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The National Life Skills, Values Education & School Wellness Program

Healthy Schools Healthy India

Education is not preparation for life...
Education is life itself

- John Dewey

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- All submissions should follow the APA 7th Edition style
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 - The submission should be original and should not be in the process of consideration by any other publication at the same time.
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 - Submission emails must contain an inline declaration stating that the research work is the author's original work and has not been submitted elsewhere for publication.
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Faculty members are invited to be the guest editors of the journal on a theme relevant to school health and wellbeing.

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Message from the Editor

The Department of Philosophy, Hindu College, Amritsar, has organised an International Conference on 'Mental Health and Human Well-Being Psycho-Social and Philosophical Perspective' on 15 March 2024. Mental health stands for the health of the mind. It is a state of peace of mind and harmony carried out by one's level of adjustment with one's self and outward environment. WHO defines mental health as a state of well-being in which every individual realises their self-potential, can cope with life's stresses and can contribute to the family and society. In Indian philosophy, the Yoga Sutra of Patanjali, Bhagwadgita of Mahabharata and Buddha's four noble truths and eightfold path offer insight for maintaining mental well-being and guidance on managing emotions, overcoming challenges and finding inner peace. In psychology, guidance and counselling, talk therapies, activity therapies and psychotherapies are the solutions to maintaining Mental Health.

Today, in this age of growth and development of science and technology and competition for material facilities, man is suffering from hypertension, frustration and stress. Modern man is facing an unbalanced state of mind where man has lost meaning in life and is undergoing various life adjustment problems. So, there is a need to focus on mental health and human well-being, which can reduce stress, improve attention and concentration and strengthen relationships. This conference aimed to focus on Mental Health and Human Well-Being with Psycho-Social and Philosophical perspectives, which will analyse the challenges of modern life and offer solutions to maintain mental peace and practical insight into stress management and foster a balanced state of mind.

The present volume of this Journal comprises eight research papers relating to Transforming Lives: The Vital Role of Mindfulness in Yoga Philosophy for Human Well-Being, Managing Stress and Promoting Human Well-Being: Insights from Swāmi Vivekānanda's Philosophy of Education, Fashion Therapy: Treating Fashion as Psychological Weapon for Mental Health and Human Well-being, Consumer Culture and the Absence of Art: A Challenge to Human Well-Being, Stress among Adolescents: Role and Responsibilities of Parents and Teachers, Transforming oneself, transforming the world, Navigating Mental Health Challenges in the Digital Age, Yoga and Meditation: Harmonising Mind and Body.

First, I am thankful to Almighty God for completing this esteemed Journal. I am grateful to Dr. Rakesh Joshi, Director, Hindu College Amritsar, for allowing me to send a few papers from the International Conference to this Journal and for his excellent support and appreciation. I owe abundant gratitude to Dr. Manish Sharma, Assistant Professor, Kurukshetra University, Kurukshetra, for giving me guidance to send papers to this Journal and My sincere thanks to Dr. Vikas Baniwal, Assistant Professor, Department of Education, University of Delhi, for his moral support and constant encouragement. My special thanks to Dr. Priyanka Mahajan for their cooperation in compiling this Journal. We are also grateful to all the contributors who have contributed these research papers for publication in this Journal. We also offer our gratitude to those eminent scholars who have reviewed these papers and offered their valuable suggestions.

The responsibility for the facts and the opinions expressed in this volume is entirely the author's perspective. The author is solely responsible for any Plagiarism, if found in their writing. The editor or the publisher do not take any responsibility for the same.

Mrs Anu Kandhari
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Message from the Patrons

It is a matter of great happiness to note that the latest issue of the Indian Journal of School Health & Wellbeing, published by Expressions India, is being released. It is a well-known fact that Research publications and Journals, in particular, are the most authentic sources of verified knowledge and experiences. The sharing of such knowledge and experiences not only amongst the researchers, scientists, policy planners, and implementers but also among the activists working in the concerned area and persons having a special interest in that area benefits all. It is our privilege to reiterate that Expressions India has been doing pioneering work for a long in the field of Health Education under its banner of “Holistic Health and School Wellness Programme” to enable the school education and teachers holistic facilitation in realising the goal of Health Education in Schools. The present publication is a momentous indicator of this initiative.

The major bottleneck in achieving Health Education's objective has been the particularistic conceptualisation of its transaction process. The goal of developing holistic health and well-being of young learners cannot be attained by making them gather certain information and rote-learn it. It can be attained only by a transaction process focused on experiential co-scholastic methodology that ensures the active participation of learners and substantially contributes to the development of life skills, enabling young children to manage their lives more competently and grow as truly empowered human resources of the nation and human society at large. To facilitate this process, it is critical to encourage and empower the teachers to act like facilitators and mentors.

The formal school education system needs to look towards interacting and taking support from initiatives like the one taken by Expressions India under its National Life Skills Education & School Wellness Programme aimed at realising the Goal of “HEALTHY SCHOOL.....HEALTHY INDIA”. It is pertinent to state that the Schools and other educational institutions associated with such endeavours have strongly felt the need for such programs to be adopted by all schools, including the Higher Education System.

In this context, the Journal of School Health has the potential to reinforce the process of realising the vision of Health Promoting Schools getting integrated into the education system in India. We are more than confident that the present issue of the Journal will strengthen this grand endeavour and empower all those who are creatively engaged in promoting Health Education in Schools. With immense pleasure, we would like to express our gratitude to the Advisory group, Editorial Board and Members of the Executive Editorial Committee for their valuable contribution, ungrudging cooperation and a keen interest and also for making available the benefits of their rich experiences and knowledge.

“If there is a will, there is a way, and if enlightened path-breakers reinforce the will, the way will lead to the destination at the earliest “.

Dr. Jitendra Nagpal, M.D., D.N.B.

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Transforming Lives: The Vital Role of Mindfulness in Yoga Philosophy for Human Well-Being

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Abstract

Indian Philosophy is to find the means to achieve the ultimate aim of human life. It gives theoretical knowledge and a belief that can be practised in life. It is, therefore, searching for truth and preferring a rational explanation of the essence of life. It also talks about the mind and its functioning. Some philosophers focus on the present moment to achieve self-realisation in life. In psychology, Mindfulness is a mental technique that man can use to focus on the present moment; it also has a vital role in the field of psychology and philosophy. It has also been practised in India since the Vedic period. The hymn of the Rigveda 10.58 talks of the need to focus on the present and not to wander the mind. Mindfulness meditation is also one of the most important parts of the Buddha's philosophy. It gives four noble truths and the eight-fold path to end sufferings and attain enlightenment in the phenomenal world. In Yoga philosophy, the mind is called *chit*, which means to know, and it emphasises *chit vritti nirodha* with practical implementation of yoga postures to attain *samadhi* by which man can achieve the state of mindfulness. Today, in modern times, man is facing a lot of problems in life. He always thinks about past memories and future plans of life. So, there is a need to focus on the present moment, and it can reduce stress and concentration and strengthen relationships in life. It is the method by which man can manage the stresses of different situations of life. This research paper will focus on Transforming Lives: The Vital Role of Mindfulness in Yoga Philosophy for Human Well-Being, which will give a solution to focus on the present moment by changing our thinking process of life.

Keywords: *Yoga philosophy, mindfulness, meditation, self-realisation and samadhi*

Indian Philosophy is to find the means to achieve the ultimate aim of human life. It gives theoretical knowledge and a belief that can be practised in life. It is, therefore, searching for truth and preferring a rational explanation of the essence of life. It also discusses the mind and focuses on the karma theory for self-realisation. To focus on karmas, man has to live in the present moment, which is called mindfulness in psychology, and it is a mental technique that man can use to focus on the present moment; it plays not only in the field of psychology but also in philosophy and it has been practised in India since Vedic period. The hymn of the Rigveda 10.58 talks of the need to focus on the present and not to wander the mind. Mindfulness meditation is also one of the most important parts of the Buddha's philosophy and gives four noble truths and the eight-fold path to end sufferings and attain enlightenment in the phenomenal world. Yoga is a spiritual school of Indian Philosophy which emphasises in bringing

harmony between mind and body. It is the also the school of mental discipline for attaining beatitude in human life.

The word 'Yoga' originated from the Sanskrit word *yuj*, which means to unite with the Supreme Being. This also implies body, mind, and soul—to achieve a balanced life. It means modifications of mental functions (*chittavrittinirodha*). The aim of yoga is to help the individual realize the self and attain enlightenment, complete freedom from the mind and its modifications. It is the union of one's soul with the Supreme soul.

In yoga philosophy, the vrittis of the mind can be controlled by the practical implementation of two means: constant practice and detachment. There are many impediments in the way to control the mind, and it can be achieved by following the eight-fold path of yoga. The eight-fold path of yoga are as follows: *yama, niyama, asana, pranayama, pratyahara, dharana,*

dhyana and samadhi. *Yama* consists of five principles; *ahimsa* (non-violence), *satya* (truthfulness), *asteya* (non-stealing), *brahmacharya* (celibacy) and (*aprigrah*) non- hoarding. *Niyam* consists of five principles; *sauca* (cleanliness), *santosa* (contentment), *tapas* (austerity), *svadhaya* (self-study), *isvara-pranidhana* (devotion to God). The third is *asana* (posture), and there are different types of *asanas* in yoga philosophy and give the man to way for living a good life and These asanas refresh the body and unite with cosmic energy and encourage self-healing. Physical postures have a deep impact on reconstructing physical health and a direct impact on enhancing a calm mind. The fourth step is *pranayama*, which means the expansion of the life force and helps individuals infuse their bodies and minds with vital energy. *Pratyahara* means withdrawal of the senses and diversion of the sense organs from their natural sensuality. The sixth step is *Dharana* (concentration), and the state of *Dhyana*, the act of thought, remains a distinct and separate state of consciousness. The seventh step is *dhyana* (meditation), and in this stage, the mind begins to expand and touch the dimension of reality known as intuition. The eighth step is *Samadhi*, in which man has to transcend his mind and the realm of consciousness and it is the highest state of meditation in which man lives in the present moment and concentrates of mind for achieving the ultimate goal of life. Through meditation, man can free his mind of life's anxieties and stresses and realise spiritual consciousness.

In this challenging world, man is facing many problems at the individual and social level, and it is only through the eightfold path of yoga to reach the state of mindfulness because it is the journey from the lower self to attaining the highest state of life. It inculcates the values of non-violence, patience and truthfulness among individuals and is a pathway to a positive attitude and overall transformation in life. To create peace and harmony in the world, man must first discover peace and harmony from within himself, leading to a blissful state of life. The practice of a state of mindfulness helps to develop qualities like positive thinking, peace,

compassion, and the skills to face the challenges of life.



Fig 1.1

Yoga school focused on mindfulness, which is expanded by mindfulness meditation in the state of samadhi. These yoga practices emphasise attention to bring mental health and foster human well-being, such as calmness and concentration. Yoga school emphasises on samadhi state, which helps to develop the state of mindfulness in the life of individuals and the benefits are as follows:

Stress reduction: Practising mindfulness reduces stress and also helps individuals to achieve their goals and helps to manage the stress of life.

Improvement in working memory: Improvements in working memory appear to be an advantage of mindfulness.

Focus on goals: Mindfulness meditation affects an individual's ability to focus attention and achieve goals.

Cognitive and affective domain: Mindfulness meditation helps to develop individuals' cognitive and affective domains, which in turn helps them find solutions to life problems.

Improvement in life relationships: Mindfulness meditation can help improve relationships and the skill of communicating one's emotions to others. It also improves concentration, emotional intelligence and the ability to accept individual differences in opinions.

Other benefits: Mindfulness has been shown to enhance self-insight and in-depth thinking processes. It has many health benefits, including relaxation for the body and increased immune system.

The main emphasis in Yoga philosophy is on the all-around fitness of the body, including mental, social, emotional and spiritual fitness, which plays an important role in developing human personality. It helps man to focus on the present moment, keep his body fit and strengthen his mind, and gives him the power to face different situations in life. It leads to mental strength and calmness and helps release tension and relax the mind. It enhances personal power, boosts the immune system, increases the blood flow and helps in attention power, focus on goals and concentration on work. It eliminates stress in the physical body by activating the nervous system, balances blood pressure and improves the blood

circulation of the human body. It also helps to clear the thoughts of the mind, which increases the inner strength and promotes restful sleep of the individuals.

In this way, the eightfold path of yoga with a message to unite with the Supreme Being plays an important role in achieving a state of mindfulness in this challenging world. So, it is the best technique for releasing our frustration, stress and anxiety in modern life. It is the path of self-knowledge and self-realization and can be attained through positive thinking with the help of the eighth path of the samadhi state. This research paper has focused on Transforming Lives: The Vital Role of Mindfulness in Yoga Philosophy for Human Well-Being, which has given a solution to focus on the present moment by changing our thinking process of life.

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Navigating Mental Health Challenges in the Digital Age

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Abstract

This paper delves into the intricate relationship between technology and mental well-being. In exploring this dynamic landscape, we dissect how technology shapes our mental experiences, both positively and negatively. The discussion unfolds across various key facets, beginning with an examination of the burgeoning landscape of online mental health platforms and their effectiveness as intervention tools. Addressing the challenges of excessive screen time, the publication provides strategies for striking a harmonious balance in the digital realm to foster mental well-being. A critical analysis of the impact of social media on self-esteem and mental health follows, offering insights into cultivating a healthier online presence. The rising prominence of telehealth and remote mental health services is explored, considering accessibility, effectiveness, and challenges. Recognising the need for an occasional digital detox, practical strategies for unplugging and rejuvenating are presented, emphasising the role of mindfulness. The publication also investigates how the tech industry prioritises employee well-being through initiatives and corporate responsibility. Finally, the emergence of digital therapeutics is examined, assessing their efficacy and potential in revolutionising mental health treatment modalities. This comprehensive exploration aims to guide individuals, mental health professionals, and technology stakeholders through the multifaceted terrain of mental health in the digital age, advocating for informed strategies that leverage technology to foster positive mental well-being.

Keywords: *Digital Mental Health Resources, Screen Time and Well-being, Telehealth and Remote Services and Tech Industry Initiatives*

Introduction

In today's era, navigating the complexities of youth ideology and fostering mental health encounters both formidable challenges and promising opportunities. The widespread influence of technology, particularly social media, fundamentally reshapes how young individuals engage with their environment and with one another, impacting their ideological development and psychological well-being. This article delves into the nuanced challenges faced by contemporary youth, including the intense pressures exerted by social media, conflicts between traditional values and modern ideals, and the alarming rise in mental health issues. However, within these challenges lie opportunities to harness technology for mental health support, introduce innovative educational approaches, and cultivate supportive familial and community environments. Emphasising the necessity for collaborative and adaptable

strategies, the article underscores the value of partnerships across diverse sectors to nurture a generation that is firmly grounded in its ideology and resilient in confronting mental health challenges (Zhu, 2023).

Influence of digital devices and social media on mental well-being

The impact of digital devices and social media on mental well-being has been extensively examined in the research literature. Social media platforms, such as Facebook, Instagram, and Twitter, often present curated versions of individuals' lives, leading to comparisons and feelings of inadequacy among users (Fardouly et al., 2015). This phenomenon termed social comparison, can detrimentally affect self-esteem and contribute to heightened levels of depression and anxiety (Vogel et al., 2014). Moreover, the constant influx of updates and notifications on social media platforms fosters a fear of missing out (FOMO), which has been associated with

increased anxiety and a sense of disconnection from peers (Przybylski et al., 2013).

Cyberbullying and online harassment are prevalent concerns in the digital age, with digital platforms offering anonymity and easy dissemination of harmful content (Kowalski et al., 2014). Victims of cyberbullying often experience heightened levels of stress, anxiety, and depression, with enduring impacts on their mental well-being (Hinduja & Patchin, 2010). Additionally, using digital devices before bedtime disrupts sleep patterns, contributing to sleep disturbances and insomnia (Lemola et al., 2015), which are risk factors for various mental health disorders, including depression and anxiety (Baglioni et al., 2011).

Constant exposure to digital content can lead to information overload, heightening stress levels and cognitive strain (Eppler & Mengis, 2004). Excessive digital usage may also reduce face-to-face interaction, exacerbating feelings of loneliness and isolation (Primack et al., 2017). Despite these negative effects, digital devices and social media also offer avenues for positive support and connection through online communities and support groups (Mo et al., 2019).

Addressing the challenges and benefits of technology in the context of mental health.

Navigating the complexities surrounding technology's impact on mental health necessitates a nuanced comprehension of its effects on individuals' well-being. On one side, technology presents unparalleled opportunities for accessing mental health resources and aid. Digital platforms, such as smartphone applications and online therapy services, offer convenient and accessible avenues for individuals to seek assistance and receive evidence-based interventions (Firth et al., 2017). These technological advancements have the potential to bridge gaps in traditional mental health care, particularly for marginalised populations facing obstacles in accessing in-person services (Naslund et al., 2016).

Nevertheless, alongside these advantages emerge significant challenges. Concerns about privacy

pertaining to collecting and utilising personal data on digital mental health platforms raise ethical dilemmas concerning confidentiality and data security (Huckvale et al., 2015). Moreover, the quality and efficacy of digital interventions vary widely, with certain applications lacking evidence-based approaches and potentially exacerbating mental health issues (Nicholas et al., 2015). Additionally, excessive reliance on technology for mental health assistance may result in a decline in face-to-face interactions and the deterioration of therapeutic relationships, essential components of effective mental health care (Torous & Roberts, 2017).

Moreover, the swift advancement of technology may surpass regulatory frameworks and ethical guidelines, leaving individuals susceptible to potential harms such as misinformation, algorithmic bias, and discrimination (Nesi & Prinstein, 2015). It is imperative for policymakers, healthcare providers, and technology developers to collaborate in establishing robust standards for the ethical development and implementation of digital mental health interventions (Berry et al., 2018).

Digital Mental Health Resources: Overview of online mental health platforms and applications.

Digital mental health resources encompass a wide range of online platforms and applications crafted to aid individuals grappling with mental health issues. Utilising digital technology, these resources aim to improve access to mental health care, diminish stigma, and empower individuals to oversee their well-being. For instance, platforms such as BetterHelp and Talkspace provide virtual therapy sessions with licensed therapists, offering convenient access to professional support from the comfort of one's home (Luxton et al., 2016). Additionally, apps like Moodpath and Headspace offer self-help tools and psychoeducation, including mood tracking, relaxation exercises, and educational materials, enabling individuals to engage in self-directed mental health management (Firth et al., 2017). Peer support networks like 7 Cups and online communities such as r/Anxiety and r/Depression on Reddit connect individuals with

shared experiences, facilitating the exchange of support and coping strategies (Naslund et al., 2016). Crisis intervention services like Crisis Text Line and Suicide Prevention Lifeline offer immediate assistance to individuals in distress, providing emotional support and referrals to local resources (Gould et al., 2007). Digital therapeutic programs like MoodGYM and Woebot deliver evidence-based interventions, such as cognitive behavioural therapy (CBT), via online platforms or mobile applications (Richards et al., 2016). Telepsychiatry services like MDLive and Teladoc connect individuals with psychiatric providers for remote consultations and medication management, particularly benefiting those in rural or underserved areas (Hubley et al., 2016). Educational websites and resources like PsychCentral and the National Alliance on Mental Illness (NAMI) offer information, articles, and courses on mental health topics, empowering individuals to learn about mental health conditions and treatment options (Andersson et al., 2019). These digital mental health resources complement traditional in-person therapy and support services, broadening options for individuals to seek help and manage their mental well-being.

Evaluating the effectiveness of digital interventions for mental health support.

Digital interventions have demonstrated effectiveness in enhancing mental health outcomes across various conditions. For instance, a meta-analysis conducted by Firth et al. (2017) revealed that smartphone-based interventions effectively reduced depression severity compared to control conditions. Similarly, Andersson et al. (2019) concluded in a systematic review that guided internet-based cognitive behavioural therapy (CBT) was comparable in effectiveness to face-to-face CBT for diverse psychiatric and somatic disorders. Furthermore, digital interventions exhibit promise in addressing conditions such as anxiety disorders (Richards et al., 2015), post-traumatic stress disorder (PTSD) (Kuester et al., 2016), and insomnia (Ye et al., 2015), among others.

Additionally, digital interventions offer the potential to reach a broader population and surmount barriers associated with traditional mental health care, including geographical constraints, stigma, and financial costs (Luxton et al., 2011). Research indicates the feasibility and acceptance of digital interventions among various demographics, including adolescents, older adults, and individuals from underserved communities (Naslund et al., 2016).

Nevertheless, it is crucial to recognise that not all digital interventions yield equal effectiveness, and substantial variability exists in intervention design, content, and delivery methods. Some interventions may lack empirical validation or be unsuitable for specific individuals or contexts. Moreover, user engagement, adherence, and retention challenges pose significant considerations in implementing digital mental health interventions (Baumeister et al., 2014).

Balancing Screen Time for Mental Well-Being

Understanding the correlation between excessive screen time and mental well-being is paramount in the contemporary digital landscape. Studies indicate that prolonged and unregulated screen exposure, particularly on smartphones, computers, and televisions, correlates with various adverse mental health consequences, such as heightened levels of depression, anxiety, and feelings of isolation (Twenge & Campbell, 2018; Primack et al., 2017). Excessive screen engagement can disrupt sleep patterns, diminish physical activity, and foster social seclusion, all contributing to compromised mental health (Levenson et al., 2017). To cultivate a healthy equilibrium in the digital era, individuals can implement tactics like imposing limits on screen usage, integrating regular breaks from digital devices into their routines, and engaging in offline pursuits like exercise, hobbies, and face-to-face social interactions (Odgers & Jensen, 2020). Practising mindfulness and adopting intentional digital consumption habits can also mitigate the adverse effects of prolonged screen exposure on mental well-being (Rosen et al., 2013). By embracing these strategies and conscientiously managing their screen time patterns, individuals can foster improved mental

health outcomes amidst the prevalence of digital technologies.

Social Media's Impact on Mental Health: Fostering Positivity Online

Examining the impact of social media on self-esteem and mental health reveals a multifaceted relationship influenced by various factors. While social media platforms offer avenues for social connection, self-expression, and community support, they also pose challenges that can adversely affect mental well-being. Studies indicate that excessive social media use, particularly engaging in comparison-based activities such as viewing idealized images and lifestyles, correlates with diminished self-esteem, heightened feelings of inadequacy, and increased levels of depression and anxiety (Fardouly et al., 2015; Kross et al., 2013). Moreover, instances of cyberbullying and online harassment on social media platforms can have detrimental effects on mental health, resulting in elevated stress, anxiety, and sensations of isolation (Patchin & Hinduja, 2010). To foster positive online behaviours and interactions, individuals can employ strategies such as cultivating a diverse and supportive online network, practising digital detoxification by restricting screen time and being mindful of their online activities and emotional reactions (Primack et al., 2017; Twenge & Campbell, 2018). Additionally, creating and disseminating authentic and uplifting content, nurturing empathy and compassion in online interactions, and seeking professional assistance when necessary are crucial measures for promoting a healthier digital environment conducive to positive mental health outcomes.

Unpacking Telehealth for Mental Health: Accessibility, Effectiveness, and Challenges

As telehealth becomes increasingly prominent, its role in providing remote mental health services undergoes examination, evaluating its accessibility, efficacy, and obstacles. Telehealth encompasses various forms, such as video conferencing, telephone calls, and online messaging, emerging as a valuable resource for delivering mental health support, particularly when face-to-face services are limited or

inaccessible (Rohleder et al., 2020). Remote mental health services afford individuals greater flexibility in seeking care, removing geographical constraints and diminishing the stigma often associated with traditional in-person therapy (Hubley et al., 2016). Furthermore, studies indicate that telehealth interventions can be just as effective as in-person treatments for a range of mental health conditions, including depression, anxiety, and post-traumatic stress disorder (Maat et al., 2016). However, obstacles such as technological limitations, privacy concerns, and disparities in access to digital infrastructure remain significant considerations (Fortney et al., 2015). Additionally, ensuring the quality and safety of telehealth services, sustaining therapeutic relationships, and addressing issues surrounding reimbursement and licensure pose ongoing challenges (Luxton et al., 2016). Nonetheless, telehealth continues to evolve as a promising method for delivering mental health care, offering new avenues for enhancing access, efficiency, and effectiveness in meeting the mental health needs of diverse populations.

Digital Detox: Rejuvenating Mental Well-being

Acknowledging the significance of intermittent breaks from technology, digital detox methods have garnered recognition as vital practices for preserving mental health in today's digital era. Undertaking a digital detox entails purposefully disconnecting from digital devices and online engagements for a designated duration, affording individuals the opportunity to recharge, realign, and reconnect with themselves and their environment (Wilmer et al., 2017). Practical strategies for an effective digital detox encompass establishing boundaries by delineating specific screen-free periods or days, engaging in offline pursuits like physical activities, hobbies, and outdoor excursions, and adopting mindfulness techniques to cultivate present-moment awareness and alleviate digital distractions (Bruffaerts et al., 2019). Studies indicate that integrating digital detox approaches can yield favourable outcomes for mental well-being, such as reduced stress levels, enhanced

sleep quality, heightened concentration and productivity, and heightened overall life satisfaction (Rosen et al., 2013). By prioritising regular digital detox sessions and integrating mindful technology practices into daily routines, individuals can mitigate the adverse impacts of excessive screen time and nurture a healthier rapport with technology, ultimately fostering greater mental resilience and well-being.

Mindfulness Tech: Balancing Well-being in the Digital Age

In today's digital era, integrating mindfulness practices into a lifestyle dominated by technology is increasingly acknowledged as a valuable approach to enhancing mental well-being and managing stress. Mindfulness, characterised by non-judgmental awareness of the present moment, has been proven to offer numerous mental health benefits, such as alleviating stress, anxiety, and depressive symptoms (Gu et al., 2015). Embracing mindfulness as part of daily routines can assist individuals in developing resilience and enhancing their capacity to cope with the pressures of contemporary life (Keng et al., 2011).

Fortunately, a wide array of apps and digital resources are available to aid individuals in practising mindfulness and stress reduction. For instance, mindfulness meditation applications like Headspace, Calm, and Insight Timer provide guided meditation sessions, breathing exercises, and relaxation techniques that are easily accessible anytime and anywhere (Huberty et al., 2019). These apps offer structured programs tailored to introduce beginners to mindfulness practices while supporting continued practice for seasoned meditators (Mani et al., 2015). Furthermore, wearable devices such as smartwatches and fitness trackers often include features like guided breathing exercises and stress monitoring, encouraging users to integrate mindfulness into their daily schedules (Han et al., 2019).

Research indicates that these digital tools for mindfulness can effectively reduce stress and promote well-being. A meta-analysis conducted by Spijkerman et al. (2016) revealed that

mindfulness-based interventions delivered through smartphone apps and internet platforms were linked to significant reductions in stress and depressive symptoms. Likewise, a systematic review conducted by Wahbeh et al. (2018) concluded that digital mindfulness interventions successfully enhanced various mental health aspects, including stress, anxiety, and quality of life.

Tech's Well-being Wave: Corporate Initiatives for Mental Health

The technology industry has initiated efforts to recognize and address mental health challenges among its workforce, leading to corporate responsibility endeavours focused on enhancing employee well-being. Studies suggest that the high-stress environments and demanding work cultures prevalent in the tech sector can significantly impact employees' mental health, contributing to burnout, anxiety, and depression (Harvey et al., 2017). Consequently, many technology companies have introduced a range of mental health support programs to cultivate a supportive and healthy workplace environment.

For instance, Google provides numerous mental health resources for its employees, including counselling services, mindfulness and meditation programs, and workshops on stress management (Kousoulis et al., 2017). Similarly, Microsoft has established an Employee Assistance Program (EAP) offering confidential counselling and support services to employees facing mental health challenges (Reavley et al., 2019). Facebook conducts mental health awareness training for managers and employees and offers resources such as peer support groups and online forums to discuss mental health issues (Dunstan et al., 2017).

These initiatives seek to offer immediate assistance to employees in need and strive to foster a culture of openness and destigmatization surrounding mental health within the workplace. By prioritising employee well-being, tech companies can enhance job satisfaction, reduce turnover rates, and improve organisational performance (Bockting et al., 2018). Furthermore, these initiatives contribute to broader societal endeavours aimed at

promoting mental health awareness and reducing the prevalence of mental health disorders within the workforce.

Online Support: Building a Healthy Digital Mental Health Community

Digital peer support communities play a crucial role in providing mental health assistance, granting individuals a platform to connect with others who share similar experiences and obstacles. Studies have demonstrated that involvement in online peer support communities can yield various positive outcomes for mental well-being, including alleviating feelings of isolation, offering emotional validation and empathy, and providing practical advice and coping mechanisms (Naslund et al., 2016; Fortuna et al., 2018). These communities cultivate a sense of belonging and camaraderie among members, fostering a supportive atmosphere where individuals can freely express themselves without fearing judgment or stigma (Kummervold et al., 2002). Moreover, online peer support communities often serve as valuable sources of information and resources, empowering individuals to actively engage in managing their mental health and seeking assistance when necessary (Mo et al., 2019).

Individuals can take several proactive measures to establish and sustain healthy digital support networks. Firstly, it is imperative to select reputable and moderated online communities that prioritize safety, respect, and confidentiality (Gupta et al., 2019). Actively participating in discussions, sharing personal experiences, and offering support to others can foster meaningful connections within the community (Pfeil et al., 2009). Practising empathy, active listening, and validation of others' experiences can contribute to creating a positive and supportive environment (Moorhead et al., 2013). Additionally, setting boundaries and taking breaks from online interactions when necessary are crucial for maintaining equilibrium and preventing burnout (Jones et al., 2015). Through active engagement in digital peer support communities and the cultivation of healthy online relationships, individuals can access

valuable support networks that enhance their mental well-being and resilience.

Revolutionizing Mental Health: Exploring Digital Therapeutics

The rise of digital therapeutics presents a hopeful avenue for transforming mental health treatment approaches, introducing innovative solutions that harness technology to provide evidence-based interventions. Digital therapeutics encompass a range of digital tools, including mobile applications, web-based programs, and virtual reality platforms, crafted to prevent, manage, or treat mental health conditions (Gentry et al., 2019). Studies indicate that digital therapeutics hold the potential to overcome conventional barriers to mental health care, such as limited-service access, stigma, and financial constraints (Hsin et al., 2018). Furthermore, they offer scalability, enabling widespread dissemination and tailoring interventions aligning with individuals' needs and preferences (Torous et al., 2018).

Numerous research findings have highlighted the effectiveness of digital therapeutics in enhancing mental health outcomes across various conditions. For instance, interventions on smartphones integrating cognitive-behavioural therapy (CBT) techniques have demonstrated reductions in symptoms of depression and anxiety (Firth et al., 2017). Virtual reality exposure therapy has proven effective in addressing post-traumatic stress disorder (PTSD) and phobias by providing immersive, controlled environments for exposure-based interventions (Morina et al., 2015). Additionally, digital therapeutics targeting insomnia management, such as web-based cognitive-behavioural therapy for insomnia (CBT-I) programs, have exhibited promising results in enhancing sleep quality and alleviating insomnia symptoms (Ritterband et al., 2017).

Despite digital therapeutics' potential benefits, challenges persist in ensuring their accessibility, user-friendliness, and efficacy. Concerns such as data privacy and security, regulatory oversight, and integration into existing healthcare systems need to be addressed to optimise their impact on mental healthcare delivery (Hollis et al., 2016).

Furthermore, ongoing research efforts are necessary to refine the design and deployment of digital therapeutics, identify optimal practices, and assess their long-term effectiveness and sustainability.

Digital Education for Mental Well-being: Breaking Stigmas Online

The prevalence of online education and awareness campaigns in the mental health sphere has surged, providing accessible platforms for disseminating information, combating stigma, and enriching understanding. Studies affirm the pivotal role of digital platforms in educating the populace about mental health matters, furnishing resources, and fostering supportive communities. Social media channels like Twitter, Facebook, and Instagram function as conduits for sharing mental health-related content, heightening awareness, and advancing advocacy endeavours (Moreno et al., 2019). Online forums and discussion groups allow individuals to partake in dialogues concerning mental health, exchange personal anecdotes, and access peer support (Gulliver et al., 2012). Moreover, websites and mobile applications furnish informational reservoirs, self-help utilities, and screening evaluations for various mental health ailments, empowering individuals to seek assistance and obtain suitable treatment (Horgan et al., 2013).

Additionally, online education and awareness initiatives exploit technology to dispense targeted interventions tailored to specific demographics or mental health issues. For example, web-based programs have emerged to deliver psychoeducation, coping strategies training, and mindfulness practices for individuals grappling with stress, anxiety, or depression (Spek et al., 2007). Virtual reality (VR) platforms proffer immersive encounters to cultivate empathy and comprehension of mental health challenges, allowing users to immerse themselves in the experiences of individuals living with mental illness (Maples-Keller et al.,

2017). Furthermore, online campaigns and storytelling endeavours showcase personal anecdotes and testimonials from individuals with lived experiences, humanizing mental health challenges and challenging stereotypes (Han et al., 2014).

By leveraging technology, online education and awareness initiatives promise to reach diverse audiences, dismantle barriers to information, and foster a climate of mental health literacy and comprehension. These endeavours contribute to stigma reduction, bolstering help-seeking behaviours, and ultimately enhancing mental health outcomes globally.

Conclusion

In conclusion, the complex interplay between technology and mental wellness underscores the need for cautious consideration and proactive steps. While digital gadgets and social media networks offer unparalleled connectivity and knowledge-sharing opportunities, they also present significant hurdles for mental health. It is crucial for individuals to be mindful of their digital usage patterns and seek assistance when needed to maintain a harmonious equilibrium between online involvement and mental wellness. Additionally, the rise of digital interventions and therapeutic solutions holds promise for improving mental health support and therapy. Nonetheless, ongoing research is essential to assess their efficacy, tackle implementation obstacles, and ensure adherence to ethical standards. By incorporating mindfulness techniques into the digital landscape and utilising online mental health education and advocacy platforms, we can diminish stigma, enhance comprehension, and bolster individual resilience. Ultimately, by acknowledging and addressing the challenges posed by technology while harnessing its advantages, we can safeguard mental well-being in the digital age and foster a healthier and more interconnected society.

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Stress Among Adolescents: Roles and Responsibilities of Parents and Teachers

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Abstract

Being literate does not guarantee a successful transition to independent living. In today's environment, learning to learn and the desire to unlearn and adapt based on circumstances, as well as relearn new abilities, are crucial means of transformation in achieving higher levels of excellence for a successful life. Beyond reading, writing, and arithmetic, a child's capacity to manage this increasingly complicated world necessitates a diverse combination of cognitive, social, and practical skills. Around the world, Life Skills-Based Education is being used to empower young people in difficult situations. Life Skill-Based Education is an interactive teaching and learning method that allows students to acquire knowledge while developing attitudes and skills that encourage adopting healthy behaviour. There is an urgent need to establish life skills education for young people. Developing life skills enables teenagers to translate their knowledge, attitudes, and health behaviour. However, our educational requirements are becoming increasingly severe at all levels of education, and students are enduring significant stress. This research focuses on stress management in teenagers from the perspective of Life Skills Education, as well as how a teacher and parents can assist adolescents in coping with stress on an ongoing basis. As a result, children and adolescents must have the opportunity to develop life skills that will assist them in adequately coping with daily challenges and important life events.

Keywords: *Life Skills, Role of Parents and Teachers, Management of Stress, Adolescents*

Introduction

More than merely possessing literacy skills is required to guarantee a smooth transition to self-sufficiency. In the modern world, attaining greater degrees of excellence for a successful livelihood requires an individual to learn new things and be prepared to unlearn, alter, and relearn new skills in response to circumstances. Not everyone can become an expert in every one of them, but one should aim to become knowledgeable in as many as they can. In the contemporary world, when globalisation and competition have become fashionable terms, a person's education or experience alone is insufficient to guarantee efficient operation. A child must possess a wide range of cognitive, social, and practical skills to navigate this increasingly complicated world, in addition to reading, writing, and math skills.

Life Skills-Based Education (LSBE) is used worldwide to empower youth in difficult circumstances. The term "LSBE" describes an interactive teaching and learning process that helps students gain knowledge, attitudes and skills that encourage the adoption of healthy

behaviours. To navigate the ups and downs of life and solve the jigsaw puzzle of complex situations with ease, one has to possess certain life skills. "Abilities for adaptive and positive behaviour that enables individuals to deal effectively with the demands and challenges of everyday life" is how the World Health Organisation (WHO) defines life skills. Delors' four pillars of learning—learning to know, learning to do, learning to be, and learning to coexist—form the foundation of the International Bureau of Education's (IBE) conceptual framework. Life skills have become a much-needed but sometimes overlooked subject in correctional education in recent years. The issues that today's kids must deal with include poverty, discrimination, disease, violence, and environmental destruction. A wide range of psychological and social abilities known as "life skills" can support kids in making wise decisions, communicating, interacting with others, and navigating their environment. By incorporating life skills into the core of our educational programmes, we provide kids with the tools they need to overcome obstacles and confidently navigate the world. The 164

countries committed to Education for All have recognised the vital necessity of life skills and have made them a required learning goal for all teenagers and young adults. Today, at least 70 developing nations include life skills education in their formal curricula. Children have an inalienable right to a high-quality education that upholds their dignity, broadens their opportunities for leading fulfilling lives, and helps them change the society in which they live.

Need for Life Skills in Education

Secondary education is a critical time for a student's physical, mental, and psychological development. Given this, children must receive life skills education because they do not yet possess the knowledge and skills necessary to deal with challenges in the real world. Because of peer pressure and the increasingly competitive society, life skills training has become vital. In contrast to previous educational approaches that focused solely on one particular subject, life skills-based learning incorporates assessing the student's skills and providing tools and resources to help them develop. Even a cursory look at our current and expanding youth population reveals that social issues, conflict, violence, and discrimination based on gender and ethnicity are serious concerns. Adolescents who develop life skills can better convert their knowledge, attitudes, and health behaviours. Examples include learning to minimise risky behaviours and replace them with healthy ones that will enhance their lives. The following results have been attained via life skills: Reduced aggression; enhanced pro-social conduct; diminished negative, self-destructive conduct; enhanced capacity to organise and select efficient problem-solving strategies; enhanced self-perception, self-awareness, social and affective adaptation, etc.

Essential life Skills

Problem-solving, critical thinking, effective communication, decision-making, creative thinking, interpersonal relationship skills, self-awareness building, empathy, and coping with stress and emotions are the ten core life skill strategies and techniques listed by UNICEF, UNESCO, and WHO. The World Health

Organisation (WHO) divides life skills into the following three components:

Decision-making and Critical thinking abilities

Critical thinking and decision-making abilities involve gathering information, making decisions, and solving problems. A person must also be able to assess how their current behaviours and those of others may affect them in the future. They must be able to weigh the pros and cons of different approaches and the impact of their and other people's values.

Communication & interpersonal abilities

Interpersonal/communication skills: these comprise both spoken and unspoken conversation, attentive listening, feeling-expression, and feedback-giving abilities. Assertiveness and negotiation/refusal skills directly impacting one's capacity to handle conflict also included in this category? A crucial interpersonal skill is empathy, which is the capacity to pay attention to and comprehend the needs of others. Respect for people in our immediate vicinity is necessary for cooperation and teamwork. Adolescents' ability to acquire this skill set helps them fit in with society. These abilities lead to the acceptance of social norms, which serve as the basis for social behaviour in adulthood.

Resilience and self-control abilities

The term "coping and self-management skills" refers to abilities that heighten one's sense of internal control and convince one that one can influence change and change the world. The broader self-management skills include self-worth, self-awareness, self-evaluation abilities, and goal-setting proficiency. The person learns to deal with anger, sadness, and anxiety, as well as how to deal with tragedy or loss. Stress and time management are as important as positive thinking and relaxation techniques.

Concept of Stress

Students worldwide are under great stress at school as the criteria for education become more rigorous at all educational levels. Stress is the body's reaction to any demands made, and it can affect us positively or negatively. The majority

of the time, people discuss the bad aspects of expectations that interfere with our well-being and give us discomfort. Demands can originate internally (from our thoughts) or externally (from other people, places, objects, and situations). The latter is the main reason that any of us should be distressed. We react to the demands in different ways: psychologically (worry, anxiety, guilt, poor concentration, racing thoughts), behaviourally (increased smoking, alcohol and drug use, compulsive eating, nail-biting, reckless behaviour), and physiologically (increased heart rate, sweating, rapid and shallow breathing, muscle tightness). Children and teenagers experience stress and anxiety at the same rates as adults. The main causes of stress in childhood and adolescence are demanding familial responsibilities, abused or deprived childhoods, high expectations in academic or other performances, stressed-out and careless parents, and growing up tensions. Children frequently experience stress because of their parents' lack of effective coping mechanisms or lack of emotional availability for them. Children who are under stress may exhibit emotional disorders, violent conduct, shyness, social anxiety, and a general lack of interest in activities that they might normally find fun. According to research, kids who are made to live on too adult levels sometimes grow against following their parents' (or society's) laws. These kids frequently react aggressively and indignantly to stimuli.

Sources of Stress among Adolescents: In reaction to a range of growing-up anxieties, many teenagers tend to become nonconformists and become victims of teenage depression. On the other hand, children's performances suffer on a variety of levels when stress causes them to experience anxieties and anxiety. Teens' daily stressors most frequently come from:

- Problems with peers (e.g., being bullied, break-up with boyfriend or girlfriend, dating relationship problems) Family issues or problems with parents
- School-related problems or pressures: Their thoughts, feelings, or behaviours (feeling depressed or lonely)

- Death of a loved one
- Prolonged illness or serious issues in the family
- Relocating to a different neighbourhood or school
- Taking up excessive workloads or unrealistic goals
- A family's financial issues Unsafe living environment/neighbourhood
- Academic pressure and career decisions
- Pressure to wear certain types of clothing or hairstyles
- Pressure to try drugs, alcohol or sex
- Adaptation to bodily changes

Coping with Stress

Understanding the origins of stress in our lives, how it affects us, and taking actions to assist in managing our stress levels are all part of coping with stress. This could entail changing our physical surroundings or way of life, for example, to lessen the causes of stress. Alternatively, it can entail developing relaxation techniques to prevent health issues from arising from tensions brought on by inevitable stress. There are a few skills for managing stress-

- Time management
- Positive thinking
- Relaxation techniques

Role of a Teacher:

Teachers are no longer the only people who can impart knowledge and information. Whether in more adaptable community-based programmes or in traditional schools, teachers are vital to the advancement of high-quality education. They are change agents and champions for change. Without the ownership and active involvement of teachers, no education change is likely to be successful. In addition, educators need to acknowledge their professional obligations and take accountability towards students and communities. The strategies should cover the new role that educators must play in educating pupils for the rapidly changing, technology-driven, knowledge-based economy. To create

engaging, interactive learning environments, teachers must recognise the range of students' learning styles and their intellectual and physical maturation. It takes professionally qualified and skilled individuals from within the nation to administer life skill education efficiently.

- Must be able to comprehend the variability of students' intellectual and physical growth as well as their learning preferences.
- Implement practical tools and materials to identify causes of stress.
- Methods include brainstorming, role-playing, games and discussions, case studies, and working in small groups and pairs.
- Regular conversations with the students to learn about their stress levels and provide guidance in the role of a counsellor.
- Handling the pupils with empathy to prevent harm. Introduce them to different levels of stress management approaches.
- Talk to their parents and friends about the issues. Don't pressurise the students to do anything which they don't want to do.
- Help students explore their identities
- Train pupils in life skills with the assistance of professionals

Role of Parents

Parents can help their teens in the following ways:

- Encourage your adolescent to share their experiences and show that you are prepared to listen. Don't just make snap judgments and offer suggestions. Depending on the circumstances, your teen could simply want to be understood rather than seek guidance. For your youngster, a problem could appear insignificant, but it could be of great concern. Saying "you'll get over it" or downplaying an issue is ineffective. It conveys a message you are either unwilling to listen to or do not comprehend.
- Provide comfort, inspiration, and assistance. Don't give up if your adolescent is agitated or rejects your attempts to console them, even if you are ready to offer verbal or physical

support. These responses to stress are typical. Have patience and let your child know that you are there for them whenever they need you.

- Motivate your adolescent to engage in things they typically enjoy
- Encourage participation in constructive and pro-social endeavours set a good example for coping and stress management techniques.
- Establish a rapport with your adolescent so that he or she will feel at ease approaching you for assistance.
- Avoid bringing up your troubles with them.
- Conversely, talk to kids about the family's objectives and have cordial conversations about challenges.
- Try not to assign your child an excessive amount of homework or extracurricular activities after school.
- Let kids discover how to set their own pace.
- Don't enrol them in every course that is offered, and don't hold yourself to a high standard in everything.

Conclusion

One can strive towards more positive and comprehensive approaches to education by teaching life skills to the next generation and the generations after them. To put it briefly, sharing well, caring well, and faring well are the cornerstones of life skills. You must possess life skills to succeed in both your personal and professional life. Too much emphasis on scientific and technological developments and their impact on students has left behind human development qualitatively, which is now influencing youngsters adversely. However, the inclusion of life skills will diffuse the situation positively. By integrating life skills into the school curriculum, the learning process becomes more effective. Given that life skills are crucial to a child's development of a balanced personality, let's find ways both inside and outside of the classroom to instil the spirit of real-life values in the minds of the younger generation as it grows. Every educational endeavour in the future will need to consider

whether and to what degree it supports learning activities that aid in the development of life skills necessary for overcoming major obstacles in life and ensuring one's survival, as well as the extent to which it fosters the necessary attitudes and motivations (curiosity, interest, and self-starting qualities) for lifelong learning. Life skills cannot be learnt in an abstract and

theoretical manner; instead, individuals must subject their own experiences, circumstances, and observations regarding difficulties to creative analysis and evaluation, as well as collect, examine, and share their experiences in real life .

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Transforming Oneself, Transforming the World

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Abstract

Many of the problems that human society encounters cannot be solved by outside efforts, such as the establishment of institutions and organisations or political and economic reforms. Education, commerce, politics, and scientific progress are all important, but life itself is much more important since it is the foundation for all other kinds of change. Positivity and optimism help us deal with challenges and adapt to changes more effectively. Practising appreciation, gratitude, and mindfulness are some strategies that help us take charge of our thoughts and quicken our progress. The pursuit of self-mastery represents individual human action. The inner victory of every individual will influence society significantly for the better and ultimately shift the path of human history.

Keywords: *Mindfulness, self, transformation, human, peace*

In the twenty-first century, globalisation has had a more profound impact on the world. On the one hand, globalisation is advancing in the areas of finance, commerce, transportation, and technology. Conversely, there seems to be a rebirth of hatred and division in people's hearts, and economic imbalances are fuelling conflict and social unrest worldwide. People's minds are now anxious and nervous due to these modern changes. Lives are endangered and treated with contempt.

Human society faces several challenges that cannot be resolved by external initiatives like institutional and organisational development or reforms in politics and the economy. Though education, business, politics, and scientific advancement are all vital, life itself is far more significant since it provides the basis for all other forms of transformation.

Efforts that disrespect the worth of human life or the well-being of others can only lead to further challenges. Our frame of mind greatly influences how we interpret and respond to these changes. A strong and hopeful mindset helps us better handle difficulties and adjust to changes. Mindfulness, appreciation, and gratitude practice are some techniques that might help us control our thinking and accelerate our growth.

A person's primary objective in life is to maintain relationships with others and acknowledge life's worth and dignity. Individuals

themselves are the first to transform. The most crucial thing is to control our minds rather than letting them rule us. A single person can bring about an enormous human revolution that will influence the future of a country and, eventually, the fate of all humanity.

Life will acquire the highest dignity and nobility if we establish our foundation on sound thinking. However, when it comes to the impulses of absolute darkness or ignorance that cause tension, a negative mind might go to the lowest levels of immorality. The key to long-lasting transformation is changing the human mind. We cannot overcome our obstacles and problems if we rely on unstable, constantly shifting hearts and minds. Ultimately, we must master our minds by establishing a firm basis in faith and avoiding being controlled by selfishness, vanity, or self-importance.

The mind can create a joyful state of existence, as though flying freely and effortlessly across the vast blue sky. It can warmly embrace suffering individuals and exude empathy like the pure, bright, luminous light. It possesses the bravery and lion-like ferocity to defeat injustice and wickedness and can shiver with justified outrage. The incredible thing about the mind is that it can produce hope in despair and provide the ability to triumph and emerge victorious. The intellect is ever-evolving, much like the drama occurring within the universe. With the power of a positive

mindset, those going through intense suffering and confusion can transcend into the greater self and find peace. It will enhance the individual's potential and create a cooperative environment where people respect diversity and rise beyond differences. A world that is home to a great diversity of peoples and cultures is created by a single act of individuality that sets off a chain reaction. The world will not end in civil war; cross-cultural exchanges will benefit humanity and inspire the development of new ideals derived from cultural differences. Global neighbours will establish durable and tolerant ties due to mutual advancement and development worldwide.

Prominent and well-known individuals throughout history served as role models for all of humanity, demonstrating that despite obstacles and hardships, they could take the initiative, follow their convictions, and ultimately succeed in their undertakings, setting new standards for success. Several notable individuals whose contributions have resulted in notable transformations worldwide include.

- Nelson Mandela: Fought against South Africa's apartheid system and went on to become the nation's first black president, advancing equality and peace. His extraordinary journey of transformation is a monument to his fortitude, vision, and dedication to justice and peace. At the beginning of his involvement, he was influenced by Mahatma Gandhi's peaceful resistance and civil disobedience strategies and employed similar nonviolent protest activities. Mandela spent 27 years in prison, but he continued his education, engaged in rigorous self-reflection, and developed a more inclusive and reconciliatory approach to leadership. Nelson Mandela's remarkable path from a youthful activist to a world-renowned symbol of resistance to injustice and oppression is evidence of his steadfast dedication to human rights, justice, and peace. His capacity for change, evolution, and compassionate, honest leadership have made a lasting impression on the world.
- Mahatma Gandhi - Gandhi is most recognised for his nonviolent resistance theory, or "Satyagraha" (truth-force). He opposed repressive regimes and unfair laws through nonviolent protest and civil disobedience. Throughout his life, Mahatma Gandhi underwent a metamorphosis that caused his thoughts and strategies to change. One significant change in his thinking occurred during his time in South Africa, which profoundly influenced his philosophy of nonviolent resistance. Gandhi's ideas on truthfulness, nonviolence, and moral rectitude are still relevant today and motivate those pursuing justice, equality, and peace. His methods and philosophy have inspired countless movements for civil rights and social justice worldwide, including the American Civil Rights movement.
- Martin Luther King Jr.—A revolutionary figure in American history, King Jr. left a lasting impression on both the civil rights movement and the country. His dedication to peaceful demonstrations and acts of civil disobedience had a revolutionary impact on the civil rights movement. He successfully applied Mahatma Gandhi's nonviolent ideology to the fight for racial equality in America, drawing inspiration from it. His support of nonviolent resistance gave the civil rights movement a moral and tactical foundation and motivated many people to participate in nonviolent demonstrations and acts of civil disobedience. His unwavering commitment to racial equality and social justice was a driving force behind the civil rights movement, which inspired generations of activists and ordinary citizens alike.
- Mother Teresa- Mother Teresa established the Missionaries of Charity to help "those who feel unwanted, unloved, uncared for throughout society, people that have become a burden to the society and are despised by everyone," including the hungry, the naked, the homeless, the disabled, the blind, and leprosy patients The transformation that Mother Teresa spoke of as a "call within a call." Serving the most impoverished of the

poor was a profound spiritual calling she experienced. Numerous individuals and communities were profoundly impacted by her dedication to helping the most vulnerable segments of society and her practical approach to caring for the ill and dying. She remained steadfast in her faith and dedication to her mission, drawing strength from her spiritual practice. Mother Teresa's extraordinary journey from a young nun to a saint and international humanitarian continues to inspire millions worldwide to live lives of selflessness, compassion, and service to others. Her work and life are a constant source of inspiration and motivation for us to practise selflessness, compassion, and service to others. They also serve as an important reminder of the enormous influence that one person can have on the world when they embody these virtues.

- Albert Einstein - Theoretical physicist Albert Einstein is recognised as one of the most influential scientists of the 20th century. Our knowledge of gravity and cosmology was wholly transformed by Einstein's general theory of relativity, which also served as the theoretical basis for contemporary astrophysics, the study of gravitational waves, black holes, and the universe's large-scale structure. Using his notoriety and power, he promoted disarmament, civil rights, and peace. Intellectual challenges drove Einstein, and they took pleasure in resolving challenging situations. He was committed to learning the underlying ideas that underpin the cosmos. He believed that science ought to benefit people and frequently utilised his position to promote social justice, civil rights, and peace. As one of the most outstanding scientists of all time, he leaves us with a legacy that pushes the limits of human knowledge and comprehension while inspiring and challenging us to investigate the secrets of the cosmos.

In addition, several other notable individuals are Steve Jobs, co-founder of Apple Inc., who played a crucial role in revolutionising the technology industry with products like the iPhone and iPad; Malala Yousafzai, the

youngest-ever Nobel laureate and an advocate for girls' education; Rosa Parks, an iconic figure in the civil rights movement; and Marie Curie, the first woman to win a Nobel Prize in both Physics and Chemistry. Each individual improved the world with their metamorphoses and ultimately made it a better place.

The above examples show the subtle nature of the mind's working because our mind is the key to moving forward, overcoming our inner weakness and winning resolutely in life. Everything in our surroundings and all phenomena that make up our lives is product of our minds, which is what is supposed to be understood by the adage "one reaches to the source"—that is, everything that happens to us is the outcome of our actions. The pursuit of the mastery of oneself represents individual human action. Each person's inner triumph will bring about significant positive societal changes and ultimately alter the course of human history. It is, first and foremost, about conquering ourselves today and improving ourselves.

We cannot view things clearly and make poor decisions when our minds are shrouded by inner darkness or misconceptions. Thus, using the principles of philosophy or the rules of the universe as a reliable compass in life is crucial to polish this tarnished glass. A single flower can completely transform a bleak atmosphere. The important thing is to have the spirit and determination to improve our environment and change it for the better, even if just a little. Especially those with strong minds of faith vibrantly transform their lives and spread happiness and joy.

We can sustain an unwavering life state that leads to happiness for ourselves and others if we stay faithful to the philosophy or religion's spirit and dedicate ourselves to faith. The most significant advantage of following the faith is developing inner strength and fortitude. Prayer, meditation, and introspection are examples of religious practices that can build resiliency, endurance, and inner strength. We must grow and change to become better, smarter people. We must also resist giving in to our flaws, which

include conceit, laziness, selfishness, dullness, and apathy in the face of adversity.

When we view things through the lens of our mission or our religion, we can break free from suffering, view the circumstances with gratitude, and declare that everything in life has a purpose and that no effort is ever wasted in overcoming obstacles. We will learn to see all of our difficulties and challenges as a source of motivation for personal development when we adopt a new perspective and attitude towards the world. We improve and get stronger. True or inner transformation changes the land and

environmental conditions where we are now into a peaceful and secure land. Consequently, instead of allowing our thoughts and emotions to govern us, we can change and take control of them. Developing self-awareness and mindfulness can aid in striking a balance. Changing the world and undergoing personal development frequently go hand in hand. Through self-improvement, the cultivation of empathy, and internal positive transformation, we can help make the world a better place for everybody.

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Fashion Therapy: Treating Fashion as a Psychological Weapon for Mental Health and Human Well-being

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Abstract

“Fashion Therapy” is a process where an individual can discover self-acceptance and a pristine sense of empowerment by using fashion tools for self-identity and healing. The concept of Fashion therapy embraces the idea that clothing can have a weighty impact on our mood, confidence and self-esteem. The selection of outfits by any individual is not only about physical appearance but also reflects a sense of identity, style preferences, body image concerns and emotional needs.

The Present study emphasises the use of fashion tools as healing Therapy. It introduces the relationship between Fashion and Mental health awareness, the psychological benefits of Fashion on human behaviour, mental health, and societally correlated issues, and how fashion clothing can be used as a weapon to evoke positive emotions, boost self-confidence, and poignantly heal.

Keywords: *Fashion, Mental health, Psychological, Clothing, Stress Management, Therapy*

Concept of Mental Health

Mental Health is a state of mental well-being that enables a person to the way of thinking, feeling and behaviour. Through mental health, a person can cope with stress in their routine life, associations and physical healthiness. It includes our emotional, psychological and social welfare. It helps an individual to enable decision-making, build relationships, and make their own identity in our society. A person must build a delicate community and socio-economic development. Considering mental health, the plough own behaviour and social behaviour is a myth. It is more than the absence of a mental disorder. It is very important to take care of our mental well-being at every stage of life, from childhood to adulthood and parenthood to old age. Mental Disorder can transpire at any stage of life due to abundant reasons. Over the years, mental health problems like a way of thinking, mood, and behaviour can be affected.

Mental Health Condition

Mental illness can range from mild to severe and can badly affect a person’s mood, behaviour and thinking abilities. A person with a mental disorder can be suffering from depression, anxiety and physical addictions. Some of these factors can contribute to mental health:

- **Biological factors:** Biological factors are mainly related to the brain or genes. Because of this, such issues transfer from generation to generation.
- **Previous Trauma:** It is related to previous life experiences such as someone’s awful behaviour, Unforgettable trauma or physical abuse.
- **Family history:** It includes the same kind of mental disorders in the current or previous generation.
- **Insecurity or inferiority complex:** It occurs when someone feels confident for many reasons, such as physical appearance, height, weight, or something they don’t like.

Therapeutical needs for mental health

Mental health in India is an imperative issue; a significant population is suffering from mental health issues like stress-related, depression and anxiety. Furthermore, the COVID-19 pandemic has aggravated mental health issues due to increased job losses, a jump in divorce rate and staying home for a long time, which has worsened, so many people of different ages experience the generic nature. Development disabilities, anxious behaviour, and mental disorders are even noticed in Children. In such a scenario, to find a therapeutic solution, fashion

can be considered a secret weapon for mental health-related concerns.

Relationship between Fashion and Mental Health

Fashion has always encompassed much more than just apparel. It is the most philosophical way of self-expression and conveys an individual's personality in terms of feelings, expressions and behaviour. Fashion plays a significant role in mental health management. Choosing a dress sense, colour, design, and style are all related to mental health and a person's life concept. It is closely associated with encloded cognition, meaning our clothes influence our mental state, emotions and performance. This shows our perspective on life and how we perceive ourselves and our abilities. Do we look forward to opportunities, or are we lost in our failures?

Fashion Psychology

Fashion psychology is the way of perceiving and amplification the connection between fashion and human behaviour. Fashion psychology examines the fashion choices made by a person and the factors that influence fashion choices, such as cultural, social, or individual beliefs and values. The fashion Cognition process can affect the way people think about their behaviour. fashion psychology is the phenomenon that works ahead of the appeal and aesthetics of clothing while considering self-esteem, societal behaviour and mental state.

Psychological Impact of Colour in Fashion

This can't be a myth saying, "What you are is what you wear". Professional dressing is one of the biggest examples of increased abstract thinking. Colour has a significant impact on the wearer's mood and specific emotions. Bright Colours like Red, Yellow, and Blue can boost one's energy, and dark colours like black and grey tend to create a low-stress and dull feel. Cheerful colours like yellow and blue tend to furnish the feeling of happiness, while white, green and soothing colours are associated with peacefulness. Certain colours are proven to aid mental health; for example, green is proven to reduce anxiety, and blue is also called an anti-

depression colour. The concept of warm and cool colours also comes under the psychological impact of colour in fashion. Colour enables individuals to make premeditated choices to support mental well-being.

Fashion as Therapeutic weapon in mental health

Fashion sense is nonverbal communication and a very well-built way for every individual to express their identity, self-expression, and social perspectives. The concept of fashion therapy combines the transformative power of fashion with the remedial properties of therapy. The choices of clothing, style, and colours impact the perception of individuals and also influence how others understand them.

Fashion is an optimistic universal art that addresses mental health, and style contributes to a very expressive self-concept, heightens the sense of worth and boosts overall mental health. Beauty standards in the fashion industry significantly influence an individual's body image, body language, and personality, contributing to others' minds making a particular image about that person. Fashion therapy embraces the idea that clothing is not just about physical appearance but also about emotional healing, up-levelling self-confidence and raising self-acceptance.

Through the process of fashion therapy, fashion specialists help their clients discover a sense of self-love and acceptance by using the right tools of fashion and styles for their inner growth and emotional healing. They help people choose wardrobes that are authentic to themselves and create a positive connection between them and their belongings.

Fashion is often overlooked way to improve mental health, and look forward to every day and helps combat depression. The most common symptoms of depression include losing self-care, not showing interest in common things, not getting dressed, overthinking, etc. Getting dressed every day with a positive aspect is a key tool for getting rid of depression and, in turn, mindful practice.

Even though there are so many tangible benefits of fashion, lots of research still needs to be done in terms of the psychological and mental health benefits in this area. Wear what truly makes you feel like yourself in the interim.

Benefits of Fashion Therapy

The whole fashion therapy system analyses the behaviour and impression of someone and analyses its applicability in terms of fashion therapy. Fashion therapy uses all fashion items and tools to overcome stress and fear, manage pain better, and have positivity about self-worth, self-existence, and social, psychological, emotional, and behavioural changes. Fashion Specialists heighten positive appearance and fashion change by using the Right Colour of choice, design pattern, makeup, fashion style, fashion accessories, fashion coordination and hairstyles. Using these tools can result in numerous benefits, such as improving mental health. Some of them are listed below.

Developing a realistic appearance of the body

Fashion therapy allows people to look at them more positively and pragmatically than they ever had before. People feel that it is more important to feel good the way you are rather than what others judge after seeing you. This type of perception comes under cognitive changes after fashion therapy. Through this, people accept their realistic body shape, which was previously based on idealised standards. The overall process is to learn to love your body by experiencing an increased feeling of acceptance and satisfaction about your appearance, which can continue to grow through increased awareness of fashion, clothes and overall makeovers.

Boosting self-confidence

The most favourable judgment of human life is about complimenting their looks. It is about how good, pleasant, and graceful a person looks in terms of personality, choice of clothes and overall well-being. A judgment about someone's appearance by fashion consultants and by people of your surroundings influences the person's confidence. It boosts confidence in Individuals when they get unrelenting positive feedback in their interpersonal relationships and are

encouraged by people who appreciate them about their appearance. So, positive comments and continual appraisal are the keys to boosting self-confidence in individuals, which will be reflected in their presentation skills, talking behaviour, and enjoyment of their daily lives.

Focused self-expression

People who value and focus on their opinions rather than others' opinions make them more confident and self-expressed. These Attitudinal changes can be achieved by fashion therapy to satisfy their need for beauty and self-expression. Making judgments by you about your looks is more meaningful and realistic than judgments made by others. Self-love, obsession and self-respect are the key points through which people can value themselves. So, getting ready and dressed up for yourself will be more satisfying and significant than getting dressed to show off in front of others. Fashion has become a more meaningful conduit for articulating and conversing on various aspects of self-interpreting the fashion therapy practice.

Increased body satisfaction

The overall motive of making changes in appeal and appearance is to amplify one's body satisfaction, which further leads to many psychological benefits. People with internal body satisfaction have a more pleasant look and are more attractive and focused in life. Satisfying the desire for beauty and appeal also uplifts the mood. Different styles, designs and colours are important in giving the opposite gaze to various body shapes. For example, dark colours give the appearance of compactness, while light colours give the appeal of fullness. Vertical pattern lines create the illusion of tall height, and horizontal lines create a fantasy of balanced height. In this way, different illusions can be made by choosing the right colour, pattern and style according to different body shapes to achieve body satisfaction.

Emotional healing

Fashion therapists or fashion consultants commonly take this approach of emotional healing by fashion elements to help people with

emotional suffering and navigate personal style tools such as self-discovery, empowerment, and curing. Fast growth in fashion therapy is evidence of potential in healing therapy through fashion channels. Acknowledging changes through clothing, dressing up, and makeup takes a lot of work to observe behavioural changes. Emotional healing, self-esteem, and emotional strength can be followed by continuing fashion therapy and observation. Time taken can vary from person to person as the emotional connection of every person is different with different things like relationships, pets, social image, etc.

Conclusion

Fashion psychology sheds light on the complex relationship between attire and mental health. Fashion psychology also focuses on the insightful impact of selecting wearable items such as clothes, jewellery, and make-up, which enhances self-reliance and self-worth. Fashion therapy significantly impacts the efficiency of cognitive experiences, behaviour changes, and satisfaction with self-acceptance. This process is closely related to clothing-related appearance-management behaviours. People, with the help of Fashion Therapy, can deal with multiple

measures of their target complaints like negative body image, lower self-esteem, and body dissatisfaction, which further result in depression and mental health issues. Fashion Therapy is important and can be utilised to compensate for an individual's superficial body image distress. The fashion Psychology dimension of fashion has the power of clothing design, style and Colour impact to develop positive and empowering relationships between fashion and mental well-being.

Limitation and Future Scope

Acknowledging changes through clothing, dressing up, and make-up is very challenging as no numerical data can be interpreted after every visit, but slowly, behavioural changes can be observed with time. That change in behaviour and the time taken for that change is also different in different age groups, genders and classes of society. This study can be divided and classified into various groups. Each group should be observed and taken under observation so that some data can be collected to help further mentally stressed people about their body shape, appearance and self-esteem.

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Yoga and Meditation: Harmonising Mind and Body

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Abstract

Yoga and meditation, ancient practices rooted in Indian philosophy, have gained global popularity for their profound effects on physical, mental, and emotional well-being. Meditation, with its rich historical roots and diverse practices, offers comprehensive approaches to achieving holistic well-being. Their widespread acceptance and integration into modern life underscore their timeless relevance and transformative potential. Yoga and meditation have been integrated into various therapeutic settings, including healthcare, education, and corporate environments. They are used as complementary therapies in treating conditions such as PTSD, substance abuse, and chronic illnesses. Additionally, these practices are embraced by individuals seeking personal growth, stress management, and enhanced quality of life.

Keywords: *Yoga, Meditation, Yoga, Stress-management, Physical and Mental Well-being*

Introduction

Yoga is an ancient spiritual practice from India that uses breath control, physical exercise, and meditative postures. The practice of yoga uses “asanas”, or various physical poses, to achieve a divine connection with the universe. The word yoga means “union” in Sanskrit. Some people refer to yoga as moving meditation, where you calm your mind and create awareness through doing the poses (Mohammad, 2019). Meditation, or “dhyana”, is also a part of yoga. Like the physical practice of yoga, dhyana also forms a profound connection with the universe by doing mental exercises to bring you to a higher state of consciousness. This connection happens in savasana when you are in a meditative, peaceful state (Mohammad, 2019). More than 36 million Americans practice yoga regularly (Yoga Alliance, 2016). Yoga was the number one mind and body health practice in the U.S. in 2017, with meditation squeaking behind in second place (Clark, 2018).

The significant difference between other meditation and yoga meditation is that, depending on the yoga practice, you typically do a yoga meditation after a yoga sequence. It is the final step in yoga: first, you exercise the body, then let go to help relax and focus the mind. This meditative practice helps stabilise your body

post-exercise and provides mental clarity and physical, emotional, and spiritual energy.

How to do yoga meditation

Yoga and mindfulness meditation are similar in that they both require concentration and focus. The ultimate goal of both of these practices is to feel peaceful, relaxed, in a state of self-awareness, and connected to the universe. This is done through pranayama or by regulating and focusing on your breathing (Mohammad, 2019). People often do yoga and meditation for the many health benefits they provide. Together, they can work synergistically to help the body in complementary ways. Because yoga meditation is typically done after a yoga session, you receive the benefits of yoga and meditation simultaneously.

Yoga meditation is done without moving the body. When you do this mindful practice, you will get into position, either sitting or lying down peacefully, letting thoughts and feelings pass without judging them. You keep your eyes closed and your palms facing upward to the sky.

Yoga meditation is often done in a class or with someone instructing you during the meditation, though you may find you can practice it on your own once you have experience with it. Some people use YouTube or online videos for guided yoga meditation. You may feel your body tingle

or shake, especially if you have done a more vigorous style of yoga. Some people may fall asleep during yoga meditation. A typical yoga meditation takes about five minutes, though some may last longer.

Yoga meditation techniques

You should feel comfortable while doing yoga and yoga meditation. There are different types of yoga, and some may feel better to you than others. Here are some of the more common yoga styles:

- Hatha yoga is a generic term for “basic” yoga.
- Restorative yoga uses gentle asanas (postures) with supportive blocks, blankets, and pillows.
- Bikram or hot yoga involves doing poses in an artificially heated room.
- Vinyasa yoga uses fluid, intense yoga movements that flow from one pose to another.

You may choose to do a yoga meditation in the morning to start the day off or at night to calm you down for sleep.

Whichever yoga style you choose, your instructor will guide you in noticing your breathing and how your body moves during the poses. You may feel stronger on one side of your body or hold your balance better on one leg. When you notice these differences, this is a form of mindful self-awareness. This self-awareness lays the foundation for yoga meditation. You can try some basic yoga moves to get the blood flowing and then lie down for a 5-minute yoga meditation (Outside, 2021).

Impact of yoga on the mind, body, and soul

Yoga improves self-awareness, self-management, and self-efficacy in a manner that team sports may not, allowing kids to develop critical life skills and make links to their daily lives. In other words, yoga teaches kids actual skills that enable them to control their health rather than merely thrive on the field. Their needs and surroundings are essential, so they learn to pay more attention to how they eat, move, and treat their bodies. Yoga gives kids much control and helps them learn essential social, emotional, cognitive, and scholastic skills, like paying attention and focusing, making

decisions, working with others, managing stress, and being kind. In yoga, students can be more introspective and quieter inside their bodies. They also have to ask big questions and take more responsibility for their ideas, emotions, and actions, which is why yoga is good for them. As a result, pupils are healthier and better equipped to confront future problems with confidence and resilience. Yoga is reported to provide a variety of health advantages, including – reducing tension, – restoring flexibility, – and liberating the mind from mental problems, which are all benefits of this treatment. – Reduces uneasiness, irritation, and confusion; – prevents depression and mental tiredness; – restores alertness, focus, and readiness to solve problems; – increases self-awareness; achieves and – maintains physical and mental health and relaxation.

Impact of Yoga on the human Mind

Students experience stress due to a demanding curriculum, intense rivalry for admission to prestigious institutions and universities, and unemployment. They have high expectations from their parents. Stress may have a beneficial or destructive impact. Positive stress boosts your working capacity and performance, while negative stress can make you depressed. By medical research, stress is a killer that many people do not even know is killing them. Yoga can help with stress management in school by improving physical and psychological resilience, emotional balance, and pranic balance by removing the main problems in the mind. Asanas, Pranayama, Meditation, and other types of yoga may help students self-heal and reduce mental stress. Those who do yoga are going to be healed by it in all of its forms. Modern lifestyle engagements have disrupted mental and bodily serenity. Several ailments have developed from this way of living. Yoga is an effort to address such issues and may help with various severity levels. Technical systems are embedded in yogic practices, which aid in maintaining tranquillity and resilience. In addition, in-depth yoga helps you integrate your personality. Yoga may enhance one's lifestyle, resulting in more positive attitudes.

Conclusion

Yoga should be considered a complementary therapy or alternative method for medical therapy in the treatment of stress, anxiety, depression, and other mood disorders. It has been shown to create a greater sense of well-

being, increase feelings of relaxation, improve self-confidence and body image, improve efficiency, improve interpersonal relationships, increase attentiveness, lower irritability, and encourage an optimistic outlook on life.

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Managing Stress and Promoting Human Well-being: Insights from Swami Vivekanand's Philosophy of Education

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Abstract

Education is considered to be the foundation of a developed nation. It is the stepping stone towards a comprehensive development of individuals and society. However, the present-day educational system, to a certain extent, is bounded by a fixed infrastructure where knowledge is theoretically imparted without allowing the students to experience it. The teaching-learning process is confined in watertight compartments of a prescribed syllabus following a fixed format. It lacks the character-building process of an individual, which otherwise helps human beings deal with the everyday problems of life with moral perseverance. In this challenging and changing global environment, where mental issues like stress have become a common problem amongst individuals, Swāmi Vivekānanda's philosophy of education appears to be a pertinent solution for maintaining a balanced state of mind and fruitful growth of an individual. Swāmiji's model of education laid much stress on moral and value education. According to Swāmiji, for the integrated development of an individual, it is vital to train their mind through concentration and meditation. Concentration of mind is the best method for educating the students to self-experience the knowledge gained regarding their subject. A well-trained mind can deal with life's intricate issues, whether physical, mental or social. It helps to experience practical knowledge of various matters and subjects. Thus, individuals (especially the students) need to inculcate moral values centred on the philosophy of Vedānta and Upaniṣads. Vedānta is the bedrock of Swāmi Vivekānanda's entire philosophy. Vedānta teaches the oneness of reality. This higher knowledge gives an individual tremendous strength and confidence to deal with the concerns of life. It enhances an individual's mental and physical health and helps them to strive for the higher things in life, such as realising inner strength. The primary aim of this paper is to explore the significance of Swāmi Vivekānanda's model of education in managing stress and promoting well-being. It aims to explicate how Vivekānanda's concept of man-making education can help maintain progressive mental health in the contemporary world.

Keywords: *Education, Swāmi Vivekānanda, Stress management, Mental Health, Human Well-being*

Introduction

Education is considered to be the greatest nation-building movement. It plays a significant role in an individual's and society's comprehensive development. However, the present education system poses several challenges to the nation's progress. The modern education system functions in a fixed set-up where information is poured into students' minds and they are trained and instructed to cram it to score well in their academic ventures. Such education makes man a machine where s/he fails to exercise their free will and intellect. The focus remains on intellectual education alone, impeding an individual from growing substantially.

Consequently, one fails to deal with one's daily life problems effectively.

Additionally, it is giving rise to various mental issues such as stress, depression, anxiety, and anger. Dr. Kiran Walia mentions the perspective of Vivekānanda on this particular matter: "The present education system has overemphasised the cultivation of the intellect at the cost of the general well-being of humanity." (Vivekananda, 2008, p. 28) It neglects the comprehensive development of human beings. Modern education fails to instil moral values in an individual. The focus remains on career building. It does not equip one to deal with stress and fails to prepare them for life's challenges. Young

students are seen gripped by serious mental health issues such as depression and anxiety.

It is vital to note here that the present education system reflects the Western influence of thought. To a large extent, the Western education system only focused on training the mind to accomplish material prosperity. It depicts a machine-making model of education that helps an individual to earn a decent livelihood. However, it fails to empower him/her to achieve the higher objectives of life. It poses a serious challenge to the moral development of humanity. Amidst this situation, Swāmi Vivekānanda's philosophy of education appears to be a pertinent approach to facing the challenges of modern education. His thoughts on education were influenced by the ancient Indian education system that stressed the training of the mind and heart for accomplishing spiritual goals along with worldly progress. The indigenous education system in India that degenerated in the colonial era was revived by the contemporary philosopher Swāmi Vivekānanda, who aimed to develop a comprehensive education model.

Makarand Paranjape, while explicating Vivekānanda's contribution to India's development, points out that "He was able to rouse a defeated nation's consciousness by restoring pride and dignity to its masses." (Paranjape, 2020, p. 205) Education was a key instrument in bringing about the new transformation. It is interesting to know that Swāmi Vivekānanda did not write any particular discourse on his educational philosophy. His views on education can be inferred from his vivid lectures on this subject. His valuable thoughts on education are relevant in contemporary times.

Vivekānanda's Philosophy of Education

Swāmi Vivekānanda's philosophy of education depicted the essential nature, aims, and means of education. Vivekānanda envisioned a unique model of education that represented a perfect blend of spirituality and modern science. According to him, education must include science and technological advances. At the same time, it must be rooted in the teachings of the Vedānta that advocate the oneness of reality.

Education should help realise the potential divinity of the human soul. He believed that "Education is the manifestation of the perfection already in man." (Vivekananda, 1989, Vol. IV, p. 358) It aimed at producing perfect men whose minds possess all the elements of philosophy, mysticism, emotion, and hard work equally. Swami Muktidananda, while explaining Vivekānanda's views on the nature of education, says, "For Swamiji, education is a profound and meaningful term and a method of training and transforming the whole human personality, consequently bringing about social transformation." (Muktidananda, 2004, p. 19)

The main scheme of Vivekānanda's philosophy of education was the character-building of human beings. Swāmiji emphasised that every educational system must cultivate strength, confidence, and capacity in individuals so that they can strive for the higher things in life. Swāmiji believed that "Education is not the amount of information that is put into your brain and ruins riot there, undigested, all your life. We must have life-building, man-making, character-making assimilation of ideas." (Vivekananda, 1989, Vol. III, p. 302) An individual's character comprises the tendencies of his/her mind. Each experience of our life, whether pleasurable or painful, leaves an impression in our minds. T. S. Avinashilingam, in this context, explains that "Swami Vivekananda compared the human mind to a ball which is constantly being hit. All the hits leave their marks on the ball. All the experiences involving our interaction in society shape our minds." (Avinashilingam, 1997, p. 76)

Even though an experience shapes our minds and influences our actions, an individual has the freedom to accept or reject any influence. One can exercise one's choices that conclusively shape one's destiny. This freedom is attained through man-making education. Concentration of mind helps an individual to shape their destiny. A holistic education brings clarity of mind and gives the right direction to one's will. Thus, the role of education is to mould one's character and inspire one to strive to achieve nobler qualities of life along with earning a livelihood.

For Vivekānanda, education was not limited to book learning or attaining diversified knowledge. Instead, he believed that “The training by which the current and expression of will are brought under control and become fruitful is called education” (Vivekānanda, 1989, Vol. IV, p. 490). People should be allowed to practice and experience moral values to build a good character. One who starts thinking and practising good work, the impressions left on the mind remain noble. The inclination towards noble acts builds a stronger character. Theoretical education is of no use until it is practised and experienced practically. Moral values should be incorporated into the education system. People must be motivated to practice the knowledge gained diligently.

The significance of the practical aspect of education can be depicted from the life of Swāmiji’s master, Sri Rāmakṛṣṇa Paramahaṃsa. Sri Rāmakṛṣṇa came from a pastoral background. Unlike Swāmi Vivekānanda, he did not undergo any formal academic training. However, his zeal for spiritual enlightenment drove him to learn the system of various religious traditions. By experiencing the claims of diverse spiritual customs and practices taught by various teachers, he realized that every tradition, if practiced faithfully, leads to the knowledge of the higher reality. The path to the supreme reality may vary, but they all lead to the same realization. Sri Rāmakṛṣṇa realized the truth of life through self-experience, representing the practical learning method as insisted in our ancient education system.

For Vivekānanda, the most important method of education is concentration of mind. One needs to train one’s mind to concentrate to experience the higher truth of life. T.S. Avinashilingam explains the two types of concentration demonstrated in the lives of great people worldwide. “One is concentration of mind on a certain problem or a certain subject..... Great scientists and philosophers of the world come under this category....The second form of concentration is the concentration that characterises prophets of all ages in their lives to deliver their message to the world.” (Avinashilingam, 1997, pp. 61-62)

Great thinkers like Śaṅkarācārya and Sri Rāmakṛṣṇa Paramahaṃsa come under the latter category.

Cultivating the mind to concentrate is the best method of true education. It helps an individual to grow spiritually and intellectually. Most importantly, it enables one to think open-mindedly and encourages achieving the highest end of life, which is the knowledge of the inner divinity of self. Vivekānanda believed that “The end and aim of all training is to make the man grow” (Vivekananda, 1989, Vol. II, p. 15) His testimony of faith that “Each soul is potentially divine. The goal is to manifest this Divinity within by controlling nature, external and internal.” (Vivekananda, 1989, Vol. I, p.124) elucidates that education sharpens the potentiality already within us. There is nothing that exists outside. One realises the inner self through concentration of mind, which is the primary aim of man-making education. Education is not merely collecting and memorising facts but training the mind to concentrate on the subject at every stage of learning. For Vivekānanda, “The ideal of all education, all training, should be this man-making.” (Vivekananda, 1989, Vol. II, p. 15) In other words, the primary aim of education is to train the mind to be ‘mindful’ so that it can think independently, which, unfortunately, is overlooked in the present education system.

Such an education model helps attain true knowledge and promotes human well-being. The vital question in this context is how Vivekānanda’s vision of education helps in stress management and promotes human well-being. Let us first understand what creates stress and mental anxiety.

Managing Mental Health through Man-making Education

We all face intricate, stressful, and sometimes chaotic situations in our everyday lives. According to Vivekānanda’s analysis of human predicaments, stress is part of an individual’s condition. We face diverse issues that are either favourable or unfavourable. While favourable situations make us happy, unfavourable situations generate pain. One needs to

understand that stress is inevitable in human being's lives. But what causes stress and mental health issues? There are two aspects to this issue.

The psychological aspect would reveal that stress depends on one's adaption to the gravity of experience. The level of stress depends on the way one handles the situation. Scholars like Good and Beitman point out that "Stress is an unavoidable aspect of being alive. Hence, how people respond to stress determines, to a large extent, the impact of stress in their lives." (Good and Beitman, 2006, p. 229) It means the real problem exists in our response to the stressful situation. A wholesome response would help in stress management efficiently. In contrast, an unwholesome response leads to various mental health issues such as poor concentration, weak self-confidence, anger, sadness, distress, decline in productivity, and pessimistic behaviour.

On the other side, the philosophical aspect would reveal that one of the vital reasons for stress is attachment to the outcomes of one's actions and behaviour. When an action is performed with a constant focus on the results, it invariably develops a fear of failure in our minds. Our mind gets overpowered by stress, impatience, anxiety, anger, tension, and fear. It affects the mental health of a person, reduces the power of self-awareness, and encumbers access to the inner self. The role of holistic education is to enable an individual to manage stress efficiently. It encourages an individual to face issues and triumphs over them. Education helps one to realise the inner divinity that one possesses. It helps to cultivate strength and confidence to recognise the higher reality of life. This strength empowers us to combat the adversities of life. Unfortunately, the present education system overlooks such noble objectives. Consequently, a lack of value education hinders the growth of an individual as it does not allow one to *think* openly. Students are taught not to gain and experience knowledge but to score good marks.

Vivekānanda's man-making model of education empowers an individual to fight anxiety,

depression, fear, and stress and promotes human well-being. Through concentration (as the method of education), one develops the strength to give a wholesome response to adverse situations that otherwise produce stress. Vivekānanda envisioned a system of education that synthesises Vedānta and modern science. Knowledge of the self and the phenomenal world must complement each other for a progressive society. The knowledge of Vedānta's teachings helps to rise above material knowledge and enlightens one to know the higher truth of life, i.e., the inner self. A holistic education helps to analyse and reflect on the situation and enables one to deal with it practically. Swāmiji said, "The education which does not help the common mass of people to equip themselves for the struggle for life, which does not bring out strength of character, a spirit of philanthropy, and the courage of a lion—is it worth the name? Real education is that which enables one to stand on one's own legs." (Vivekananda, 1989, Vol. VII, pp. 147-148)

Conclusion

The paper explored how Swāmi Vivekānanda's educational philosophy can help manage stress and promote well-being. It explored how to ensure the holistic growth of human beings amidst the educational challenges one faces in the global environment. From the above discussion, it can be inferred that Vivekānanda's philosophy of education enables an individual to develop self-awareness and makes one confident and self-reliant in dealing with various life-issues. It empowers one to realise the higher truths of human life. The man-making model of education focuses on human beings' physical, psychological, and social development. Vivekānanda's educational philosophy, being a perfect blend of Vedāntic ideas and modern science, motivates one to be moral, innovative, curious, and fearless in their thoughts, words, and deeds. It allows individuals to work for self-development and the masses, thus promoting universal brotherhood.

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Consumer Culture and the Absence of Art: A Challenge to Human Well-being

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Abstract

In the contemporary postmodern era, society operates as an institution dictating norms for individuals. Those who struggle to conform often experience alienation. Moreover, within the capitalist framework, consumer culture establishes standards for appearance, eating habits, and lifestyle choices, prioritising symbolic value over utilitarian value. Consequently, this paper delves into the pervasive pursuit of social validation through wealth accumulation and adherence to social norms. In this context, humans view themselves as tools for earning money, believing it leads to happiness. However, Jean Baudrillard likens this to an illusion, drawing parallels to Narcissus' infatuation with his reflection, arguing that it only exists on the surface with nothing beyond.

The present paper also focuses on the aspect that although individuals possess a tremendous capacity for learning, there is a declining desire to pursue creative endeavours or gain new artistic abilities in the capitalist society. In contrast to the Indian aesthetic tradition, which emphasises mastering sixty-four forms of art for a prosperous life, only a limited number manage to grasp even one or two of these forms. The prevalent neglect of artistic endeavours contributes to a growing subservience of our minds to technology. This trend results in untapped potentialities of the mind, leading to the emergence of depression and anxiety issues.

This study emphasizes the detrimental effects of societal norms on human well-being in support of a paradigm shift towards a more holistic view of life. It challenges the prevalent narrative that equates pleasure only with financial prosperity and compliance with societal norms by emphasising the need to cultivate numerous art forms and transcending materialistic pursuits to cultivate a more prosperous life.

Keywords: *Art, Capitalism, Happiness, Mental health, Social norms*

Introduction

In the contemporary landscape, the pervasive influence of the capitalist narrative has reshaped societal values, directing focus toward pursuing wealth as a means to achieve happiness. This transformation has notably impacted fundamental aspects of human life, from fulfilling basic needs to shaping cultural preferences. The allure of consumerism, embodied in shopping malls and branded products, has created a societal framework where possessions and social status intertwine, potentially compromising individual authenticity. The consequences of this shift extend beyond material consumption, infiltrating realms like nutrition, architecture, and leisure, as evidenced by the rise of hyperreal environments like Disneyland and Dubai. Drawing insights from Baudrillard's critique of consumer society, this exploration aims to understand the

consequences of contemporary consumption patterns on human well-being and societal dynamics.

Contrasting this modern landscape is the rich historical tapestry of Indian tradition, which once celebrated a diverse array of sixty-four art forms known as *Catuṣṣasti-kalā*. These art forms, from music and dance to painting and weaponry, reflected both creative expressions and intrinsic aspects of individual identity and societal well-being. Regrettably, the evolution of contemporary corporate culture has led to the side-lining of these art forms, steering individuals towards professions that may not align with their true passions. This departure from the traditional appreciation of fine arts poses challenges, contributing to the disconnection between individuals and their innate creative potential.

Consumer Culture and Its Impact on Human Well-Being

In contemporary times, the capitalist narrative has ingrained in our minds the belief that more money equates to more happiness. This ideology strategically targets fundamental needs such as food, shelter, and home. Constant exposure to a myriad of amusements makes it challenging to resist the allure. For instance, shopping malls, which are the hub of consumer activities according to Jean Baudrillard, are tantalised with an array of products, creating a desire to acquire them all. Yet, not everyone can afford this, leading to distress.

The fascination with branded products intertwines with social status, creating a link between the possessions one holds and their recognition in society. A striking example is India, where 70% of iPhone purchases occur through EMIs (times of India, 2023). We can say that the use value of the product has been overlooked by its sign value. However, with their brand-centric focus, fast fashion brands adversely impact human well-being. In the pursuit of fitting into a socially constructed capitalist mould, individuals compromise their ontological essence.

Consider the realm of nutrition; today, people consume whatever is available in the market, offered by fast food chains like Domino's, McDonald's, and Burger King. Due to these growing food industries worldwide, the problems of obesity and diabetes are evident. However, in traditional societies, individuals consumed what the natural environment offered. In his work, *In Defence of Food*, Michel Pollan notes that “don't eat anything your great grandmother wouldn't recognise as food” (Pollan., p. 148). Globalisation, fostering an era of cutthroat competition, has seemingly stripped away happiness from human life.

Similar dynamics also play out in the realms of the beauty industry and infrastructure. Clothing and fashion brands are focused on women and they target women's bodies for their sales. The beauty industry creates the stereotype of white skin and anti-aging products that women buy to look good. The role of advertisements in

promoting such products and creating brand value is very significant. Individuals are always encountered with advertisements that blow their minds and make them curious to try more products for a better living. Moreover, in architecture, amusement parks like Disneyland and extravagant structures like those in Dubai create hyperreal worlds, ostensibly to bring pleasure. However, the reality is that such constructions contribute to establishing a social hierarchy, favouring only the capitalist class. These emerging forms of consumption are not just spaces for sign consumption; they are structures guiding people to consume more and different items. In line with Baudrillard's concerns about constraint in *The Consumer Society*, terms like 'totalitarian,' 'omnipotent,' and 'repressive' are aptly applied. The system mandates not only consumption but also leisure (Baudrillard., 1998).

As Aristotle argued, happiness is not a state but an activity. There are two kinds of activities: necessary or chosen for the sake of something else or to be chosen for themselves. Aristotle considers happiness one of those to be chosen for oneself because it does not need anything else; it is self-sufficient (*The Nichomacean Ethics*). However, in the modern world, the word happiness has become synonymous with the word amusement, and amusement is chosen not for its own sake.

Baudrillard's world, characterised by obligatory consumption and leisure, implies societal control but hints at an impending failure. Credit cards, ATMs, debit cards, ski resorts, Club Med, cruise ships, casinos/hotels, and theme parks exemplify this trend. Baudrillard notes that these fast-food restaurants, home shopping networks, and cyber malls contribute to this 'fantastic cage.' (Baudrillard., 1998, p. 20)

Despite these trends, human inclination doesn't solely lie in fulfilling unnecessary desires. The misdirection of human potentialities toward frivolous activities challenges our capabilities and harms nature and its resources. This reflects a shift towards a low culture, as seen in the works of pop artists like Andy Warhol, where art ceases to be creative or subversive, becoming a

mere part of the consumerist world (Baudrillard, 1998).

We find ourselves amidst the total organisation of everyday life, a homogenisation where everything is subsumed in the pursuit of an abstract 'happiness' defined solely by resolving tensions. The epitome of consumer culture, the shopping centre, embodies the sublimation of real life, erasing not just work and money but also the distinct cycles of seasons. Work, leisure, nature, and culture become amalgamated in this orchestrated pursuit of happiness.

Reviving Ancient Arts: The Cultural Vacuum in Modern Professions

Ancient Indian tradition recognised the significance of sixty-four art forms known as *Catuhstasti-kala*. Unfortunately, many of these art forms are now absent in the majority of the human population, leading individuals towards professions that may not align with their true passions, causing stress, anxiety, and depression among youngsters. Earlier, individuals earned money through their talents and arts, such as painting, singing, and dancing. However, contemporary corporate culture often confines individuals to a desk with a laptop, limiting their choices and potentially dampening their happiness.

Fine arts were once integral to the cultural life of ancient India, and individuals with cultural inclinations held esteemed positions in society. Music, dance, drama, and painting enjoyed a place of honour, emphasising life's and art's inseparability in ancient Indian traditions. Artists across various fields worldwide have expressed their dreams, making the world richer and more delightful. The dress of a civilised person in ancient times reflected a fusion of fashion and passion, with true artists driven by a deep-seated passion.

Texts like *Bhannabatta's Kadambari* reference diverse art forms, including physical culture, the use of weapons, driving, elephant riding, instrumental music, dancing, painting, and various other arts. Many other writers have also referred to these arts in their works. The term *Catuhstasti Kala* is commonly known among

those interested in oriental subjects (Krishnamoorthy., 2017, pp. 12-13).

The *Silpa-sastras* of ancient India, along with *Puranas*, Buddhist and Jain scriptures, and *Vatsyayana's 'Kamasutra'*, provide detailed insights into different branches of Indian fine arts. Music is considered the language of human souls and serves as a unique and unparalleled medium to convey human feelings to the divine realm. The divine traditions of music and dance, such as *Nataraja's Tandava Nritya* (dance of destruction) and Lord Krishna's enchanting flute melodies, hold immense cultural significance (Ganguly., pp. 17-18).

Dancing, known as *Nritya*, encompasses *Tandava Nritya* for male artists and *Lasya Nritya* for female artists. Another significant branch, *Natyakalā* or *Abhinayakalā*, delves into expressing one person's emotions or '*Bhāva*' through poetry in a way that immerses others in that emotional state.

During war or any other situation when postal runners couldn't deliver mail, trained pigeons were used as a form of "pigeon post." People possess the art of training birds like pigeons and parrots to achieve their desired goals. Memory, regarded as an important aid to knowledge and amusement, was considered a distinct branch of art.

While it is true that people today engage in various artistic activities like dancing, singing, painting, and many more, the contemporary expressions of these arts are just the copy of the earlier forms. Nothing new seems to have emerged in today's times. The replication of traditional art stems from the fact that many individuals view artistic pursuits as mere hobbies rather than viable career options. Unfortunately, certain art forms face decline as they lose their distinctive characteristics. Take, for instance, the fading tradition of grandparents narrating stories to their grandchildren. In the past, these narratives, sometimes spanning days, held cultural significance, fostering a strong bond between generations. In the present, however, such cultural stories have lost their prominence. The advent of mobile phones has replaced the oral tradition with digital storytelling. This shift

not only diminishes the cultural richness of stories but also erodes the opportunity for parents and children to spend quality time together. The act of storytelling, which once served as a conduit for promoting cultural traditions and strengthening familial bonds, has become scarce (Forgotten Legacies, 2006). Even when families gather, the prevalent use of mobile phones creates a disconnect, illustrating how the decline of even one form of art can adversely impact the overall well-being of individuals.

Conclusion: In contemporary society, individuals are relentlessly chasing financial gain, viewing themselves merely as a means to earn money. A pervasive consumer culture has emerged, fuelled by insatiable human desires. Capitalists champion this culture, ostensibly

promoting human well-being and happiness, yet the reality is evident to all. The more one acquires, the greater the craving for more, creating an endless cycle. This phenomenon has eroded the artistic potential of the human mind, reducing individuals to slaves of consumerism. The relentless pace of industrialisation and technological advancement leaves no room for contemplation, as everything is accomplished before it can be envisioned. The waning of artistic expression correlates with a decline in overall life quality. To foster the well-being of individuals and society, there is a pressing need to revisit our traditions and values that impart completeness to the human experience.

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