

Life is beautiful with challenges

Life is like riding a bicycle. To keep your balance, you must keep moving.



This is an awareness drive on World Suicide Prevention day, 10th of September. We at Counselling Cell are celebrating it, as 'Life is beautiful with many hurdles and challenges'.

Life is beautiful with everyday challenges, which makes it all the more wonderful. We face challenges, deal with them, cope with them and move ahead in life with vigor and strength to face more challenges. This is the roller coaster journey of life. Each one of us has to go through these ebbs and flows. We just have to grab the opportunities that comes knocking on our door.

Students have many aspirations and dreams. They work hard towards achieving their goals but it does not mean that things will always go their way; their dreams may or may not come true, it simply means that there is something better waiting for them in the future.

There are many difficulties in personal educational and later on in career life. Students think that having friends is a compulsion or necessity; this may not be the case always. The main purpose in the college is to study and pursue your goals. If they have friends, it is great but even if they do not its okay. They can indulge themselves in the college activities, pick up an interesting book from the library, focus on self-care and most importantly do any kind of physical activity every day for an hour. This will definitely pump in the positivity throughout your body.

Friends, going down the pit of anxiety is very easy because you just slide into it but climbing out of that pit takes a lot of effort.

Communication and sharing can help you to get out of that dark space. Share your emotions/ feelings with parents or anyone who makes you comfortable.

Alternatively, unleash all your pent-up emotions on a piece of paper and then tear it up.

Life is not a smooth drive. We hit many bumps on the road but as Mr. Little from the movie 'Stuart little' says, "No matter how bleak, how hopeless a situation is, you can still see the bright side, the silver lining." Little things in life can make you happy like when a person smiles at you when you are having a bad day, running into a friend you have not seen in a while or when your friend makes you laugh so hard that your stomach hurts. If you focus on little things that make you happy, the sadness will fade away. Most importantly, do not lose hope because if you had a rough day today, there are many better days in line for you.

Life fails to be perfect but never fails to be beautiful.

Dear Parents,

*Talk to your kids even if
they don't approach you.
Make them believe that
they can talk to you about
anything at any time.*



Dear parents listen to your wards and by listening; I mean active listening. If the children themselves are not coming forward to talk to the parents, they must create such a bond with the children that they feel comfortable and safe enough in sharing what is troubling them. It may take a while to establish this bond (especially with teenagers) but gradually it will grow stronger.

Therefore, friends, let us take each day as the new beginning of a beautiful life ahead.

Let us count our blessings.

Thank you. Wish you all a lovely day and year ahead.

Karuna Jaggi

Counsellor