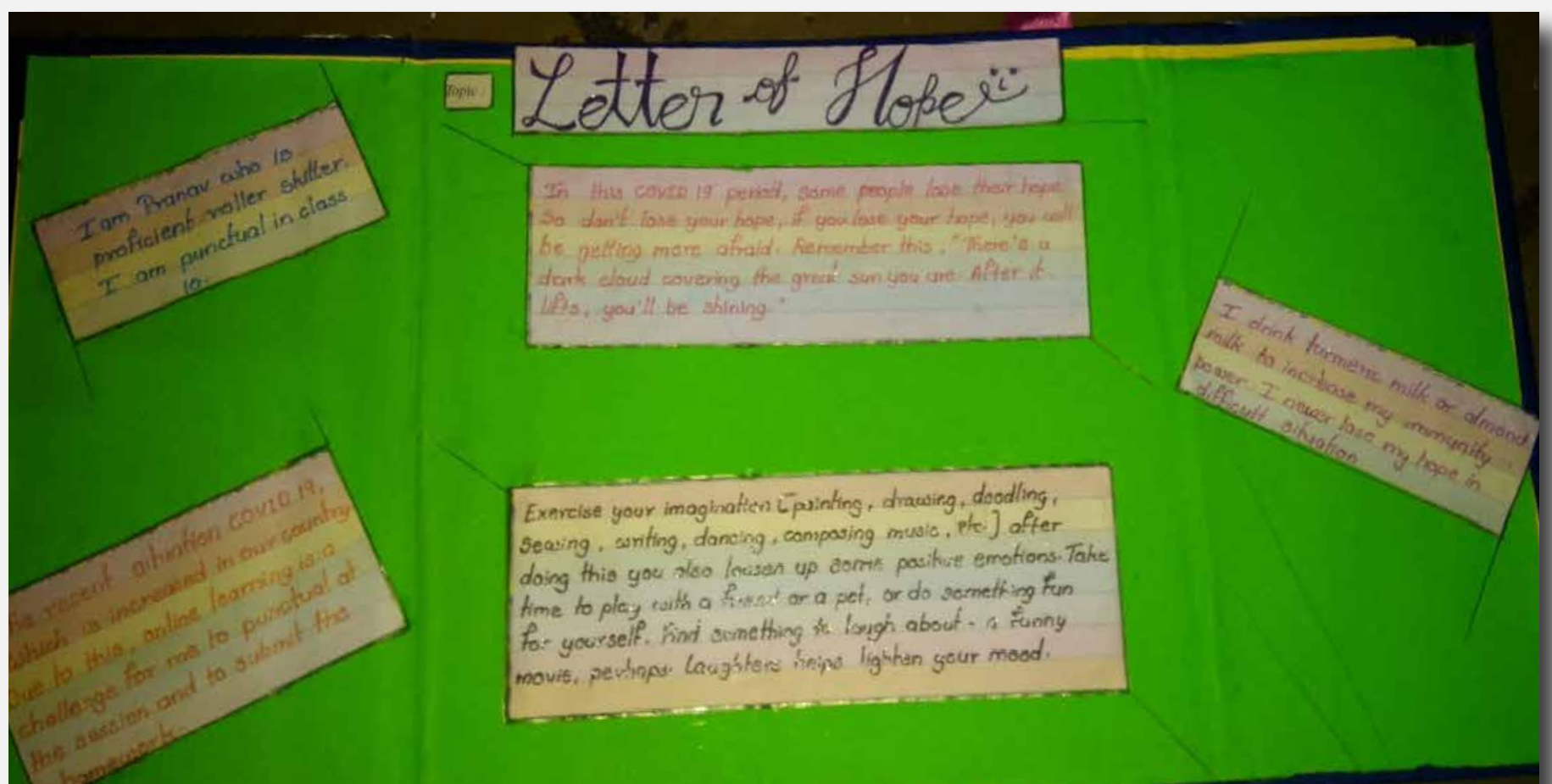
I love you so much even though I don't know...I love your strength and I love how you make it through every day.

So, continue fighting and there will come a day where you'll see the rainbow

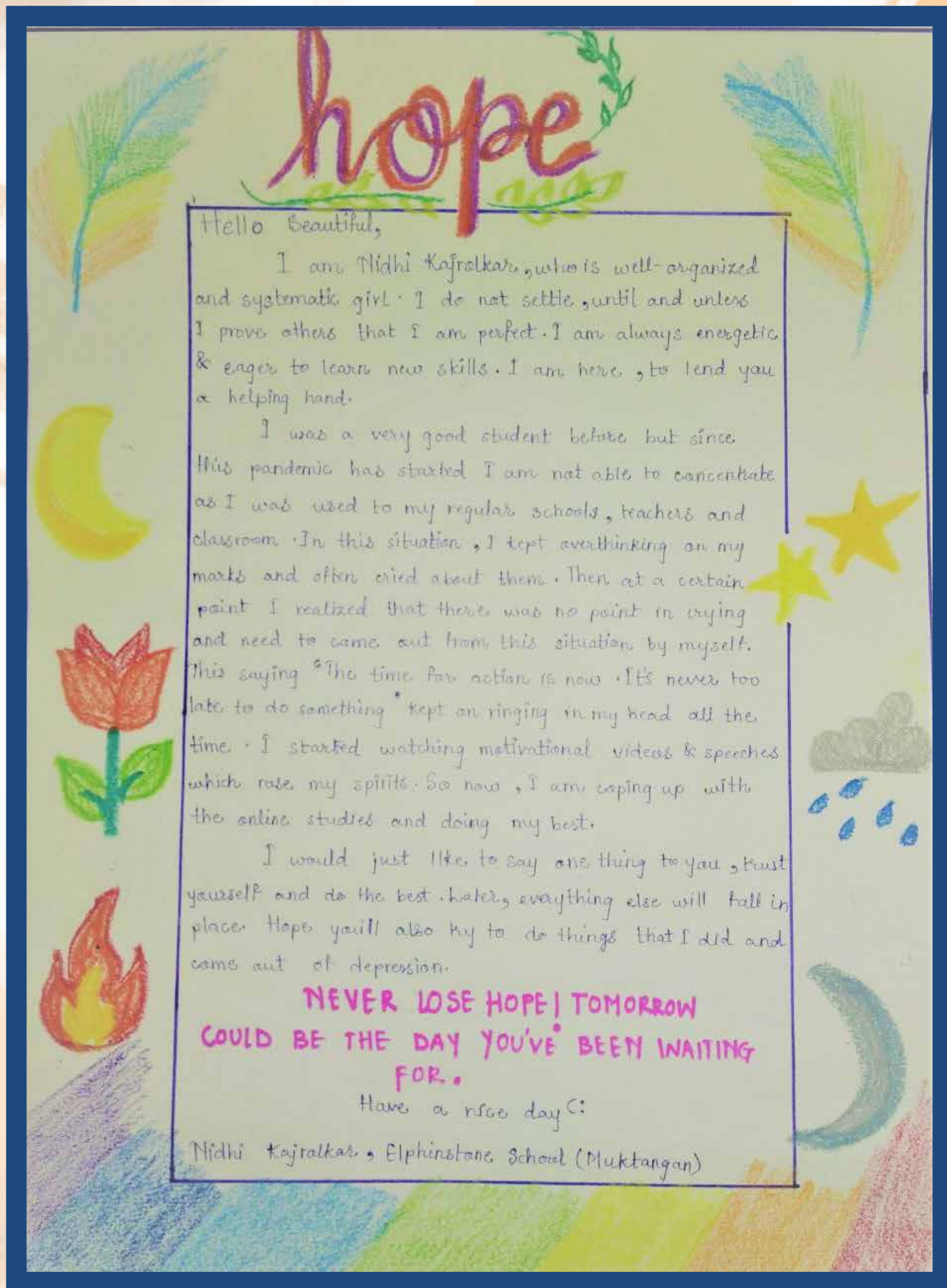
All my love,
Sanaa Chokshi,
Age 16yrs,
Aditya Birla World Academy



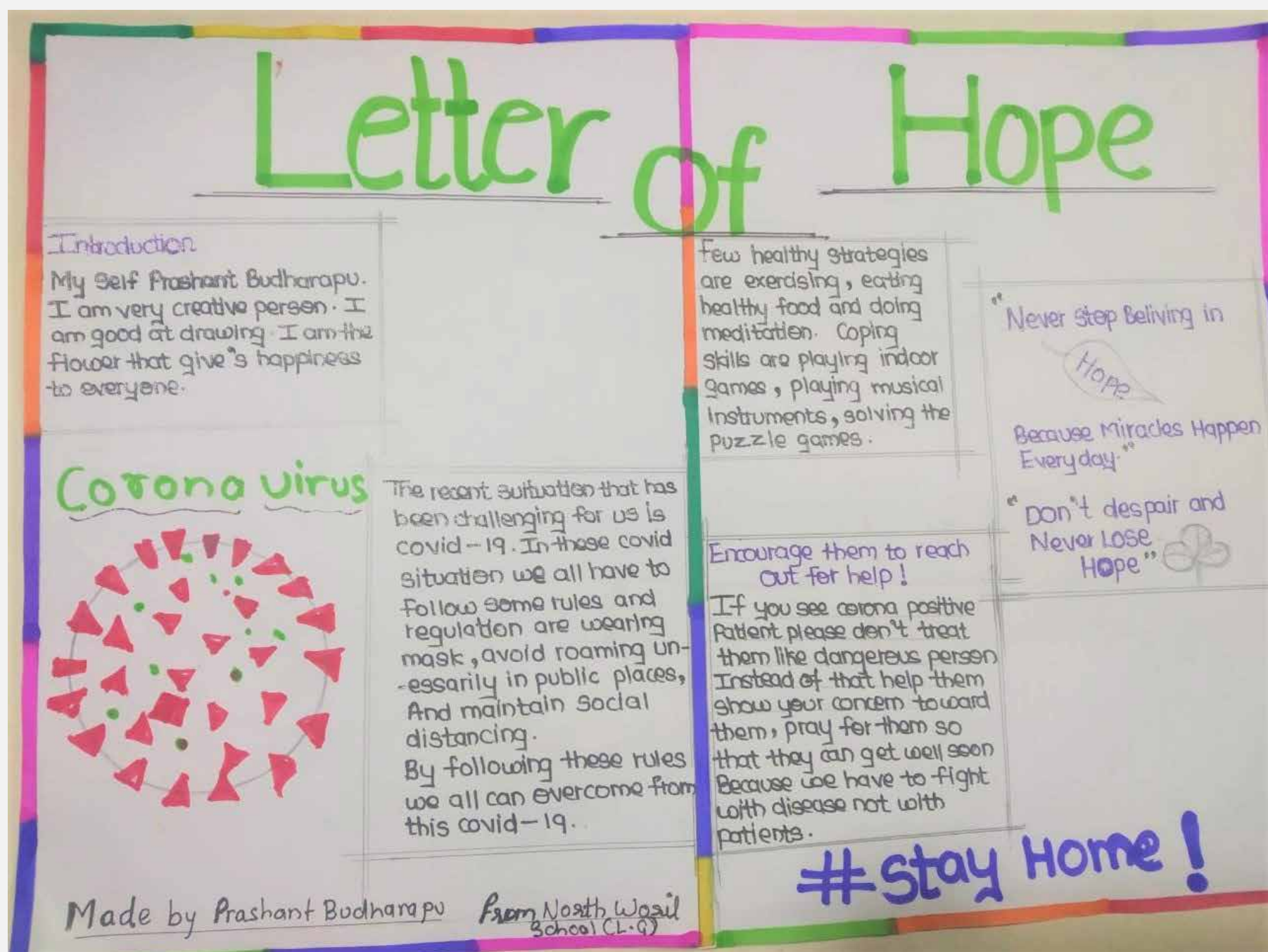
Prachi, Muktangar



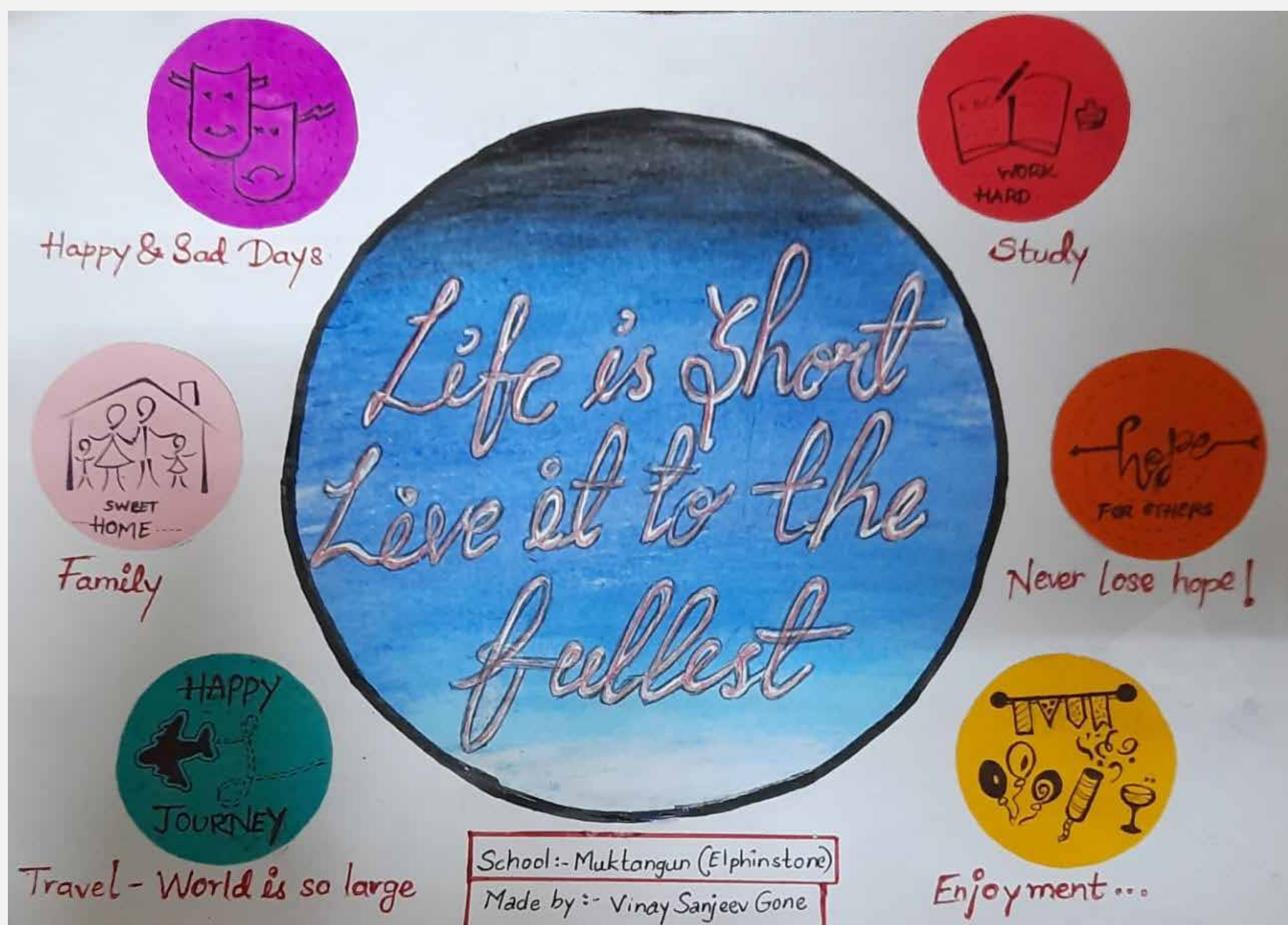
Pranav, Muktangar



Nidhi, Muktangan



Prashant, Muktangan



Vinay, Muktangan

LETTER OF HOPE



Hi! I am Pratiksha. A strong girl who has come out from the darkest shadow of life into the bright light.

I faced difficult situation when my father expired that time I was only 13th years old. I was totally devastated and could not believe that the person whom I loved the most was not there now with me. I felt my life was worthless. But the support of my dear mother and hope given by my sister. I was able to see life in a different way. slowly I came out of depression.

So here I would like to say that the love of your dear ones is the only thing that can get you out of difficult situations.

So always remember "HOPE IS THE PROMISE THAT ANYTHING IS POSSIBLE"

Be strong always. Don't lose hope, have positive thinking and move ahead in life.

**LIFE IS JOURNEY,
ENJOY THE RIDE.**

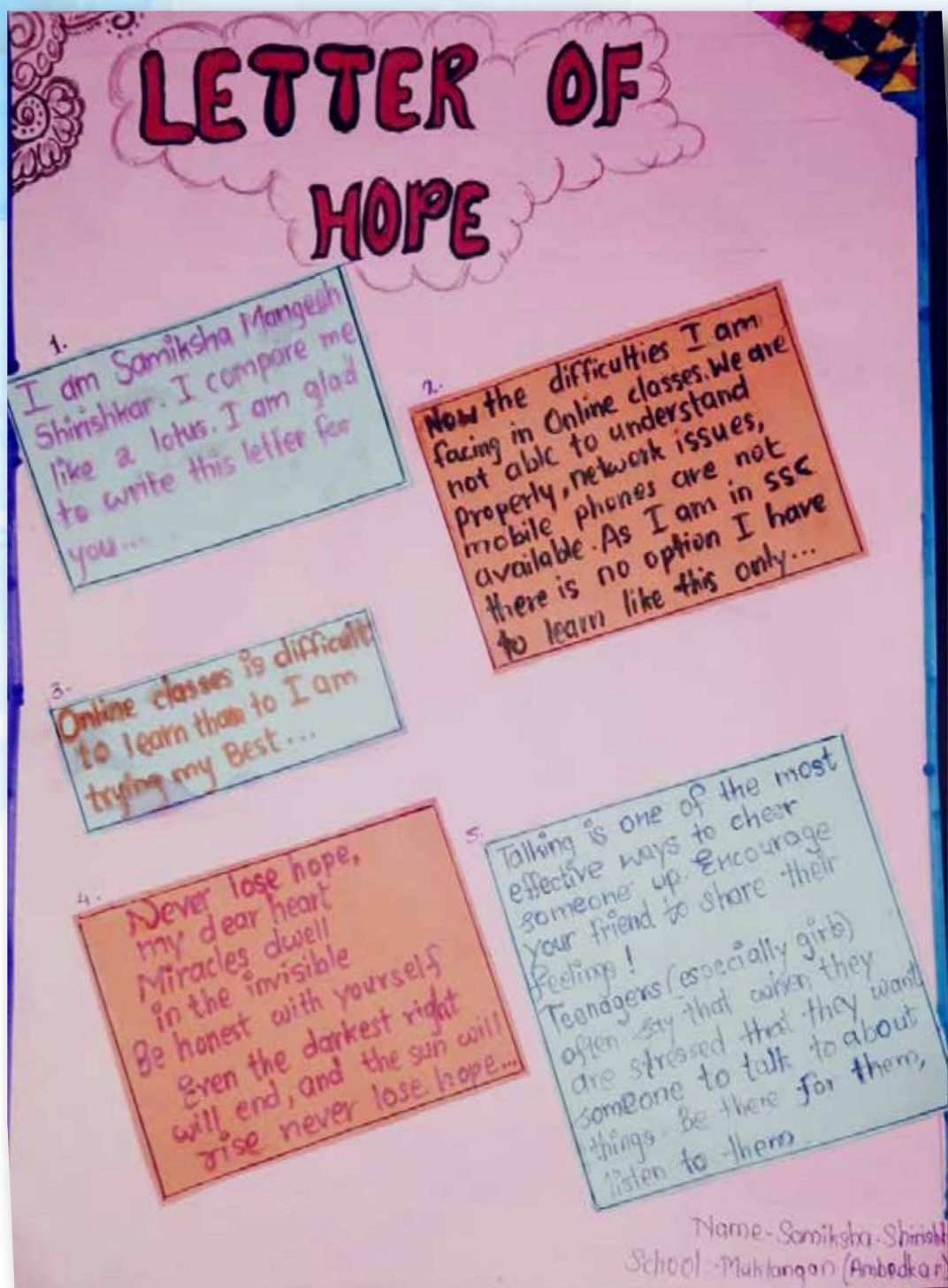
Name: Pratiksha. S.
chaudhari

Date: 21/8/2020

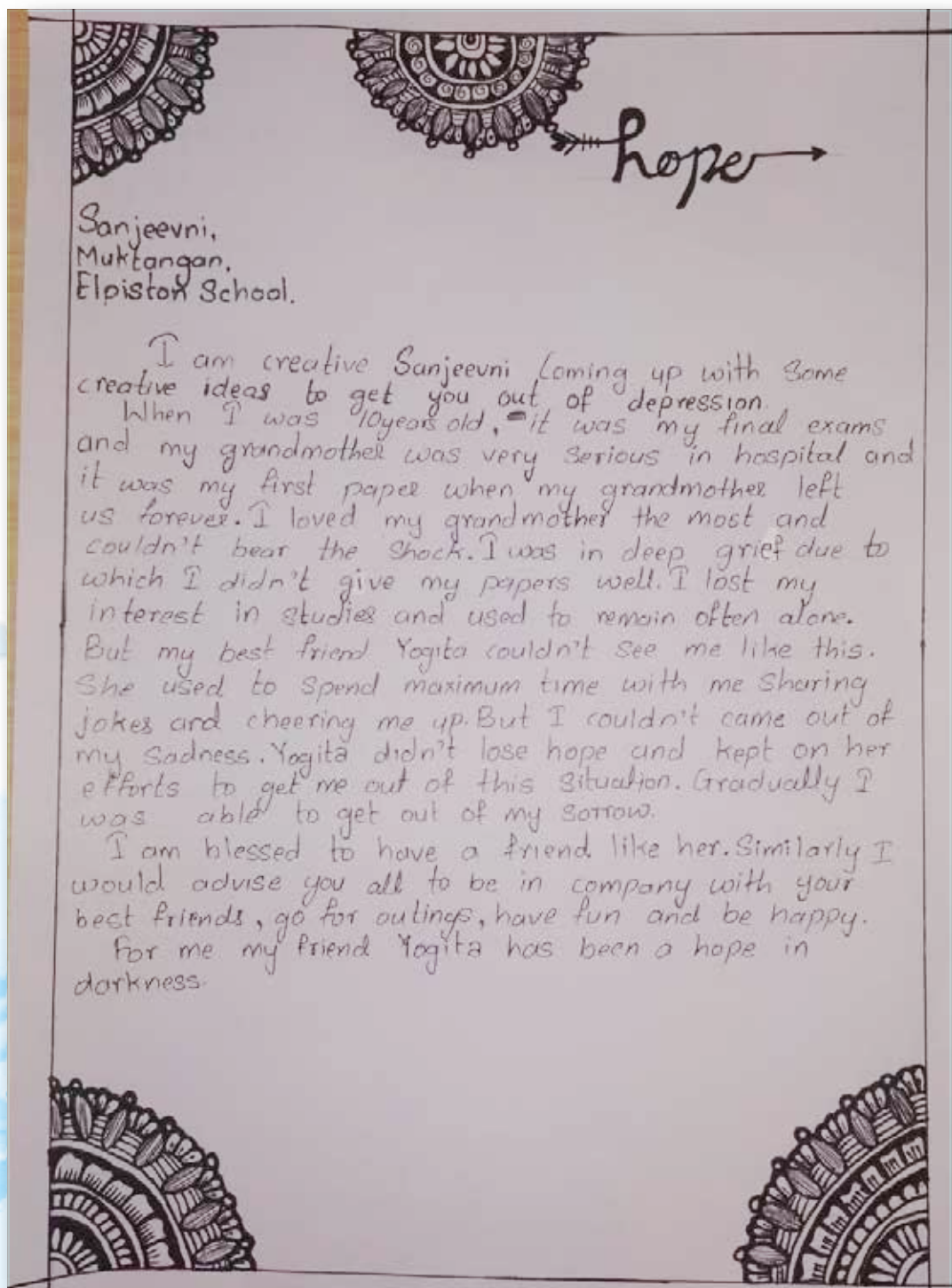
class: 10th

School: N. M Joshi

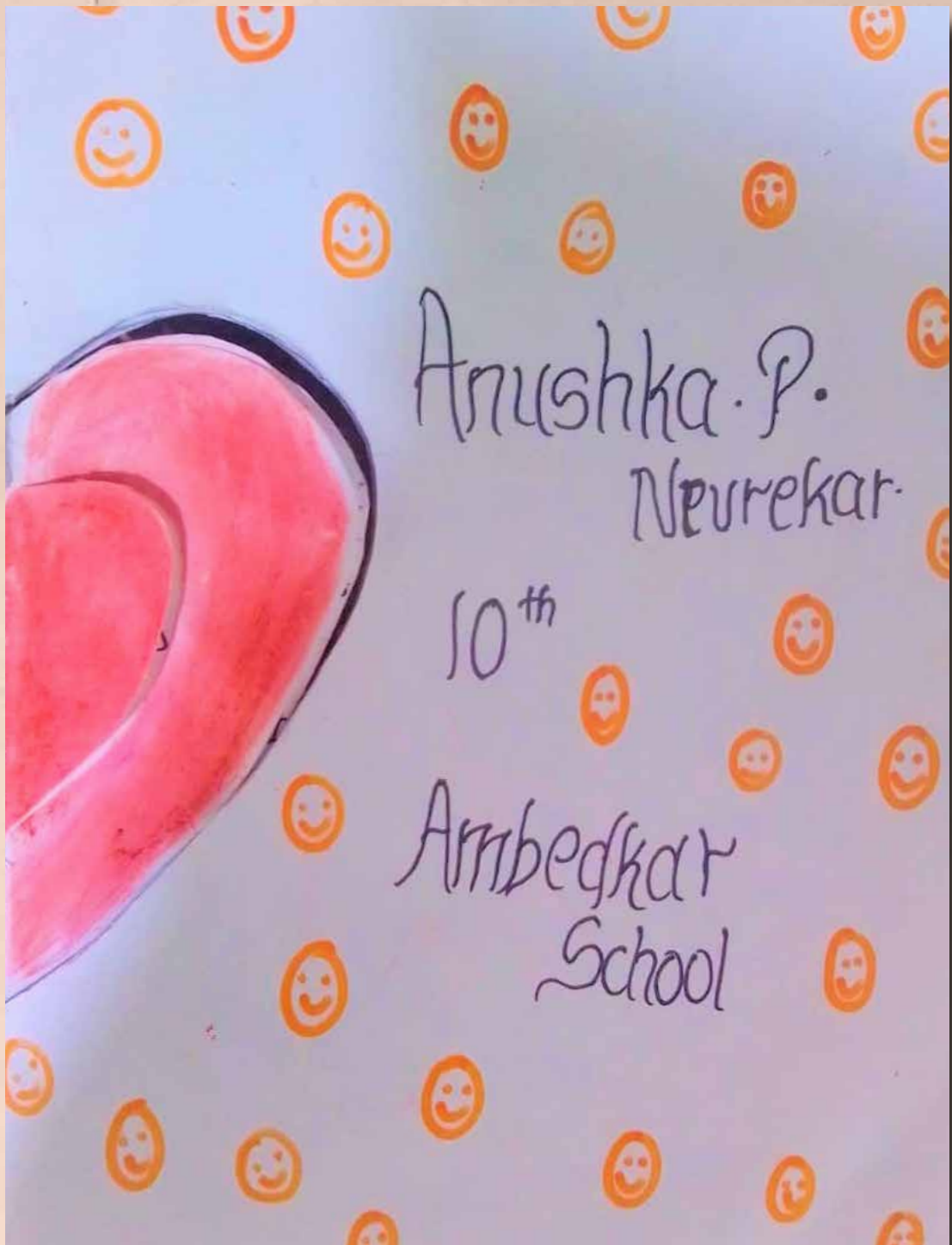
2020/8/21 13:



Samiksha, Mukhtangan



Sanjeevni, Mukhtangan



Anushka, Mukangan



Kshitija Vishal Patil, Mukangan

Dear friend,

Hope that you are happy and enjoying your life. On account of suicide prevention day, I would like to leave some advice for you.

Seeing the number of suicides these days, it makes me unhappy. I thought of leaving some advice for you so that you will not take such a step and not allow others also to take such a step. I am writing this also because I felt to contribute to the efforts of my country in lessing the number of suicides.

Now I come to the point SUICIDE itself means

S - Stress
U - Used
I - In
C - Comitting
I - Impatient
D - Dreadful
E - End.

So don't allow suicide to use your stress to have a dreadful end of your beautiful life. and also be patient in hard times. you'll surely get solution on your problems. Some ways to prevent suicide are:-

1) Leave your stress at its perfect place.

Stress is the important aspect which forces you to comit e suicide. Stress should be in trash not in mind where thousands of positive thoughts should have place. You can remove stress from your mind by writing it down a paper like diary entry, which you have learnt in your school

days. If not so then go in a room and start talking to air. You can also talk to a person but in my honest opinion giving out our stress to a person will him/her worried. And not so also then just cry for 10 minutes or else do what you love to do. I am sure you will feel relaxed by doing only any one them. and It's all upto you that which one you should do so that you will be stressfree.

2) Be patient

Patience is the major key in hard times. I can't say more about it as this line itself tells us a lot.

3) Be positive

As I already said '..... mind where thousands of positive thoughts should have place.' rather I say must be. Positive thoughts won't allow stress to enter in your mind. Just a cool suggestion when you wake up in the morning search a positive thought, as soon as you get it write it down in a book which you want to make a positive thought book. And after writing it in the book remember it and start your day. I am sure that it will help you a lot.

The most important aspect to be remembered is

4) Change point of view.

If you see stress as an opportunity to show your smartness and ability, suicide will not get a chance to knock you, and you'll enjoy your life. Just don't change your views towards stress but also towards things which you feel are difficult or not for you.

Hope you have taken not much but a little from it. Last words just be positive and enjoy your life.

Warm regards,

Kshitija Vishal Patil

Dear Reader,

I am *Ekass Sapra* student of *Pathways School Noida* from grade 11.

COVID-19 has really made everyone's life a lot boring and some people can also say a living hell. We have been stuck in our homes for 6 months now and we don't know till when this lockdown will continue. So many people are suffering around us and there is nothing we can do. This virus is taking over our lives. Everyone has binged watch all Netflix shows and feel hope less now and this is because all we do is see the negative in things whereas in these tough and difficult times we should see the positives. This lockdown has given everyone a chance to think about ourselves and take care of ourselves. We have also been given a chance to explore things and do things that we always wanted to do for example I have always wanted to learn calligraphy and found it really fascinating but due to my busy schedule I wasn't able to take out time but now is the time where I have a chance to learn something new. Working from home has also saved a lot of time like the travelling time is saved now and we can use it in a creative way.

Sitting at home is not only about sleeping eating and resting. It is about being as productive and creative as possible. It is about helping others from home. It is about spending time with your family and it is all about being positive and hoping for a better future.

So I encourage everyone who is reading this to be happy and stay hopeful for good things to come. Let's make this quarantine worth it and be creative.

Warm Regards,

Ekass Sapra, Age 16 yrs,
Pathways School Noida

Dear reader,

Hey! I am Ananya and I study in the tenth grade. I just want to remind you that you are awesome and you are precious and loved. Remember that you are a fantastic human being and that whatever it is you are going through, you will get through it because so many others and I have faith in you! I speak from personal experience when I say that if you are facing a problem, talk about it. Whether it is a trusted adult or a friend, try to open up about how you are feeling. I know it seems scary and I know you feel like no one will understand what you are going through, but you will be surprised at how many people are willing to listen and how many relate to what you are feeling. There is so much for you to experience in life, so don't give up on it yet. Remember the feeling of re-reading your favorite book or re-watching your favorite movie. Listening to that song that makes you want to sing out loud and dance. Traveling to a new place or trying a new cuisine. Reconnecting with someone you haven't talked to in a while. Hold on to those feelings because while it may seem like the world is a cruel place, it has beautiful moments and beautiful people. So if you ever feel like you are alone, reach out to someone because the world is not ready to be without you.

Love,
Ananya Srivastav,
10B Aditya Birla World Academy

Dear stranger,

I've been there, somewhere where you have blinded by depths of depression, somewhere where you are being drenched by negative waves, somewhere where you are prisoned by your own thoughts. I've been through those painful voices that treated me like a game and left me like a choice. Earlier even my eyes became clouds and rained heavily and even I screamed silently under my bedsheet. Yes! I've been through it all. Sometimes even I locked doors of my bedroom, survived that thought, "What if I die? Will somebody care?" I answered myself "No". I swam through that negative tide hitting me like a rock but abruptly I realized that rocks gave me scars so that I'll know how to heal them. I soon acknowledged that after the rainfall, the color of happiness surrounds the empty sky which is very familiar to my cup of hopes. Perhaps I misunderstood a stone as a diamond and precisely wasted time being flooded by unwelcomed darkness. I know you are in pain and are getting restrained from overthinking. You did nothing wrong, have faith in yourself cuz one or the other time of this gloomy sights, black clouds will soon disappear and rays of hope will praise you. Believe your destiny, this dark torture of uncertainty will soon be diminished and desires will build you up. Maybe not today, nor tomorrow, a day in future, most probably it's all destined. Trust your doom, to see the sun rays flickering inside your ocean eyes, to burn the discomfort and to detect a path build with favorable circumstances and a peaceful utopia. I see you struggling to concentrate on your own work the whole day and I hear your soundless cries at those sleepless and agonizing nights. I see you going deeper into your own confused soul blaming yourself and your own heart for whatever the misery is taking place. But sweet stranger, don't you know you are faithful and loyal to your own true self? Don't you know that you are precisely born to fill dreams and desires of your own? Don't you know that pain is teaching you to survive life? Don't you realize that you are brought into this cruel domain to know your goals cuz you do have them? Don't you wanna reach your dreamy island build-up of hopes to dwell in? I believe, one day you are gonna make it up to your own hidden enthusiasm, but only when you start your journey through this darkness. I want you to know that I'm right here, we'll fight this war with black clouds, together. In your eyes there lies your future, in your mind there lies positiveness, in your broken heart there still lies love that's genuine to yourself, in you there lies the beauty. It's the right time to smile in front of your enemy in order to overcome it. Smile throughout your sadness and let's struggle through this unknown battle. Dear soul, you are no more confused about what you want to do the second after closing this book. Sleep for a while, say " 1, 2, 3" and adore your smile and efforts to survive these gloom till now. Forget all the bad memories that affected you, cuz they no longer are part of your future. I know you won't allow bad memories to ruin your future by making them stay inside you. You are strong enough. I'm here, inside these words.

Yours faithfully,
Helpful soul!

By:- Shahuli Taksande
10th E, B.K.Birla Public School, Kalyan

Dear Reader,

Hi! I'm Naina the novelist (lets ignore that sad excuse for alliteration my point is that I'm a writer) and I study in 9th Grade at Aditya Birla World Academy. So, a situation thats been challenging for me was probably ~~when I was~~ ^{just before} attending my last MUN (model united nations) Those things STRESS ME OUT to the point where my mom had to come home from a party to calm me down ^o cause I was crying uncontrollably. But you know what I realised by the end of that HUGE ~~&~~ meltdown, that it ended. The bad times will end. OF course, it NEVER EVER seems like that in the moment, but trust me, all storms end eventually. ALL. You know what I like to do when things are tough, (maybe ^{our} ~~are~~ situations aren't the same, but anyway) I ~~to~~ just try to remember ^{how} [^] wonderful life is. In this beautiful, gigantic, amazing world, there are still ~~&~~ endless sunsets to watch, oceans to swim ~~to~~ in, Foods to try :), places to go and memories to ^o make... that's what life is. I'd hate if you waste that chance just because of what happened in the last month, year, ever decade. I hope you share what you're going through with someone if you haven't already, because, even if they don't show it, people do care about you enough to help you with whatever you're going through, trust me And if you feel like you don't have enough of those people, you just haven't met them yet. (For example ^{me;} [^] I don't know you personally, but I want you to be happy, (mentally) healthy and in love with living!) So ^{please} ~~pleasure~~, choose the insane, chaotic rollercoaster they call life! ~~you don't know~~ NAINA

Letter of Hope

Nidadavole,
24-08-2020.

Dear Friends,

I'm Christina Jacintha. My friends call me Maggi, Jessie, Chris etc etc. I'm studying Intermediate 2nd year. I learn more from nature than from school and teachers.

These days have been tough economically and mentally for every one of us. We lost our loved ones, many tragedies happened and the list goes on. Every living thing is struggling for life. People are concerned about lot of things.

Besides all this, my teacher, nature is busy doing its work. Hot or cold, dry or damp, no matter what, ants do their work. They never give up. Look at the trees around you. Their growth from seed to what they're today includes many obstacles. Every creature is struggling. They call it their living. But we, humans, are the only ones to lose hope, have concern and end life committing suicide.

One needs lot of courage to do that. I say, have that courage to overcome your fears, your problems. Be the voice of your heart. Reach out to help. Break that barrier called silence. The strongest person in you is always there for the weakest person in you. Have hope.

Life is an amalgamation of success and failures. It is more beautiful than you ever think. Your faith and hardwork bring you miracles. When you get them, you understand the delay. Every birth has a purpose. Your living reveals it. Live long, stay strong.

With kind regards,
Christina Jacintha. ☺
Christina Jacintha, 16 years.

Dear Reader,

As we all know that many people in the world almost everybody have tensions in their life. Being children, every child is worried of their play time, whether they will get to play as much they want or not.

Being a student they are worried about whether they will be able to complete their homeworks timely or not, whether they will score good or not in the exam.

Being a professional in any field people are worried whether they will be able to give their hundred percent in the work or not, whether they will be able to improve the lifestyle of family members or not by their earnings.

Being a female from teenager to adults they are worried that are they safe today from harassment or not. Being a house wife they are worried about whether they will feed their family tasty and healthy food or not. Being an old age person they are worried whether they would be treated well by their children or not, whether they would be able to survive for the next day or not. Many people

starting from secondary students start over thinking about their problems and take a very serious action of harming themselves i.e. committing suicide by thinking that there is no solution to all the problems they are facing. But there is one solution to all the problems. There is no specific equipment for that, we just have to use our mind for that. There is a term named 'Positive Thinking'. Positive Thinking is not just thinking that I will be able to do all my work successfully. If you fail in the work which you are doing, then don't worry. There is always a next chance for you, not in the same way but in a different form which you may not even realise. All the situations such as success and failure teach us something. It is just the way we think. So change the point of view, you will find that your life is the best. There is always an option of trying again rather than committing suicide.

By

Heet J. Karia

BKaria



Krishnam Dutta, Age 10 yrs, N.L. Dalmia High School



Anuja Bugde, Age 12 yrs, Mushtifund high school



In the drought struck Earth I lay
I was alone, my life was dull and grey
The scorching heat burnt my seed, I was barely able to breathe
The lonely days came by and crept away.

I cried, why did all suffering come to me!
I brooded for weeks before it finally hit me
Although my thirst lay unquenched, I had no family, no friends
I had a purpose
to fulfill as a Tree.

I imagined chirpy birds whose home they made in me
The shade I gave to travellers fatigued and weary
The fruits I gave to children who came to play
Happiness and Hope soon filled me.

Now as I look beside me, and watch my friends cheerful and happy,
I recall the day, I changed my vile fate,
when I found Hope amidst the darkest of days.

~ Kavya Rose Panackal Age: 16

Dear Reader

I am Krish Lokhandwala and I do what every kid in the world does, but I am here today writing to inspire.

If you have the intention of taking your own life think again. Think of what makes you happy and take the same rope that you are thinking of taking your life with and pull yourself up the ladder, then just be happy with what you have. Beautiful wife/husband and children, Think again IS IT WORTH THE SACRIFICE.



Krish Lokhandwala, Age 15 yrs, Aditya Birla World Academy

The letter of hope

Hello Friend

I hope this message finds you in the best of your health and spirits.

On this day I remember some words said by a wise man “Never regret a day in your life, Good days give you happiness and bad days give you experience. ”
I promise that after reading this small letter you will be filled with positivity and hope, Your enthusiasm towards life will increase and it will ignite the lamp of happiness and joy in one’s life.

I might have never seen you before but let’s all of us start with a new and fresh journey. Remember those days when you shared Happy moments with your near & dear ones. A person’s life is dead without difficulties & failures. We encounter various difficulties; I understand they might be very big and frustrating but not bigger than your life. Think about those people who love you and think what would they say if you tell them about such a thought in your mind. Even though Earth is a very happy place to live, lakhs of people commit suicide every year without realising their importance and role in the world Let’s leave those disturbing thought behind and try to make these lakhs come down to absolute 0. We will start the revolution and this revolution changes other’s life and results in a big change. Try to find out the solution of the problem and do not give up. One more thing I will say is that start loving yourself and stop thinking about others opinion about you. I hope now we are filled with positivity and have become empathetic towards others.

With a hope,
in my heart,
a letter for you.

Dear Reader,

Hope is Real. I believe if you are positive, motivated and kind from inside then you can conquer anything.

I am a seventeen year old teenager, who never got a chance to love her partner. Yes, I never dated. All of my friends did, whenever I see them I think "Wish I had boyfriend too". I always fantasised about love. Sometimes I act like a crazy woman while daydreaming. But I am not, I am searching for love. I guess there is a guy made for me but where he is I don't know. I wanna meet him. All I demand is love, care, trust, respect & secret keeper. I don't want money or gifts. But, till now I didn't met him. I am waiting, I will be waiting also I will be kind to me.

Lastly, I want to share that "Follow your dreams". Being a person who suffered from anxiety I know how you feel when you are lonely. Stay Strong. Also, "WHOEVER IS READING THIS FROM THE BOTTOM OF MY HEART, I PRAY MAY GOD HEAL WHATEVER IS HURTING you" and I am still waiting for you "Love of my life".

Thanking You
Yours Sincerely
Vatika Modi.

Hi, I'm Parini, and if I had to describe myself in 3 words, they'd probably be 'energetic, empathetic, and enthusiastic'. My hobbies include reading, listening to music, and binge-watching TV shows. I currently study in the 11th grade at Aditya Birla World Academy.


This pandemic has brought tough moments for all of us. Personally, I have struggled with the loss of motivation and productivity. Hopelessness and fatigue frequently left me unable to keep up with schoolwork or to even make an effort to try new things during the extra free time. Along with the current uncertainty surrounding the pandemic, also came uncertainty about the future. While my friends launched projects, pursued newfound passions, and ventured beyond their comfort zone, I cocooned myself into a bubble of stagnancy. Days flew by, each one merging into the other, and I felt myself whiling away time, be it endlessly scrolling through social media or mindlessly binge-watching a k-drama 2 days straight. I thought about college, my subject choices, and my future career, but each thought led me to an impasse, a dead-end, where confusion and anxiety were the only certainties. I found myself losing interest in the things I was once passionate about, and I procrastinated on important tasks more than ever before. This brought on an onslaught of stress and negative self-talk. I was way too hard on myself – self-doubt and frustration were the norm.

Finally, it took meditation, numerous self-care techniques, and a one-hour long conversation with a friend to realize that I wasn't alone, and that I wasn't defined by my struggles. And I'm here to tell you that you aren't either. I know that things may feel difficult right now, but I want to remind you that there's always a light at the end of the tunnel. Everyone has their own way of finding it, but mediation, journaling, and reaching out to loved ones helped me find mine. Please don't hesitate to reach out to a trusted adult or friend; one conversation could make all the difference.

I'd like to conclude with one of my favorite quotes "Never lose hope. Storms make people stronger and never last forever." – Roy T Bennett. Stay strong, this too shall pass.

I'm rooting for you.

With Kind Regards,
Parini Gandhi, 16
Aditya Birla World Academy



*My poem of hope:
Dear whoever is reading this,
I'm not painting a flowery picture,
Or telling you that love will find a way,
I'm telling you a story, of when I was contemplating,
To jump of the ledge that day.*

*Sometime you feel this crushing weight,
That burdens you internally,
You begin to believe your existence is futile,
And you lose hope entirely.*

*I felt like a failure,
A purposeless disappointment,
A nobody with no will to continue.*

*My mind had given up on me,
I lay on the floor very still,
Thinking about all that's left behind,
If that jump was my will.*

*Their devastated faces surfaced my mind,
My parents my friends, my family.
All I could visualise then,
Was my faithless leap, causing them absolute agony.*

*You may have your reasons,
I know I had mine,
But I'm writing this right now,
For I have healed with time.*

*Take a deep breath,
And let it go,
Shut your eyes,
And pray for hope.*

*Your life may be falling apart,
But this is a temporary affair,
You're not worthless, it wasn't your fault, you didn't deserve this.
Your mind is your problem lair.*

*Don't believe what you hear,
Let your mind cease controlling you,
Listen to your heart beat,
Let it propel you.*

*Time heals many wounds,
So step of the ledge,
Live another day please,
You're brave and beautiful spirit,
I know you'll pull through.*

*By Rhea Bhartiya,
Age:15,
Aditya Birla World Academy*

Dear Friend,

I am Sanjivani. I study in 6th grade at Chrysalis High Kadugodi. A few months ago, I was struggling with my thoughts. I was thinking negative things about the people around me and myself. Trust me, I did not like this one bit. Everyday I went to sleep crying and woke up crying. This was hard for me but I managed to overcome it. I talked to my parents who took me to a psychologist. I had therapies for a few months and this helped me a lot. I tried to think about other things when these thoughts troubled. Some of these thoughts made me doubt myself. So, I learnt to trust and love myself and this was also very helpful. So even if you can't or don't want to go to a psychologist for your problems, ~~always~~ loving yourself will fix them. No matter how many mistakes you've made, don't let it make you a hateable person to yourself. ~~No~~ You can always correct your mistakes; even if they are very grave. So my message to you is have self love. Don't be selfish but take time and care for yourself. I know it's not that easy but just try it. Things will be all right. Also try talking to an adult or friend you trust. I hope this helps.

With Love,

Yours Friend and Well-Wisher,

Sanjivani (11 years)

Dear Reader,

I'm Niharika Palep, a 16-year-old student studying A levels from Mumbai, India. I am in the 12th grade at Aditya Birla World Academy. I am an avid reader, with a keen passion for drama and writing. I often dabble in other forms of the arts including painting and dance. For someone who loves eating, I am a complete mess in the kitchen when it comes to cooking. I am probably one of the clumsiest people you'll ever meet in your life and I have an extremely terrible sense of humour and an affinity for extremely bad jokes that only I laugh at. On a more serious note, I have always been a passionate advocate for several social issues including women empowerment and mental health awareness.

The COVID-19 pandemic was a situation that none of us could have ever imagined would happen within our lifetime. It has been a challenging and stressful time for everyone, whether it was as a result of the constant fear of contracting the virus or the uncertain future. In times like these, positivity is key, yet it's not as easy as it sounds. The pandemic caused several significant changes in my life. My board exams got cancelled, causing me a great deal of stress. For days I was worried about my results, whether they'd reflect the grades I knew I could've achieved if I had been given the opportunity to give the exam. However, I realise now that it was a blessing in disguise. The time that I would've spent studying for those exams was used to prepare for the next year's portion in advance. I was also able to do online courses on subjects such as law that I enjoyed but were not a part of my school curriculum. One of the most important things I've learnt as a result of this is that there's a whole world of opportunities out there and just because the door has shut on one of them, doesn't mean that there aren't hundreds of others out there, waiting to be opened.

In February I started getting sick a lot, for a whole week I had a fever almost every day and there were bumps that had formed on my neck. At the time I didn't think it was anything serious, because after some medication not only did my fever disappear but so did the bumps. Little did I know, the worst was yet to come. I was sick again in March, for several days. Once again, after several medications everything seemed completely normal. Then, the entire country went into lockdown. The hospitals were filled with COVID-19 infected patients. That was when I fell sick again and this time no amount of medication seemed to be working. My parents are both doctors so they did everything in their power to help treat it. I couldn't attend my online classes because I had a fever all day and night. Finally, we decided to go to a hospital to get check ups done. I was terrified. What if going to a hospital made it worse? What if rather than getting treated for whatever my current condition was, I caught the COVID infection? After several tests and consultations with specialist doctors, I was told that I had a condition called Kikuchi, something that most people had probably never heard of in their life. Fortunately it was non cancerous, however they were yet to find a definitive cure for it. I was devastated. I held back my tears as I listened to the doctor explain what had happened to me. Over the next 2 months, I was on severe medication. I was sick all the time. I was tired and my appetite had decreased drastically. During all this, I was still attending online classes and trying to keep up with my academics as much as I could.

It's been about 3 months since then, and I'm thrilled to say that I haven't fallen sick at all since June, which was when I was taken off my medication. I was extremely disappointed that my disease had prevented me from being as productive as I could have been during those months. I had made a daily schedule to follow for myself, but I could barely get myself out of my bed. This experience made me realise that no matter how much you may plan your life, there will always be things that will change the course of your life. It's important to be able to pick yourself up again and get back on the right path and most importantly, it's extremely important to be able to adjust to the circumstances around you. You never know what life is going to throw at you and you can't always prepare for everything.

Just remember that there will always be people to support you and be there for you, if you ever feel like it's getting too much. I've been there and the only thing that has gotten me through this is being able to talk to my friends and family whenever I needed their support. Don't be afraid to talk to someone about what you're going through. We're living in uncertain times and you never know when something like this may happen again. Make the most of each day.

It's okay to not feel okay. It's okay to seek help if you feel like you're not okay. It doesn't make you weak, in fact it's the complete opposite. It means that you are strong enough to ask for help when you need it. Don't forget, your mental health is just as important as your physical health.

Life can be stressful sometimes. There's always going to be a lot of things you have to do and a lot of expectations you may feel like you have to live up to. Sometimes it's okay to just take a step back from everything that is happening around you and just take some time out for yourself. Self care is not selfish. Take care of yourself, the most important person in your life is you.

Here are some things I did to help me relax/de stress or cope with the situation:

1. Listen to music
2. Dance your heart out like no one is watching
3. Talk to your loved ones
4. Go for a walk
5. Paint/Write your feelings
6. Sleep

Recently I've made a self care box filled with chits that contain activities such as the ones I've listed above that make me happy. Whenever I feel stressed or overwhelmed or sad, I simply pick a random chit and do the activity that's written on it. That being said, different things work for different people. Do what makes you happy :)

Love,
Niharika Palep
AGE: 16
Aditya Birla World Academy

Letter of hope

“When we are no longer able to change a situation, we are challenged to change ourselves” - Viktor Frankl

Dear Reader,

I hope you are doing well... I'm Khushi Ghai, who's currently studying at Pathways School Noida in grade 11. This year has been a roller coaster for each one of us and we all have gone through a lot in recent times. Just like everyone else, this year was eccentric for me as well.

I am a kind of person who hates sharing her stuff with people because I don't like being dependent on anyone for anything. I don't share my ups and downs with just ‘anyone’ and I prefer to handle myself on my own. This year I learnt the hard way that people are gonna leave no matter how much you do for them. I went through a lot of broken friendships, promises and trust this year. I connected with my old friends thinking that our bond would still be the same, but just like other people in my life, even they proved me wrong. There were only a few friends with whom I was comfortable in sharing some of my stuff and I thought that these people would never take me for granted or break my trust, but just when I didn't see it coming, it hit me like a bolt from the blue.

When I used to see them with other people I always used to think what mistake did I make and why is it only with me that people just leave me so easily and don't even bother to ask me how I'm doing? And while I was thinking that, I didn't realise how much time I was wasting on something which is not in my control. I don't know about others but one thing which I learnt this year was, that people are gonna leave no matter what and at the end its gonna be you with yourself. It took me some time to understand that “everything happens for a good reason” and God removes people from your life just because you can't see the things coming which he can.

I never thought that I would be so okay with the fact that I don't have any real friends. I used to always feel sad but now I just feel like I shouldn't stress over these things because nowadays its really hard to find true people, so when the right time would come, I would automatically make deep connections and friendships...

Just a piece of advice - Always love yourself more than anyone and never lower your worth for any damn one. You are special and you are being taken care of. You might feel as if your world is shattering right now, but just try to understand the real and deeper concept of life. It is way more than, money, fake people, business, career, people's shit, worries, neglect and negativity. It is just about, living, loving yourself, creating new experiences & relations, happiness and discovering your true self.

I know all this is too easy to just say but trust me, a year back I never saw myself writing such a letter, life was just amazing back then, but I would say that its even better now because thanks to God, he finally gave me the strength to kick out all the shitty and fake people from my life. Trust me, everything is gonna be amazing at the end, and if it wouldn't be then just understand that its not the end (you might've heard this before :]). Life is amazing and be thankful to God that at least you have one. Take out time for yourself, do the things that truly make you feel happy, work on your self, strive for the best, never settle for less and just remember that each and everything which is happening right now will soon take you to what you asked for before :)

Thank you so much for reading this and I hope that you get the courage and strength to work for yourself and on yourself. NEVER DOUBT YOUR CAPABILITIES, YOU ARE WAY MORE THAN WHAT YOU THINK... Have a great day and an amazing life ahead... Will pray for your betterment always :) And if you ever feel overwhelmed, just reach out to someone and exhale all the stuff you have stored inside. It would really help :)

Warm regards

Khushi Ghai (16yrs)

Pathways School Noida

Dear reader,

Hey, my name is Sneha. I'm currently studying in 8th Grade at Aditya Birla World Academy. Until now, when I thought of school, I thought of my friends, my favourite subjects and some overdue homework. All the stress and pressure started this year. As if, grades and our future wasn't stressful enough, life had to add comparison to the mix. "You should study harder, look ^{how} well your classmates are doing." We've all heard that statement atleast once from our parents or teachers. Actually, it's not always them that do the comparing, it's also us. We always look at someone that's "better" than us and think, 'are we not good enough?'. I've realised worrying about something, just makes the situation worse. Obviously, we can't just "switch off" worrying, it just happens naturally. That's why we have something called coping mechanisms. I prefer writing in my diary. But stuff like talking to friends or counselor is good too. We all need an outlet to vent out our feelings. Trust me, bottling it up does nothings. If you keep blowing a balloon, it's bound to burst someday. "When you're going through a hard time, as if you're doing long jump, even if you're a bit behind, won't you have a longer runway to jump?" That quote still rings in my head and reminds me to not give up. Everyone has atleast one reason to live: a person, place, goal, song, anything. And if you think the world is such a horrible place, shouldn't you live to make it better?



Regards,

Sneha Chakrabarti

Dear stranger,

I don't know if I know you or not. You might be the one who sat next to me on that bus to park street, or you might be the one who lended me her pen during the half yearly last year. I might not even know you. In this chaotic busy world, I know we lack empathy. We fail to understand the pain of people even if we live under the same roof. I wish this letter finds you when you have no hope left, getting out of bed feels like a huge task. I hope this letter finds you before the thought of ending your life crosses your mind.

This world is scary, people around seems to lack the basic humanity. I know you think killing yourself seems like the only escape from this insensitivity. But hold on, we know nothing about what comes after death. It might be worse than what it is now. You might inherit an eternal regret of a life you could have had if you just waited for one more day. I don't want you to choose life for the fear of the unknown, your heart is already drenched with negative emotions. Choose life for the minute hope that is there, somewhere inside you.

Life wasn't like this since you were born. There might have been a bright sunny day when you played on your yard, enjoyed at your porch swing. There might have been a time when life was much easier. Hold on because one day with some hard work you can be happy again. Use those happy memories to find the long lost hope. I know people don't understand your pain. It is easier to preach twenty people than to be one of the twenty and follow one's own preaching. You don't have to choose life for anyone else but you. The world might have been ruthless to you but don't you think you owe it to the little child you once were, the one who always found life synonymous to a fairy tale, who had dreams and try again.

Give life a second chance. A lot of people have already hurt you, don't do the same thing to yourself. Show yourself the same compassion that people around you failed to have. Be a kind to yourself. Try to find happiness within yourself. Listen to happy songs, dance like you did when you were young, and paint. You don't have to be Picasso. Read a book. They are your most loyal friend. Make a book your buddy and you will never be alone again. Go to an orphanage, animal shelter or an old age home; spread joy. When you bring a smile on someone else's face, an unexpected joy will make your face glow. You know how hard life can be, try to make it easier for someone else. You don't have to do anything extravagant. Try to be that person you never had in someone else's life.

You need to work hard. Some days harder to even get out of bed but with little patience and hope you can still have the life you dreamt of. Nothing is impossible. You are strong. You do not need anyone else to show faith in you, you just need yourself. Just hold on for one more day so that one day when you sit on your couch, working on your laptop on a sunny morning, and you see your beautiful kids playing in your garden. You will know they have a strong guardian who worked very hard to come out of a quick sand to become bright, happy person. Good things don't come easy, otherwise we tend to forget the value of the gifts we have. Treat this rough patch as a price you are paying for the beautiful days to come. God might be giving you more points for your future TED talk. Wake up every morning and start fresh, with hope you gifted yourself.

With love,

Hrishita Mukherjee.

DPS New Town Kolkata



How are you?

Open your eyes, open your mouth
Go let that voice really come out!
I know it's there - right within you,
It's just reposed, hidden from view.

If you're queer and have bullying peers,
Or your body is shamed in lieu of cheered,
It might be your family, not on good terms,
Whatever it is, I'm here to affirm:

We may not know,
Unheard of each other,
But we're acquainted with the same
pain,
We can feel one another.

Going through the same
tough times,
You might just find
solace in my rhymes.

It's your life, we're here to work
Let me wipe out those ghosts that lurk
In the back of your mind, instead of shirk
I'll hold a torch at the end of that mark

Come by the window, we need a peek.

I know it can pain to be a Human Being,
But You're worth the healing -
I mean, look at the beauty of its very
meaning.

What are you sad about?
Just let it out -
This life is worth living
and that's without a doubt.

If there's a problem,
there's a solution.
If there's hope
that's not an illusion.

I'm all ears, taking interest:
How are you feeling?
Are you your best?

Let the negative take a bit of rest
Let's see, how to make your life into
a fest?

One more life, let us save,
With a little smile, a friendly wave.

There are better strategies
To deal with stressful challenges
All around, the heart helps
When the mind fails to balance it.

I'm reaching out, if you can't
I know it's hard, whisper a chant
Reaching out is a daunting task -
Let's talk, let's answer and let's ask.

You're welcome to this safe home.

Be there hope or hope not,
A solution there has got to be.
Come sit down, work it out
Then we'll see - to be or not to be.

Never underestimate the worth of
words

When they're heard, many miracles
have occurred.

That's the magic of words,
weaving poetry

They can touch parts and
light up what we can't see.

It can reinsert hope in humanity,
It can blow back life to one's entity.

Society isn't a dress,
So we aren't misfits
There's always help for those
Who are in need of it.

Just one search, a tiny call,
A conversation, breaks down tall walls.

Sometimes that helps in a friend of soul
Like my cousin's there for me -
Then, of course, there are professionals
Equipped to sort the mess that we all can be.
Meditation for our souls
Making us more whole.
Therapy is a little cupcake
For our minds -
A brief gym session
For its fitness.

Let us promise to solve all issues,

Life is a beautiful phenomenon,
A gift we are blessed to witness.

You are loved by the Earth
You deserve the world
We are born to fly
With our wings unfurled.

~ Indranil.

Dear soul who questions every breath of yourself,

You are the perfect Chrysanthemum in a sunlit morning, we just cannot let you wither.

As vivid as it becomes with enchanting flowers wilting every second, it is a dark hollowing void that engulfs all external flaunting vibrancy in just one grasp.

“We all hurt.

We all crumble.

We all break.

But all the world sees is pride hanging from a ceiling.... There are things known and things unknown and in between are the doors...”

- Jim Morrison could not have said it more appropriate . And more to it as Wilde says, - “Death must be so beautiful. To lie in the soft brown earth, with the grasses waving above one’s head, and listen to silence. To have no yesterday, and no tomorrow. To forget time, to forgive life, to be at peace.” , death maybe beautiful ; with the purgatories you’ve been through, I do understand you crave for the beauty of death, but that is our very destiny, and so why not to collect some precious pearls called moments from the beach of life ,prior to it. However hoping to make difference, I have a tiny present for you, “A bouquet of reasons” - through a piece of poetry I penned down.

Let’s take another puff of air to breathe

Because we still have that one unworn dress piled in the cupboard that we had bought after a lot of tight cartel with the household budget.

Let’s hold on for another day because

The nearby ice cream parlour has introduced a sweeter flavour of the chocovanilla icecream on a crunchy cone topped with strawberry pulps .

Let’s keep the heart pumping because

Another click on the camera shutter would capture a perfect sunset shot

Let’s not give up today because

The celluloid just released another movie by our favourite actor

Let the veins continue rushing blood because

The tea tomorrow morning will be more balanced with exact amount of tea leaves and perfect amount of sugar

Let the heart go on because

If you do not water the hanging pot it will not blossom the perfect pink petals

Let life happen for a bit longer because

The coin collection yet has a more few antique coins to be collected and added

Let’s choose not to die today because

The roads you take a morning walk on are waiting for you with your track suits on.

Let life go on because

The fridge has a perfect cream pudding to be eaten by you

Let’s live yet on because

The bucket list reading paragliding or bungee jumping at magnificent beach or even sun rise view from the coldest mountain peak has not yet been ticked off

Live , live long ,make others live longer too because not just one, we have an entire constellation of stars to fulfil wishes for you as they fall off the sky.

Yours sincerely,

Someone appreciating every breath you take,

AISHIKI BANDYOPADHYAY

DPS New Town Kolkata

Letter of Hope.

My dearest friend in need,

I know you are going through a lot . It's true we live in a society that insists on constant productivity and we are unable to meet personal expectations or expectation of our parents and end up missing to see the beauty of life. What then is the panacea for this ailment? It's high time we realize that life is a very precious gift . Those who have it should enjoy it. The impossible happens via living. Life's challenges don't exist only to upset us – they exist so that we make an effort to deal with problems , learn something and in that process discover ourself . Loving yourself is falling in love with life itself. There are so many adventures and surprises yet to be experienced in life . The most challenging moments are the ones that define us.

There are people who need you . Your depart will affect their lives in a traumatic way. There are people who love us and people we love back. Then why leave them? Let us then not hold the memories of pain. There are millions out there yearning and looking to others to share a moment, a laugh or even a tear. Let's open our arms to embrace all and watch the gloom of loneliness lift off human souls. Smile and stay strong always!

With love,
Your forever friend,
Srijita Talukdar,
DPS New Town Kolkata



LETTER OF HOPE

Hello there! I hope you are having a good day but just incase you aren't here is something you should know. It is absolutely okay to be sad sometimes and it is okay to cry your heart out about something no matter how small or insignificant it might seem to others. However your aim should be to never let the same thing make you cry twice. It breaks my heart to say this but not everybody in this world is nice which led to the invention of phrases like 'cruel world' or 'harsh reality of life' but trust me all it takes to find your peace in this world is patience and optimism. You might have tried to reach out to people with your problems and might as well have been taken aback by how they reacted but do not let that make you believe that there is no humanity left in the world . "Humanity is like an ocean; if a few drops of the ocean are dirty, the ocean does not become dirty"as said by Gandhiji and you will too find that right person who would truly care and then your life will be just as magical as you imagined it to be but until then you have to stay strong and optimistic. Try to see things differently and everytime you fall into an unwanted situation ask yourself one question, "What did I learn from this?" and prevent yourself from committing that mistake again. Do not be afraid of failure because "if you learn from defeat, you haven't really lost" as said by a famous personality. I know that sometimes you feel so hurt and terrible that you cannot even explain why are you sad and sometimes all these quotes seem to be a lie and life feels unfair. However, you should always have faith in yourself and believe that if you are a good person ,you do deserve a good life and you will get it, if not now sometime in the future. If you cannot find love in humans ,talk to animals , talk to plants (or even to your old teddy bear!)because they will love you back! The world might be dull sometimes but life is always beautiful. Life is rare and special and we all should be grateful for it!

-RICHA ROY (12-A)



WAYS TO GET BACK ON TRACK WHEN YOU'VE LOST YOUR WAY -

There is not a human being on this planet that goes through life feeling up 100% of the time. There is not a human being on this planet who is happy 100% of the time. We all have low moments. We all suffer setbacks. We all get caught up in things we shouldn't... and we all lose our way. Some of us remain lost forever, and some of us, find our way back to the path we were destined to travel.

Eckhart Tolle once said: "The primary cause of unhappiness is never the situation but your thoughts about it."

Whether you stay lost, or find that path is a choice. If you beat yourself down or lift yourself up, it is a choice... and that choice starts in your mind. Your reality is not what has happened, but how you frame it, what has happened. Change your thoughts and you will change your life.

Here are 5 ways to get back on track, whenever you've lost your way -

1. Write down your REASON WHY.

When you know your reason why you need no external motivators.

Why MUST you do what you do? Why MUST you succeed?

Why MUST you get healthy, develop yourself, set a positive example?

Why MUST you earn money, change your attitude, strengthen your relationships? Who are you doing it for? Why must you keep fighting?

There IS a reason... and when you find that reason it will light a fire under everything you do. It will get you up early and

Keep you up late. It will inspire you to push harder, to fight longer, to try a different way... to find a way... to never... ever... give up. You'll still have low moments, but you will never stay there. Find that reason.

2. Know that Life is short -

Understanding at a deep level that life is short, and you only get one shot at this human experience can be one of the most powerful ways to get you back on track. It's not a recipe for recklessness or craziness... it's knowing that life is short, and everything you are stressing about will likely not matter in the end. It takes... the heaviness off almost every problem. Let it go and focus on doing the things you love. Following your passions. Surrounding yourself with great people. Be grateful for the life you have inside you... the time you have left... and make the most of that time. Ask yourself: How do I want to be remembered? How can I conduct myself, today and every other day, so I am remembered that way?

3. Feed your mind with something positive and powerful.

Consume as much positive, transformative and powerful self-development material as possible. However you do it, books, audio, videos, mentors, it doesn't matter how it only matters that you do. If you are feeding your mind with powerful content every day, and really taking it in... it is very unlikely you will lose your way. You lose your way by getting caught up in the negative, like most people on this planet. Negative news. Petty conflicts. Comparison with others. You find your way, by doing what most people don't... and one of those things is self-development. Be curious and open with your self-development. Seek to

learn, grow and develop yourself in all areas of your life. Ask yourself what you would Love to improve in your life, with your personal skills or traits.... and then seek the best mentors with skills on those topics. You can also feed your mind with your own inner content... this... is known as GRATITUDE. There is no more powerful force on earth than gratitude... and if you are really feeling it deep, and practicing it every day, it will ensure you remain in a powerful, positive state.

4. MOVE!

Science has proven physical exercise can lower depression, reduce stress and release endorphins or "happy" chemicals from your brain. So, next time you lose your way... get to the gym... go for a run... sweat... release that tension somewhere positive. Do it daily and continue to grow your physical strength. Your physiology and posture also has a lot to do with how you feel. You will feel very different by standing tall, with your shoulders back and putting a big cheesy grin on your face, than you will slumped over, shoulders down and frowning. Take note of your posture when you are down. Be conscious of it. Learn all you can about it and make the needed changes.

5. Know where you Exactly want to go.

Goals are important because they clearly define WHERE you want to go, and keep you on track to getting there. Science (and common sense) will tell you those who set specific and clearly defined goals are much more likely to live successful and fulfilled lives than those who don't. Here's a few secrets to goal setting.

Firstly... Be very specific about what you want. If it's money, don't

just write down "I Want More Money", write exactly HOW MUCH money. If it's a fitness goal, don't just write "I want a better body" write the exact weight, or body fat measurement you must reach. Second.... Be clear about WHEN you must have it... "I will make \$1 million dollars per year by the 31st December 2019." "I will reach 10% body fat by the 30th June 2019."

Finally... DEFINE HOW you will reach that goal... "I will make \$1 million dollars per year by the 31st December 2019, doing (X) and to do that I will first need to learn y(Y) and complete (Z)."

By getting clear about what you must have and defining how you will get it and by when, you will now have a clear purpose to work toward. The chances of you getting off track when you have something IMPORTANT to work toward is very slim.

The key is to make it meaningful to you. We gave a money example, but your goal should never really be centered around money, unless that money goal is attached to a greater purpose. i.e.

(Your reason for making that money) which might be children, family, or a cause you believe in. Now you know how to get back on track. Now you know that there are ways to get back on track. You don't have to stay lost. You know next time -

"THIS TOO SHALL PASS". It will pass. Keep going and Keep growing.

"It is during our darkest moments that we must focus to see the light."
- Aristotle

"Find a place inside where there's joy, and the joy will burn out the pain."
- Joseph Campbell

Dost ek baat hamesha yaad rakhna ki hamari filmo ki tarah hamari zindagi mein bhi end tak sab kuch thik hi ho jata hai Happy's Endings. Aur agar thik na ho toh woh The End Nahi.... Picture Abhi Baaki Hai mere dost, picture abhi baaki hai.

Dear Reader,

STOP, whatever you're planning on doing just know it isn't worth it. Take a couple of deep breaths and if the tears don't stop let them flow. It's always better to let out the frustration rather than keeping it bottled inside. You probably don't understand the implications of suicide, the grief it will cause your loved ones and the amount they will suffer because of your actions. So please take a couple of deep breaths, calm your trembling hands and splash your face with ~~enough~~ water and I promise you the situation won't seem as hopeless.

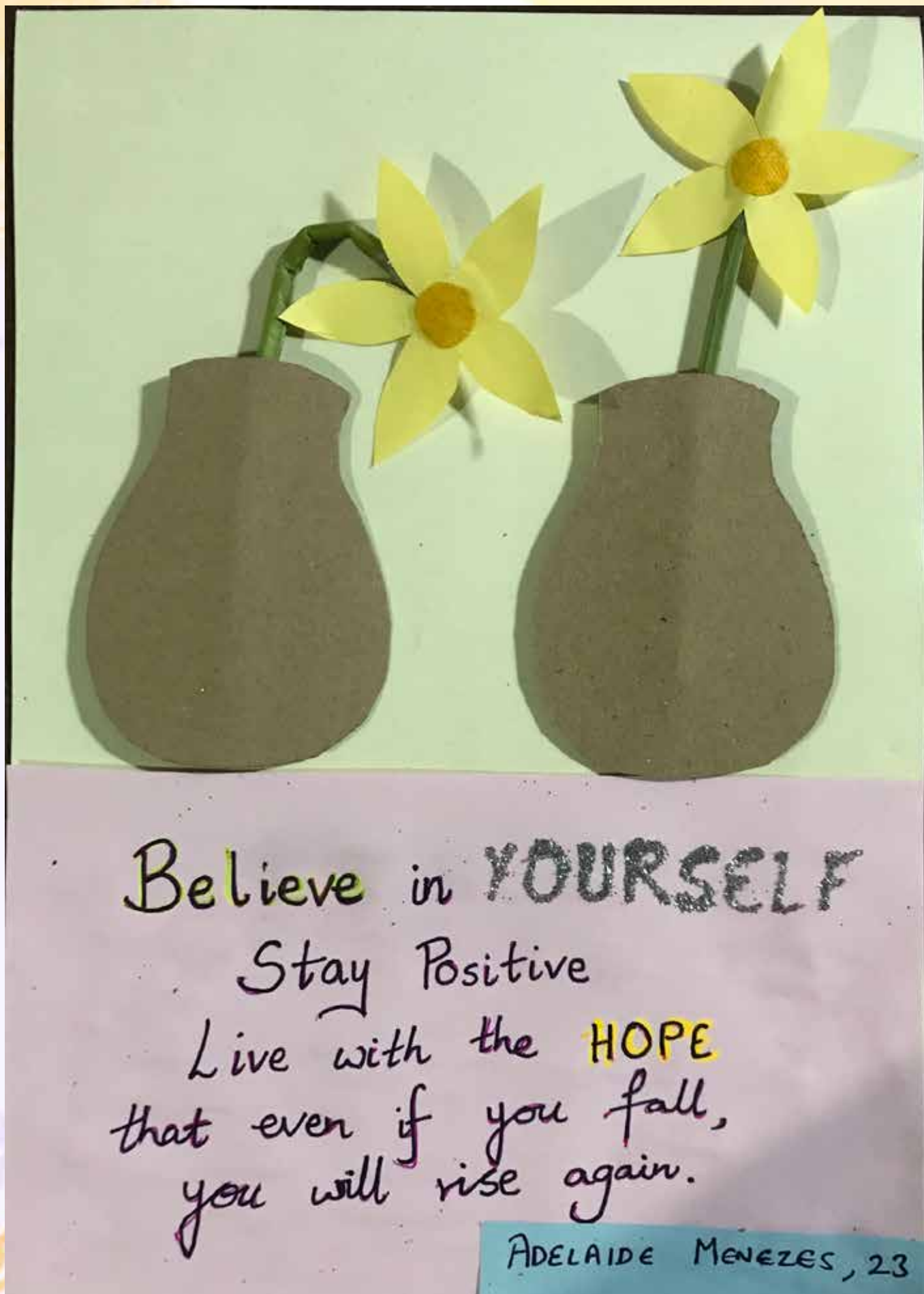
I know a thing or two about being bullied. I suffered for almost two years because of my unwillingness to accept what was happening. It's usually the people who you think are your friends that target you but in reality you're just a scapegoat and they do not treat you like a friend. I have cried enough times in the shower, the school bathroom

or for that matter locked away in the solitude of my room to know a thing or two about pain, be it physical or emotional. The one piece of advice I would give to anyone who is suffering is to talk to someone you trust about what's bothering you. They will give you some advice and help you through it. Of that I am sure. People often say 'ignore the bully', trust me that never works. If someone is trying to bring you down never ignore it, instead take action. Confront them if possible but if that doesn't work tell your teachers or parents to take to these individuals. It's better to be what people call a 'snitch' rather than allow someone to bring you down and affect your mental health. Take a stand, always keep in mind that no matter what you are unique, you are gifted and no matter what you are destined for greatness. Distance yourself from the haters and surround yourself with people who want only the best for you. Work hard, ~~become~~ make a

positive change in your life and if you concentrate your efforts in the correct direction you will earn the respect of others.

That's just a few tips from me. If you ever need to get something off your chest talk to your friends or family. Remember a true friend is someone who sticks by you through your highs and lows. Take care, stay healthy and most importantly happy.

Yours truly,
A well wisher



Adelaide Menezes, Age 18+ yrs, St.Xavier's College, Mapusa-Goa

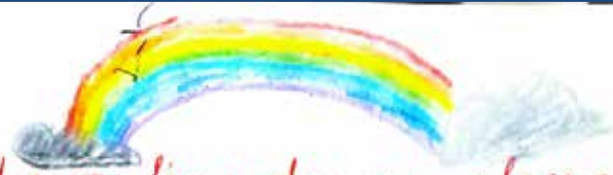


Dear Reader,

My name is Ananya. I study in Grade-6 in the Aditya Bird Integrated school. I can be your friend. I am always happy and if I ever feel sad, I always tell about it to my mother.

I have learnt in my science class that pursuing a hobby helps to lift our mood. My hobbies are art, cooking and cycling. I also enjoy listening to music. Art, cooking and music have helped to lift my mood during the lockdown.

I also learnt that physical exercise of any kind also helps to make us feel happy and energetic. During the lockdown, I have attended



the online dance classes of my school and realized that I feel happy after attending them.

Here is something from my science notes:

"Sometimes, a person has no other choice but to hope that tomorrow will be a good day, and many times it indeed is!"

Things may seem very big in the present moment but after a while with a little thought one may find a solution to the problem.

Thus, it is important to pause and think before taking any decision."



Sharing a few meaningful lines that I came across:

Learn from yesterday,
live for today,
hope for tomorrow!



Work hard and don't give up hope!



Stay positive and happy!



Lots of love and a big warm hug for you,
Ananya.



Dear Reader



8-8-2020

My name is Craig. I am 12 years old. I am in the sixth at the Aditya Birla School. My hobbies are playing with lego and playing Fortnite online.

Recently I was sick and had to go for a blood test. It was a bit abnormal as I had to wear a mask and gloves. At the collection center, we had to sanitise our hands.

Sometimes I feel scared and worried. At such times, I try to feel better by talking to my parents. I also play some games which make me happy or listen to some music.



We should all try to be calm and stay positive even though times are stressful. Share your feelings with people you love. Exercise is also a good stressbuster.

I hope and pray for all of us to be safe, strong, happy and healthy. Warm wishes, Craig.

How to keep Hope alive

STEP ①

Pick up a hobby that is a process.

 Gardening

 Writing

 PAINT

 SCULPTING

It will take time to complete.



STEP ②

Feel the rush to wake up each day and look at something new

Gardening will help you to wait and see your plants blossom.

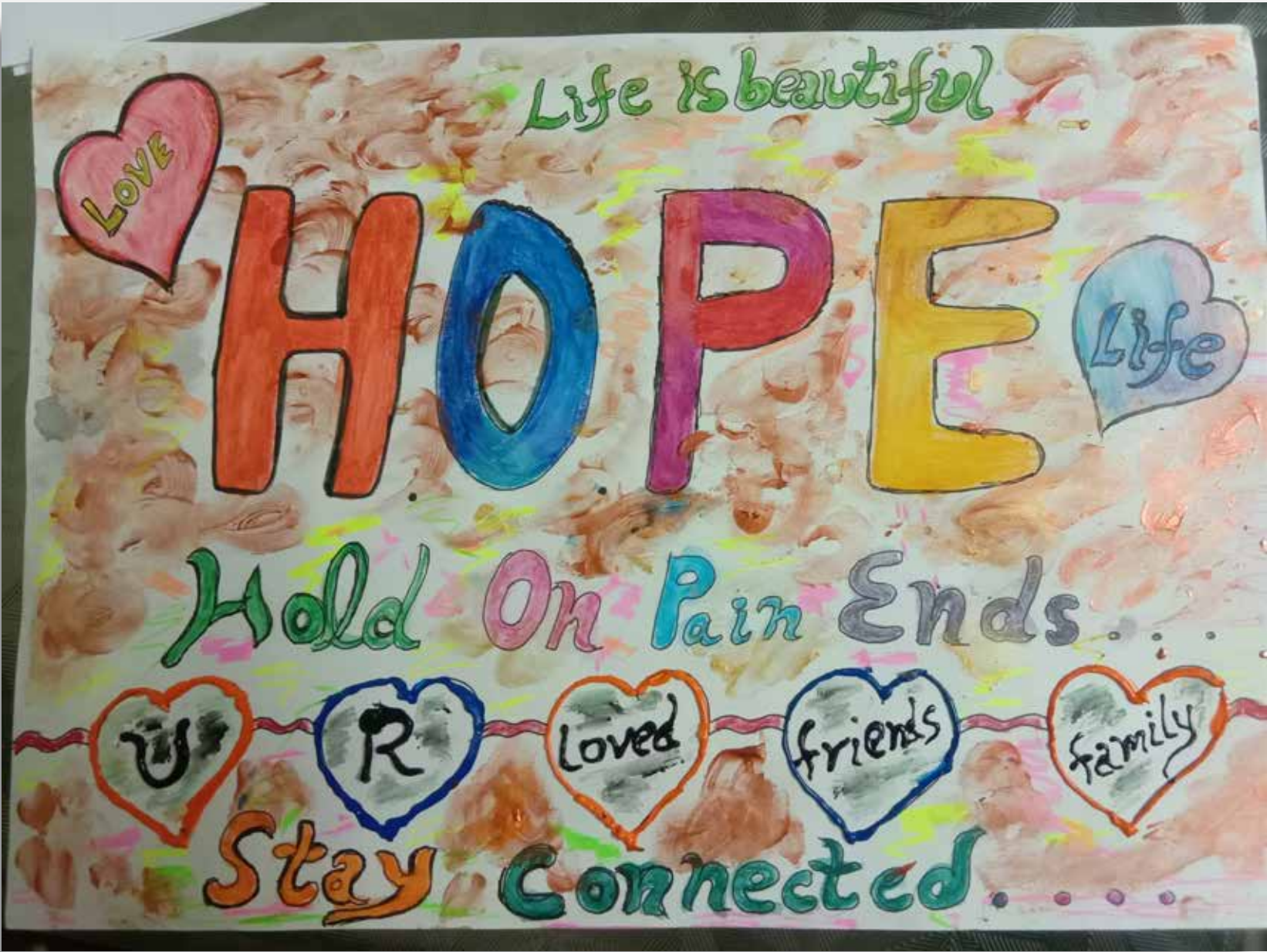
Painting can help you to bring your demons and challenges to life, where you can face them or share them.

Sculpting can help you to feel the power of creation.

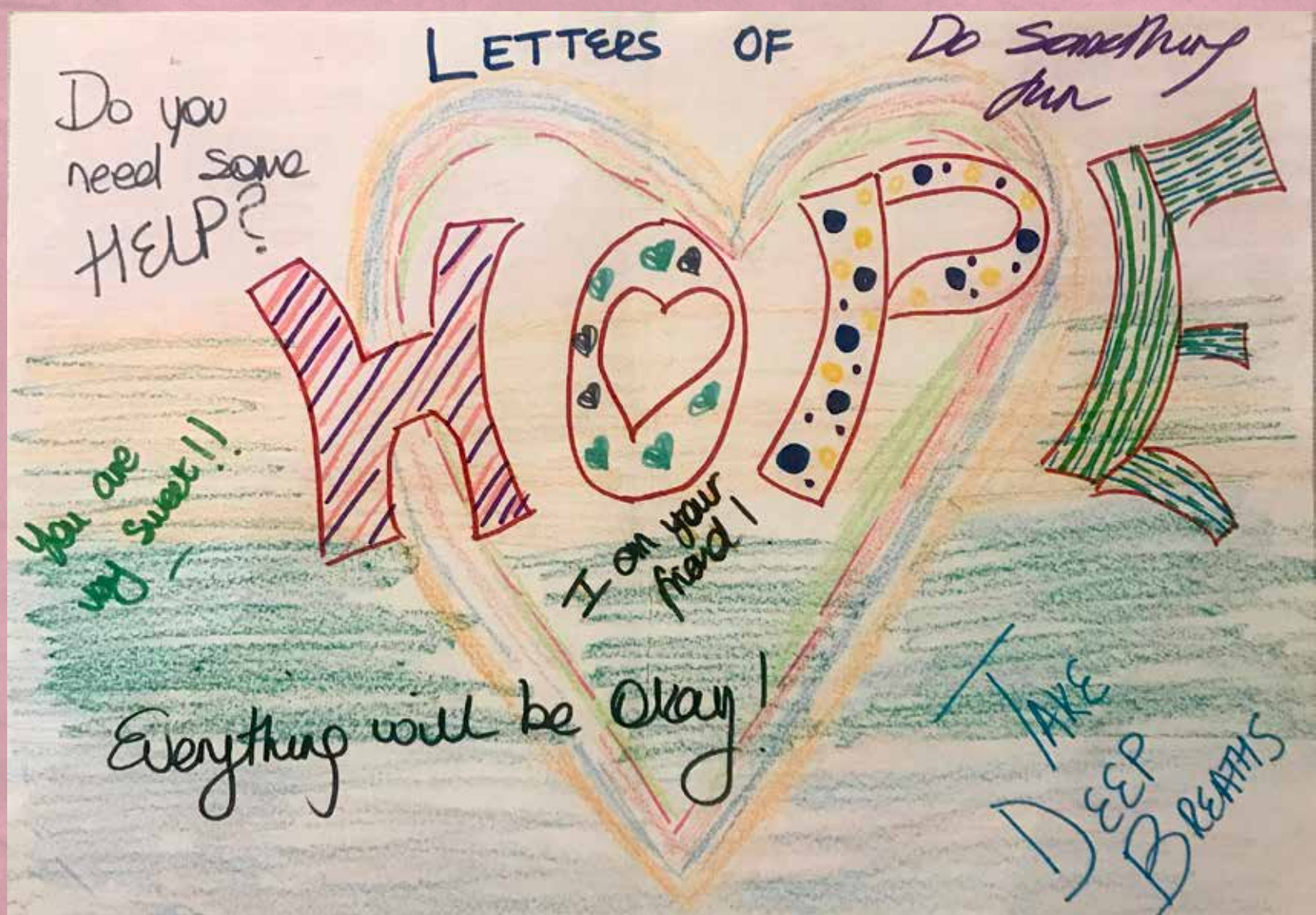
Writing will give you the adrenaline to put down a new character, a new twist on paper.

 Having something to look forward to each day can help keep the flame of hope burning 

Manju Navani - TABIS



Sharmila Gokarn - TABIS



Keanu Dadyburjor - TABIS



YOU DO NOT HAVE TO FEEL BAD TO ASK SOMEONE FOR
HELP. THERE IS ALWAYS SOME ONE YOU CAN REACH
OUT TO. PLEASE SPEAK TO YOUR FRIENDS, TEACHERS,
COUNSELOR OR A TRUSTED ADULT!

Rishad Vandrevale - TABIS

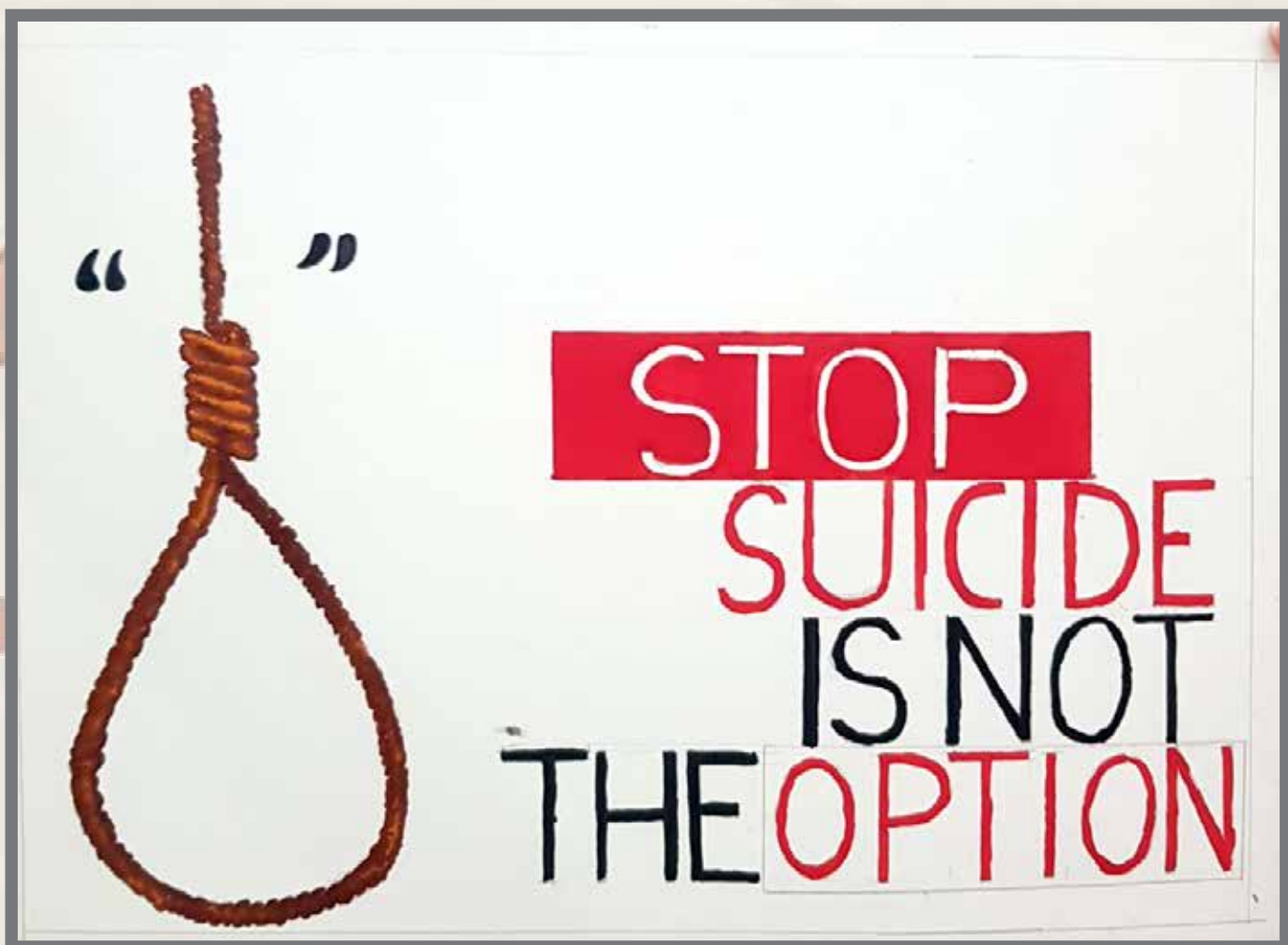
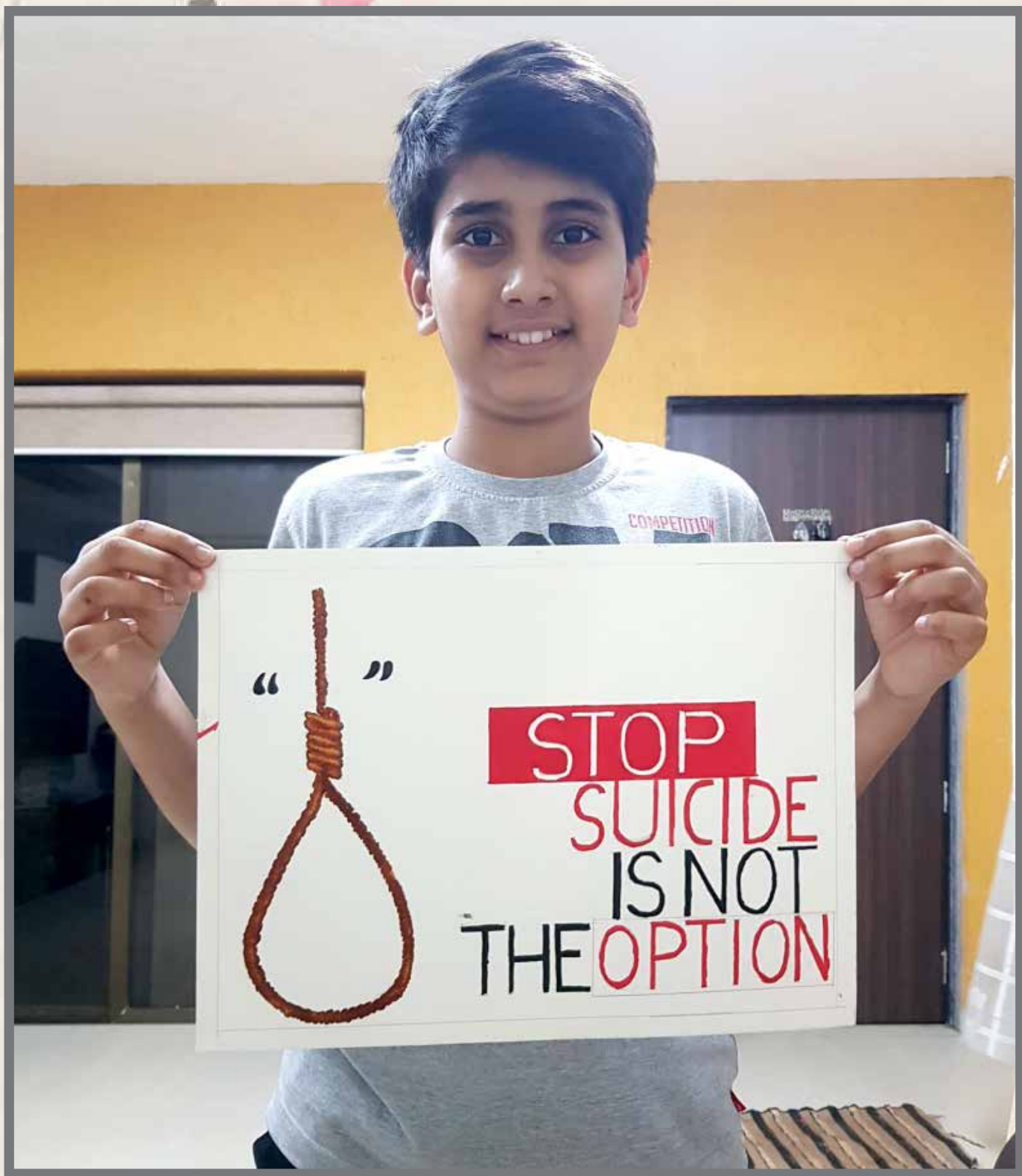
Letter of Hope

Dear reader,
I am amir Shaikh from
aditya birla integrated school from G. G. during
this corona pandemic i went through a
difficult situation. when I came back from
usa I was lacking behind in my studies
in india by 6 months and it was very
difficult for me to cope up to studies
But I did not loose hope and tried my
best and succeded it. I was stressed
a lot but my mother was always by
my side and helped me to deal with
this situation. IF we have any problem
we should talk to our family member
and our loved ones.



LIFE IS LIKE RIDING A BICYCLE
TO KEEP YOUR BALANCE

YOU MUST KEEP
MOVING !
♥



Dear Reader,

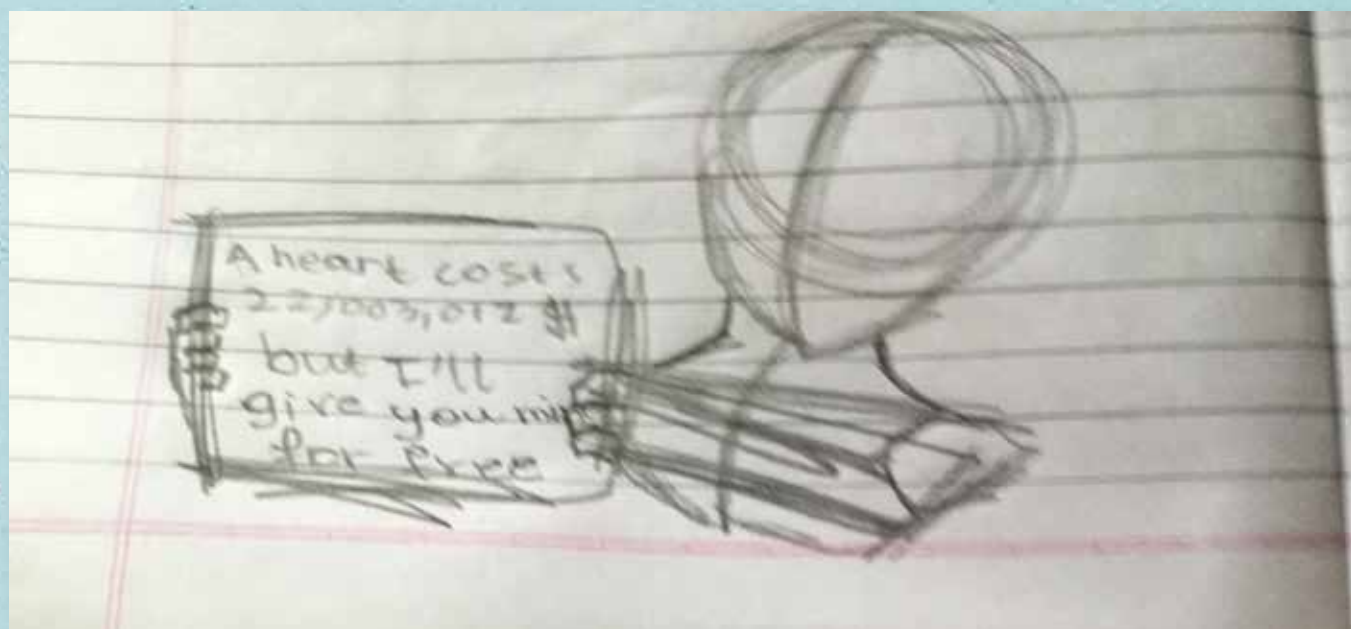
I am Aarav Ahuja from The Aditya Birla Integrated School - Grade 7. I would like to share that past 4 months have been really difficult for everyone around. There were only sad and negative news on TV's and Social Media also. One of the recent news that got the world shocked was suicide of a famous Bollywood actor. I feel if he would have his family around he wouldn't get depressed and take such a drastic step. I feel if god shuts one door another 10 open and there's always light at the end of the Tunnel. I feel we should always share what we feel with our family and those friends and they will definitely help us come out of any difficult situation. There is never a lock without a key. Similarly every problem has a solution to itself. it...

...
"Even the darkest r
night will end
and the sun
will rise"

Kind Regards
Aarav

FOR EDUCATIONAL USE

Aarav Ahuja - TABIS



Dev Kothari - TABIS

“The person who completes suicide, dies once. Those left behind die a thousand deaths, trying to relive those terrible moments and understand... why?” – Clark

Life is a gift from God. It is very precious .There will always be hard times and good times but it does not mean that hard times stay forever. “HOPE AND FAITH “are the magic words that make you overcome your hurdles in life. The person who manages to stay positive during hard times is indeed the bravest person and eventually gets rewarded by overcoming them.

Suicide is not a solution it is just a beginning of pain and sorrow for the people left behind.

You don't need to fight your troubles alone, you can begin to get help by reaching and speaking to someone you trust or even with a school counsellor and it is also important to count our blessings...it's all worth it in the end :)

With kind regards

Aroush Datta
Grade 11 -TABIS

Letters of Hope

Dear Reader,

I am a citizen of Mumbai studying in Aditya Birla School STD VII. I would like to discuss about suicides. There are people facing many problems but cannot face the situation and they end up giving their lives. This is why we should always have older or close ones to listen our problems.

We think if we end up our life we rescue from world, but no that is wrong image on the youth. There is a solution for all problems so we should know how to come out with the problem.

My friend was having a very tough time, he lost his mother as she had cancer and his father was working in company who was making loss. He didn't have food to eat, he was tired of his situation but he didn't lose hope. He went out for work and supported his father financially. That is hope.

we should have hope of getting out of problem

Thank You'

Aarav Jain.

ate: 9-8-20

Dear Readers,

My name is Shriya Pandey and I study in TABIS in grade 7. I am a nice person and I love being happy.

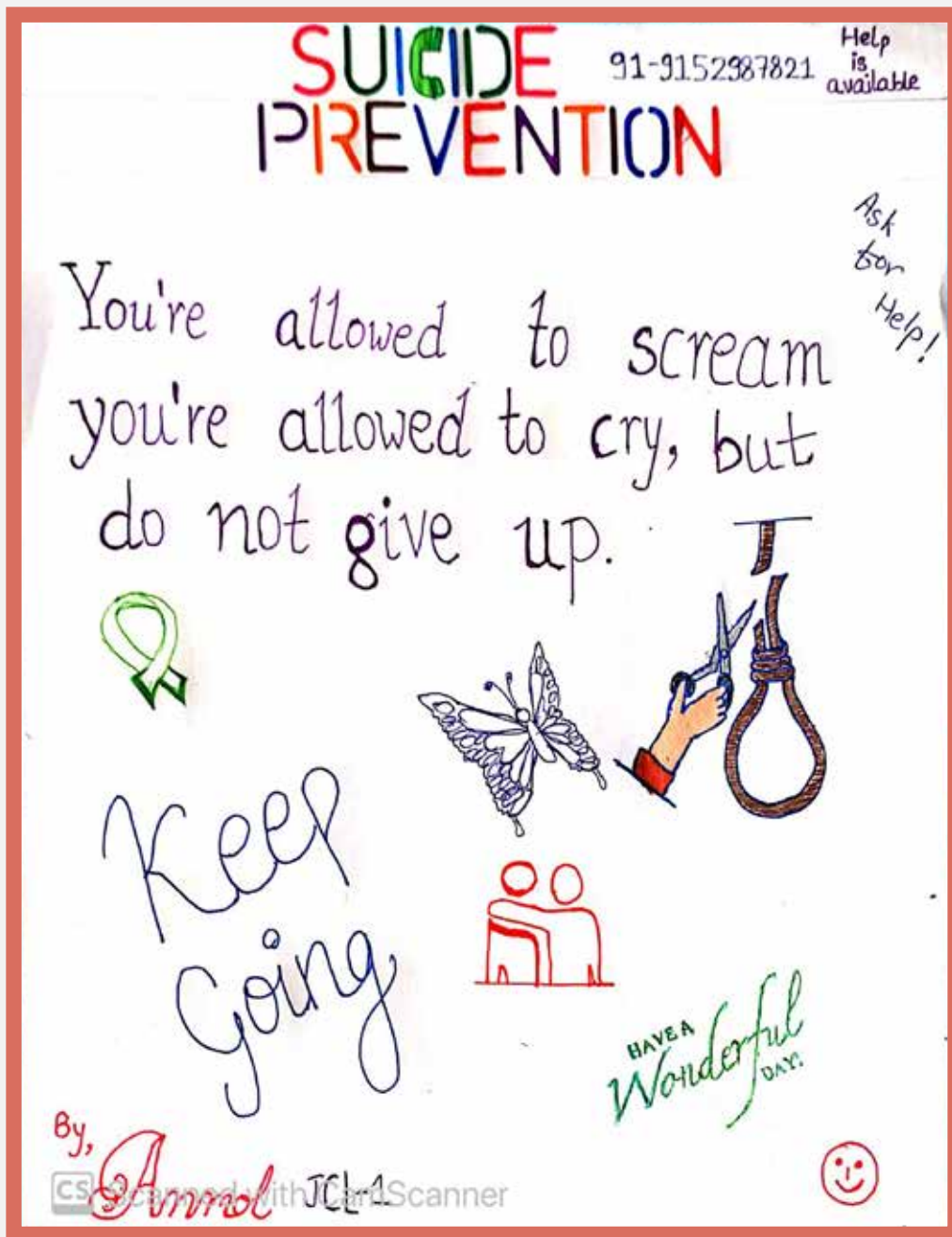
For the last 4 months, I have been at home because of the lockdown. The schools are closed and we have been doing online class only. Being at home during lockdown is challenging because I want to go out and have fun. But we are not able to go out. Sometimes, I feel upset and sad and frustrated. Sometimes, I get angry with my mother, my sister.

In these times, I do many things to feel happy. Almost everyday, I talk to my grandmother. Sometimes, I play with my tablet, see my Instagram account on the phone. I listen to music and colour in my mandala notebook. Whenever I get bored, I talk to my sister and fight with her.

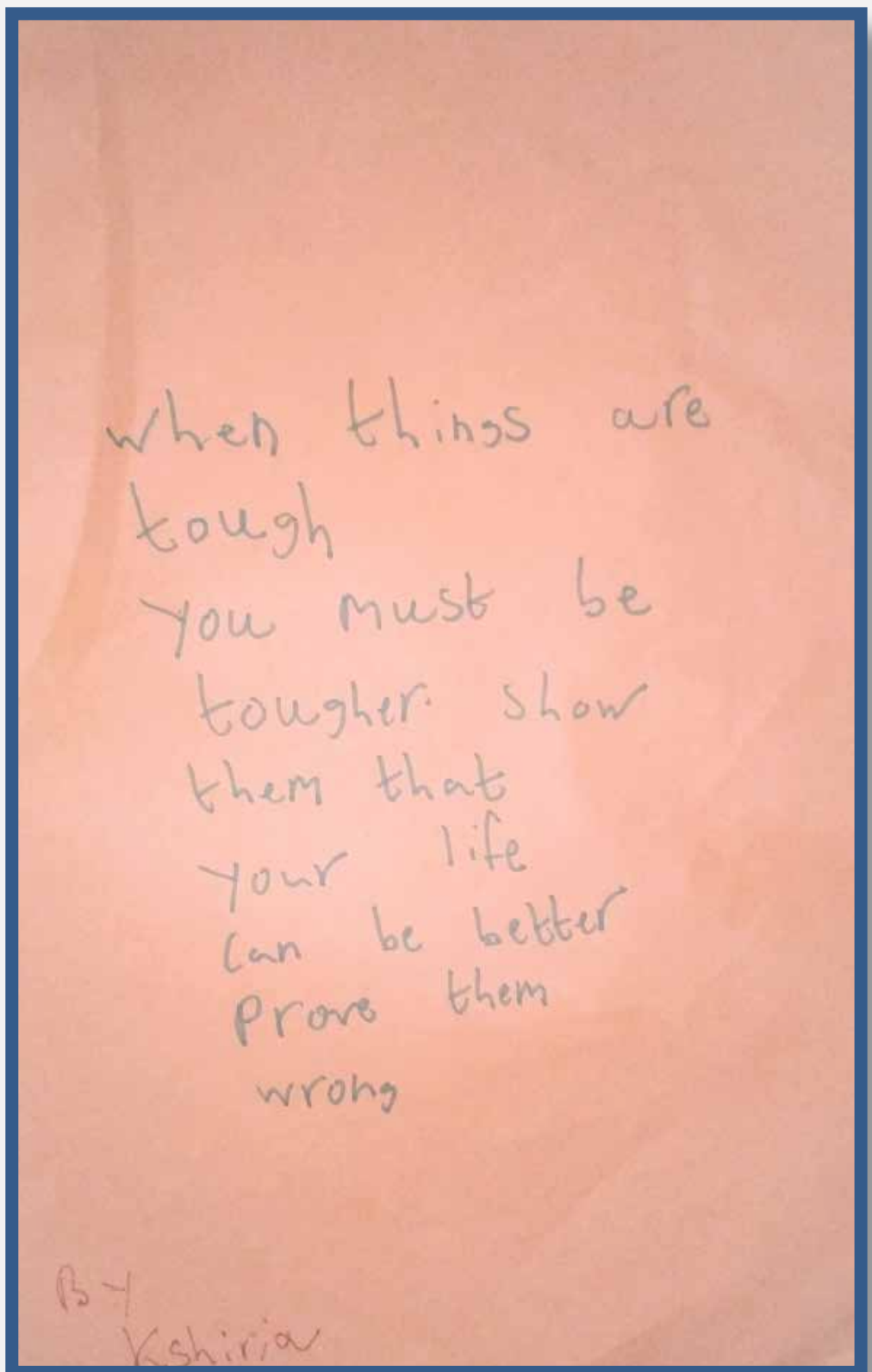
Therefore, you should never feel sad. If you feel sad you should motivate yourself. Speak to friends and relatives.

Life is always good, always feel happy.

With Kind regards,
Shriya Pandey.



Anmol Wale Grade 11 - TABIS

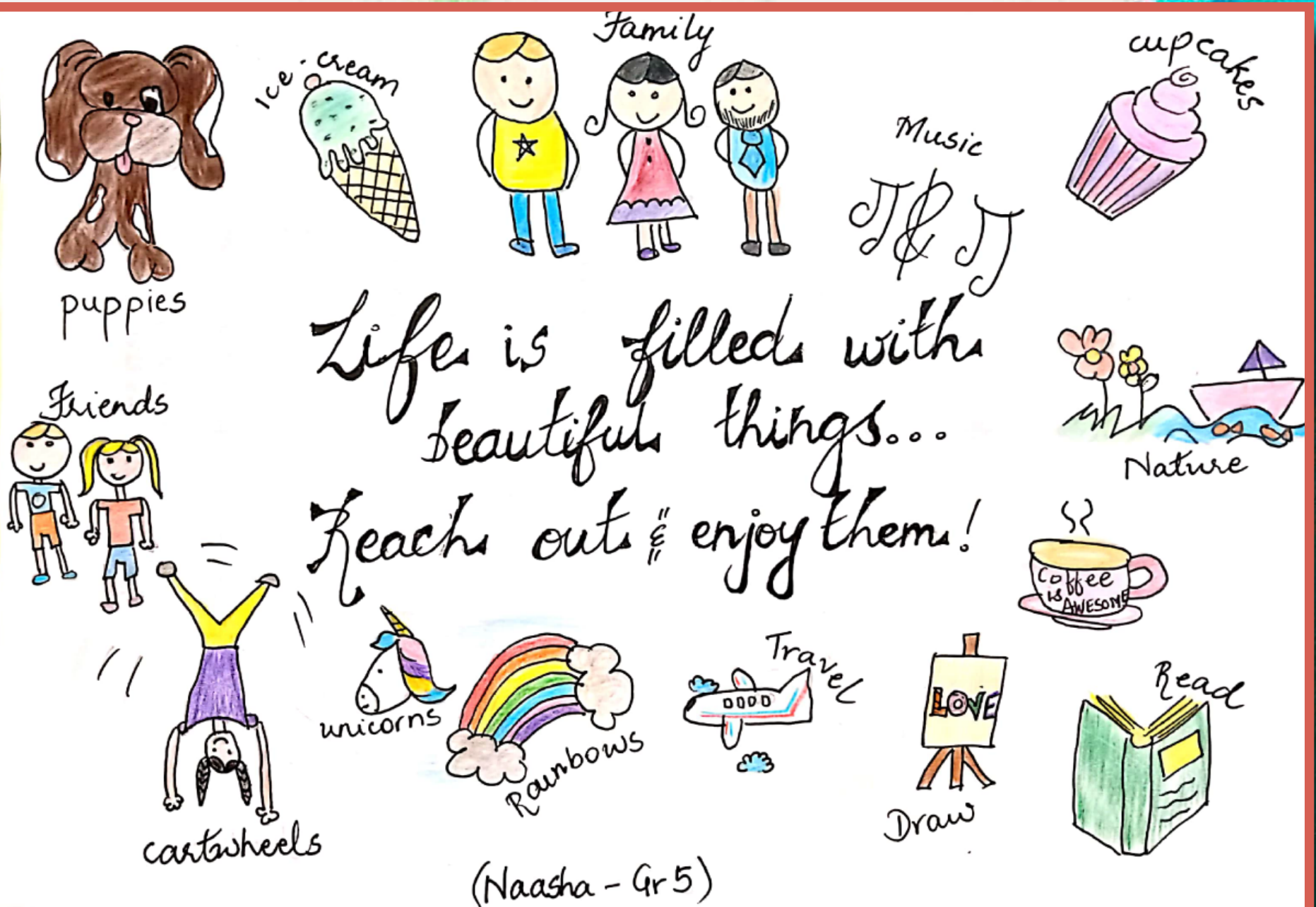


Kshirja Garg Grade 12 - TABIS



Love
yourself

Delnaz Sinor - TABIS



Naasha - TABIS

Dear Reader,

I am Piran Viccaji, one of twin sons to my parents- both of us brothers study in Grade XI and I am with The Aditya Birla Integrated School.

When COVID-19 struck the world, everyone faced challenges in their lives; some easy to deal with and some quite serious. I too had my set of challenges but one of them was unique to me. I am a student with reading and writing difficulties and so I rely a lot on auditory learning. With the school being closed and classes being 'live' or 'non live', I started missing the classroom teaching a lot. But then, my teachers started providing us information from the internet which included videos and presentations that made my learning easier.

When I was first faced with this challenge, I consulted my mother because she is my strongest supporter in studies. She asked me to be patient and trust my school and teachers to find ways to make learning easy for me. Also, when I am faced with challenges I spend more time in extra-curricular activities like scouting and chess because they make me feel better.

I strongly feel that every challenge in life can be solved with hope, patience and hard work. Whenever we are faced with something that we can't solve, it is very useful to approach our elders at home or teachers in school to get some tips from them.

To conclude, I can only say that all lives are beautiful and no life is without worry ... so face your difficulties bravely and NEVER GIVE UP.

With Kind Regards

Piran Viccaji- Grade 12- TABIS

Dear Reader,

I am Rochelle (my name means a little rock) Fernandes, a teacher at The Aditya Birla Integrated School. The Corona virus pandemic and the lockdown situation has been extremely challenging for me. My life revolved around my family, friends and work.

On account of the lockdown, I wasn't able to meet my family, friends, students and colleagues at work. Yes, the internet provides virtual contact that I survive on but for me in no way can it replace social interaction in person. With each new day, I await to hear news about the reopening of schools. I believe that it will bring back my everyday routine which I really miss very much. I would like to tell you about three coping strategies that have kept me going through these times of uncertainty.

There are days when I feel very low and that time I imagine my favourite people around me- one in front, one behind, one on the right and one on the left. I feel the power, strength and protection of my loved ones and I even converse with them in my head. I also stare at tree outside the window and observe the birds come and go by. That moment brings in solace and peace. Talking/texting and sharing about good things as well as challenging issues with my close family and friends makes me feel belonged and connected and offers me different perspectives on things.

I am sending you a message of Hope- few words from a song that is close to my heart!

Lean on me-Bill Withers

Sometimes in our lives we all have pain
We all have sorrow
But if we are wise
We know that there's always tomorrow

Lean on me, when you're not strong
And I'll be your friend
I'll help you carry on
For it won't be long
Till I'm gonna need
Somebody to lean on



When you feel low and vulnerable, take a moment, take a break, pause, connect and talk to an adult or friend and find the little things that make you happy to regain your strength of mind.

I urge you to think about the meaning of your name. I am sure it will be one of power and strength as well as an answer for you to 'be' and 'reflect' in times of uncertainties and challenges.

Sending love, hope and strength!

Rochelle Amelia Fernandes

Rochelle Amelis Fernandes - TABIS

NOTES

Mazgan, Sarkar residence,
C3 Wing, flat no. 502,
Dr. Mascarenhas road

Dear reader

Hello, Hi I am Muhammad ~~Asif~~ Asif Khan and I study in the aditya Birla Integrated school and I am in 7th Standard and I have two sisters one is elder to me and one is younger to me and I love both of them and even my parents. Having such beautiful family and also a supportive family help me pass all the difficulties in my life. But you know that your family can not support in every difficulty

One of the difficulty is my speed and handwriting, handwriting is one of the difficulty that I am still facing. every year ~~on~~ on summer vacations I try my best to get my handwriting better but still I couldn't improve it so last summer vacation I challenge my self and when mother saw some good ways to make writing better I tried my best then and I just did it

It only happen because of my family and specially my mother. So that was it that was one of my most special Incidents. So take care and bye.

With

With kind regards

Muhammad.

Letter of Hope

Hi friends,
I am Jaansi Jain I am in Grade 8. from TABIS

I am finding very challenge to cope with the pressure of online school. As was not use to it. But in this COVID-19 situation there was no option from the school. Slowly, slowly I got use to it and now I am enjoy to study As teachers and my parents and teachers helped me and my sisters also.

I hope regular school starts as soon as possible and all children facing pressure like me. Will agree with my "Letter of Hope".

Thank you

Jaansi Jain ♡.

Love you Ms AVA. ♡♡♡

A Trusted
friend

LETTER OF Teachers HOPE

DEAR READER,

I am Divinaa Gupta studying in SL1 at the Aditya Birla Integrated school. The recent situation which is challenging for me is staying at home during the lockdown. I few healthy coping skills I use as a strategy are talking to trusted friends, teachers and family.

I hope that you talk to:- Teachers, A trusted friend and family

With King Regards,
Divinaa Gupta

DEAR READER

Hi hope you are doing well I am from Aditya Birla integrated school grade 9 writing this letter to motivate you and not making you feel lonely

As we all know this 2020 has been a disaster and a challenge for everyone we all are at home getting bored having nothing to do overthinking a lot getting bad thoughts and many more different things but we can do something which will not make us think about this thing

Call your friends, discover new things helping your mom, having a video call with the entire family, focus on things which you like doing, take care of yourself,
workout, try developing new hobbies
make yourself busy in doing something

Before taking a bad decision you should think that you are not only harming yourself but also the people who care about you. so you should always share your feelings with someone who you are close to video like your parents friends
and if you think you have no one to talk to feel free to to contact me, take care

Thank you

Garima Singh - TABIS

Dear reader

Hi, my name is Jumana Tayeb Patrawala. I study in Aditya Birla integrated school and I am in grade 9

In this pandemic, I could not deal with the stress and the things school and home give but I got used to it after some time. I am also an overthinker so it becomes hard to trust people some time and I have anger issues.

The way I deal with all of this is by reading and sometimes I like to spend time by myself so that I can reflect on my feelings and thoughts..

If you feel sad or anxious, you should know that taking your life is not the only option. You may not know this but there are many people who care and love you and before taking such a big risk talk to someone like a friend, teacher and also your mother and father it will help you a lot because they all want you to be happy and smiling and it is ok to cry sometimes you feel better when you cry sometime. I myself feel better when I cry so it is ok to cry.

I hope that this letter makes you feel better and brings you happiness, so please don't take such a big action.

With Kind Regards
Jumana Patrawala - TABIS

Dear reader

I'm Aditya Vardhan Sinha a student of SL1 of Aditya Birla Integrated School , MUMBAI . I face a lot of challenges in my everyday life as any other human being but my challenges are little more like anything related to fine motor skills .

Finishing work on time , writing fast, stopping myself from rocking, escaping from studying etc. Escaping from studying increases my work and that leads to more pressure on me .

To decrease my pressure and stress I try to finish my work regularly as much as possible . I have learnt to break my limitations and push myself to work harder to overcome my fears and stress . I think my hard work has increased my confidence in myself .I have a self realisation of my strong points like compassion, affection, integrity and stamina. These qualities of mine are my assets in overcoming my day to day challenges and ultimately help in reducing my stress level .

According to me physical and mental relaxation are very important . I always don't get time for it but whenever i have free time i either play football, watch videos related to football, watch news, crime petrol and listening to speeches of Narendra Modi .I look forward to conversations with my father as he is my role model and best friend who never points at my challenges come what may.

So according to me being optimistic is the key to success .

Aditya Vardhan - TABIS

Hello Friend,

I might not understand what you are feeling, but may I express and share my own story, if it helps in any way.

I used to be bullied in my previous school, the reason was being different, that's true I was. I had a condition where my palms sweat excessively and the other students thought it was contagious. They would never lend me a pencil as they thought they would catch it. I was bullied in a game called 'pretend' once which was very hard for me. I used to lag in studies as that was not my biggest strength, they used to laugh and call me names as it was a joke to them.

I cried everyday begging for change and one day I moved. I got a new start in a new school. Through all my pain and anger inside, I tried 'art' and it completed my life. Expressed everything on paper and this time it wasn't 'pretend'. I used all my energy to make and create. Beauty is everywhere, you just have to look through another shape.

Take everything you are feeling and try to create as it helped me make a change. It might be scary but open the curtain a whole new world waiting for you to conquer. Take the leap of faith and hope for the best. Loosen your wings and fly cause you are a falcon in the sky.

I hope experience helps you dear friend and another thing to remember is 'Never lose Hope'. Trust and believe so you are set free.

With kind regards
A compassionate stranger

Saira Jagtiani - TABIS

Letter of Hope

PAGE No.
 DATE

Dear Reader,

I am Soham Chakraborty, I study in The Aditya Birla Integrated School and my Grade is 5L1 (9th). Life is not always easy. There was a recent situation that was challenging for me, is that due to the Covid-19 pandemic, I was away from my friends and the school was closed. I was feeling cooped up as I did not go out of the house after the 19th of March. During this lockdown,

- i) I missed travelling during vacation
- ii) My Amunachal Pradesh trip got cancelled
- iii) My Kolkata trip got cancelled
- iv) I could not meet family in Kolkata like cousins, aunts, uncles, grand parents, and others.

So to overcome this, I have

- Helped my mother with lot of chores
- Helped my mother in cooking new dishes like gulab jamun, shepherd's pie, Banana cake, pasta, pizza, chicken biryani and many other dishes;
- Eating good food made me happy;
- Spoke with friends through WhatsApp video calls;

If you feel stuck, you should also keep

Letter of Hope

PAGE No.
 DATE

yourself busy.

Use your time in a constructive way. Read books, play games, chat with friends and family. Before you know it this shall pass and we shall overcome.

If you still feel upset, please talk to an adult or anyone close to you. You can also talk to me, as I am always there for you.

Always remember that you have people who love you and soon you will be able to travel, meet your family and have loads of fun.

With kind regards
Soham C.

“ *LETTER OF HOPE* “

Dear Friend,

I am JD (that's what I like being called), with my share of challenged thoughts, BUT ,
on my way back from the brink of negativity which you find yourself at ,PRESENTLY.

All through my school days I was bullied for my sensitive nature, quiet demeanour by my so-called friends, peers , seniors ,some battles WON some LOST, so much so I faced the same challenges in my grade 9 too ,where I was trolled on social media –which not only deflated my self-confidence, trust but also built up on my low self- esteem pushing me into the deepest darkest corners of my mind.

LIFE TO LIVE became a challenge and the easiest way out was for me to end this game , and BEGIN AGAIN ,from the start ,thinking that I would play it right the NEXT TIMEbut that's where I thought WRONG!!!

Because **IS THERE A NEXT TIME ?? IS THERE A HEAVEN ??**

Maybe this is the only LIFE that I will get and maybe I am already in HEAVENwhich I have messed up and that too because of letting some other's thoughts of me define ME. My little emotions had become more important than my being ALIVE right now. The problem was that I had lost perspective as to who I was, my own intelligence had turned against me and had made me lose control over my psychological drama.....created with others opinions ,thoughts rather than my own.

So, my friend ,YOU are not alone ...reach out from your darkest corners & you will find plenty of hands to pull you out of this chasm of despair.....as I did, when I found my ANGELIC soul on this EARTHmy new HEAVEN!!

Wishing you to be blessed always.

Lovingly,
Jhanvee Duggal - TABIS

Dear Friends,

I know I don't know you and you don't know me as well, but I know something that you're trying to tell everyone that you're tired. I know you're upset about something or over someone. I know people are not so nice around you. I know how heartless they are when they talk to you. I know you're trying hard. I know you want to be happy. I know you're trying to face your problems and you're doing a great job! I know how hard you work and how hard you try to hide your pain, and act and pretend as if everything is all okay, to put a smile on your face and convincing people that you're okay.

I know that you're exhausted and tired. Tired of acting and putting a fake smile. You have tried to remove the pain by starving yourself and hurting yourself in hopes and wishes that all the pain will go away. I know it seems as if there is no way to take the pain away.

I know right now you want to give up you want leave but not like -

But even though I am not beside you or don't know what pain you're going through, I can't even imagine how painful it is and even though I don't know you and I have no right over you, I'm asking you to stay. I know it all seems totally hard but if you make it through this I see how beautiful future you have because all of this pain has made you so strong and beautiful and now you're proud of yourself for fighting this.

And once you're over this you'll be so high that sadness won't be able to touch you, you will be successful. Your days will be brighter and with full of happiness. It looks worth staying right? So I am asking you to stay.

yours Samya.

