

EDITORS NOTES



Dear Readers,

Greetings to you!!

We are glad to bring out our first edition of the YOUTH newsletter. Carrying forward our agenda of information clubbed with entertainment, this edition features variety of news and soft features.

The first page will give you an idea about what all are the things that are related to youth and also what are the initiatives taken by government to empower youth both nationally and internationally. Then you will get to have a look at negative and positive aspects of the youth of the country and also various issues regarding them. When you reach the last of our newsletter you will get a view of how creative can be the mind of the youth that can be helpful for the society.

The edition addresses issues like bullying, mental health, social media, selflove and creative minds of the youth. It consists of one of the major news that dealt with the youth of the country in 2020.

The editorial board extents its special thanks to dr. Mitushi Singh for giving the students the opportunity.

Happy reading...

NEWSLETTER



Youth is the time of life when one is young, and often means the time between childhood and adulthood (maturity). It is also defined as "the appearance, freshness, vigor, spirit, etc., characteristic of one who is young".

YOUTH

INSIDE -

- BULLYING
- MENTAL HEALTH
- SOCIAL MEDIA
- SELF LOVE
- CREATIVE MINDS

- Noida -youth posing with a gun shoots himself.
- Karnataka government takes over badminton association for covid-19.
- Special order on business tech to fuel your ideas.

➤ Ministers lays foundation for youth welfare association. The Centre is being established the Varanasi Centre of Indian society for Krishna consciousness (ISKCON) in collaboration with a voluntary organization - UMEED to facilitate the potential of youth in a culture of care and positivity to empower them to bring out their potential and make sustainable contribution to the society at large.

Two years since article 377 annulment, LGBTQ community still battling prejudice. The judgement was widely welcomed by most sections of society, especially the youth who called it a victory of love.



Y20 submit begins with call to empower world's youth

The Y20 submit kicked off on Thursday with speaker highlighting the increasingly prominent role youth can play, particularly in world reeling from the coronavirus pandemic.

Ahead of the G20 leaders submit, Y20 during its three days will focus on the topic of youth empowerment, future fit and global citizenship



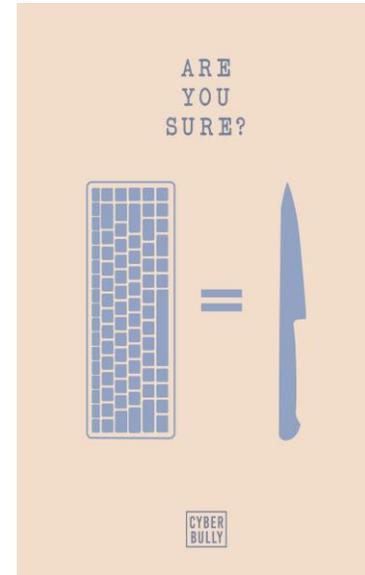


NEWS

Shreya Singh*, 21, an undergraduate student of Lady Shri Ram College, Delhi, became the target of online harassment when she was just 12. “A classmate from my previous school had been collecting my photos and information about me and had used this to forge a Facebook page in my name,” Singh told **IndiaSpend**. “I had no idea and found out about this fake page through my peers.”



“The mental, psychological, and emotional breakdown of victims of bullying has long been documented—cyber bullying only continues in that tradition,” pointed out Shah, who was co-founder and director of research at the non-profit policy think-tank [Centre for Internet and Society](#), which is based in Bengaluru.





YOUTH TODAY

NEWSLETTER

MENTAL HEALTH

World Mental Health Day is observed on 10 October every year, with the overall objective of raising awareness of mental health issues around the world and mobilizing efforts in support of mental health.



- * Discrimination increases against asian and asian america population, affecting health
- * Positive student-teacher relationships benefits students' long term health
- * Social media use linked with depression, secondary trauma during covid-19

ANDHRA PRADESH: VARSITIES TO ADDRESS MENTAL HEALTH ISSUES

The government issues has decided to play an active role in helping students deal with psychological stress emerging out of financial, career or other issues. As part of reaching out to students, the department of higher education has asked all public universities in the state to set up a counselling cell on campus.



ABOUT

Mental health includes our emotional, and social well-being. It affects how we think, feel and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.



SOCIAL MEDIA

Bois Locker Room: Petition in Delhi high court to hold Instagram liable.

Delhi's viral dhaba story shoes social media's positive side.

PUBG Ban: PUBG Corporation to Take Over PUBG Mobile From Tencent Games in India



Social media refers to all applications and websites or blogs that enable people around the globe to interconnect via the internet, chat, and share content, video call among many other functionalities it offers to its users.



IMPACT OF SOCIAL MEDIA ON THE YOUTH

THE USE OF SOCIAL MEDIA HAS BOTH NEGATIVE AND POSITIVE IMPACTS ON OUR YOUTHS TODAY.

THE POSITIVE IMPACTS OF SOCIAL MEDIA ON THE YOUTH TODAY INCLUDE MAKING THEM UP DATE ON THE EVENTS HAPPENING AROUND THE GLOBE AND ALSO ENABLES THEM NETWORK AND STAY CONNECTED WITH THEIR FELLOW YOUTHS AND FRIENDS WITHOUT PHYSICAL MEETINGS.

THIS HAS A HIGH NEGATIVE IMPACT MORE SO ON STUDENTS BECAUSE IT AFFECTS THEIR LANGUAGE CAPABILITIES DIRECTLY AND THIS LEAD TO POOR GRADES IN LANGUAGES. SPENDING LONG HOURS CHATTING IN SOCIAL MEDIA SITES ALSO DECREASES PRODUCTIVITY AMONGST THE YOUTHS. THE LONG HOURS WASTED ONLINE ON SOCIAL MEDIA CAN BE CHANNELED TO PRODUCTIVE ACTIVITIES THAT CAN ENABLE ONE EARN A LIVING OR EVEN ACQUIRE AN EDUCATION FOR INSTANCE THROUGH ONLINE TUTORIALS

SELF LOVE



LOVE
YOURSELF



OUR FIRST AND LAST LOVE IS SELF - LOVE

Self-love has many benefits; the first benefit is greater life satisfaction. When we love ourselves more we instantly change our perspective of the world. Self-love can give us a more positive attitude towards life.

Another important benefit of self-love is better mental health. People who love themselves are less likely to suffer from anxiety or depression; self-love also paves the way to a positive mindset which is an essential ingredient for success in life and for mental wellbeing.

Self-compassion and self-love are largely used interchangeably in specialized literature. Research shows that having more self-compassion builds resilience in the face of adversity, helping people to recover more quickly from trauma or romantic separation. It also helps us to better cope with failure or embarrassment.

CREATIVE MIND



Shubham Banerjee, the world's youngest entrepreneur to receive VC funding, on his life changing invention

In February of this year he was tinkering with his Lego set with the idea of helping visually impaired people all over the world. Now he is the CEO of Braigo Labs, a Silicon Valley based startup 'with a twist' whose motto reads: Our mission is to bring "Humanely Optimized" technologies that are innovative, affordable, simple and catering to solving life's problem.

It is a marvellous achievement but Banerjee is just getting started. His father proudly tells me that he has a couple of other patents pending (all relating to Braigo at the moment) and his drawing boards are teeming with ideas.



Creative mind

By shreyansh goyal

Developing a creative mind means allowing yourself to relax and think outside of the box. You can stimulate creativity by setting aside time to brainstorm, breaking up your routine, and by seeking inspiration from people and places around you. Travel, meditation, and positive thinking can also do wonders.