

Prahladrai Dalmia Lions College of Commerce & Economics



द्वौहपुष्प

Student Research Conference
Proceedings

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PRAHLADRAI DALMIA LIONS COLLEGE OF COMMERCE & ECONOMICS
CONFERENCE PROCEEDINGS
ONE DAY Inter-Collegiate Conference on
YOUTH AND WELLNESS: BODY, MIND AND SPIRIT

Chairman, Governing Council

Lion Sharad S.Ruia



Hon. Secretary, Governing Council

Lion Kanhaiyalal. G. Saraf



Chief Editor

Principal – Dr. N. N. Pandey



Organising Secretary

Mr. Deepak Jha

organized by

Department of Business Communication under the
aegis of IQAC

22nd February 2018

CHAIRMAN'S MESSAGE

‘To go and catch a falling star!’

Yes, that is the by line that we have decided to follow. To instil in our students the never say die attitude-to yearn for what seems impossible, to dream for the sky and work hard in its quest.

Be it in the field of academics, sports, cultural or extra-curricular activities. We always labour towards giving the best to our students, we believe every youngster brings with him/her immense potential. To tap this potential and channelize in the right direction is ‘Herculean task’ we have joyfully taken upon us.

Our Dalmia Lions Utsav that provide a platform for future choreographers, dancers, singers, artists and artisans of all kinds is getting bigger and bigger every year. We have plans to expand its grandiosity further.

Academics strengths has always been our forte, but to add value to this we have the Students Enrichment and Employment Development (SEED) Programme that broadens the foundational base of our students. New Certificates Courses – Retail Marketing, Hardware and Networking, Photography and Editing, Event Management and Journalism, Preparatory Course for Public Service Exams, Share trading definitely gives them a wider choice and greater exposure in keeping with the current market trends and employment scenario. Our affiliation with SDVTII is a platform to empower the students with special skill, as prescribed under the Government of India’s Skill India Mission. This will give the edge that is required along with the Personality Development Programme that is provided to every student of ours.

Armed with these skills we have an excellent programme chalked out for providing our students with employment opportunities in the guise of internships and full time jobs with corporate, a perfectly planned Placement Cell being in-charge of it.

Empowerment of every student is what we are ardently working towards. But we cannot achieve this alone. My plea to all parents of our youth would be to chip in their limit bit encourage their wards to attend these sessions regularly. And all you youth of today, our bright icons of tomorrow, trust me, given your very best, sky is not the limit.

You too can catch the Falling star! Have faith in yourself, Believe in your Dreams and Work towards it

LION SHARAD S. RUIA

Chairman, Governing Council

SECRETARY'S MESSAGE

I strongly believe in innovative methods of education, which can foster leadership and accountability in this challenging era of 21st century.

Our sole aim is to encourage the personal, social, physical, ethical and academic well being of all our students, besides academic excellence. Our goal is to develop scholarly students with great self discipline, intense perseverance and zeal to excel to meet challenges of the modern society.

We take pride in providing a caring atmosphere to all students and appreciate the co-operation and support extended by the faculties, present community and all members of PDLC to sustain the high standards set by the management. At PDLC, We Nurture, We Transform, We Create Global Business Leaders. What we have achieved in the last 45 years is only because of the dedicated faculty, staff, students and parents.

I take this opportunity to congratulate Principal Dr. N. N. Pandey, and the entire staff for their zeal and commitment in providing quality and value based education. Finally do remember -The Roots of Education may be Bitter, but the Fruits are Sweeter.

LION KANHAIYALAL. G. SARAF

Hon. Secretary, Governing Council

FROM THE PRINCIPAL'S DESK

‘If the mind is intensely eager, everything can be accomplished- mountains can be crumbled into atoms’ says Swami Vivekananda. A steadfast zest and courage to achieve the best is the urgent need of the day for youngsters. To instil this zest in the youth is the passionate motive of every teacher, this is the goal with which every teacher at Prahladrai Dalmia Lions College of Commerce and Economics works incessantly.

Prahladrai Dalmia Lions College of Commerce & Economics started with 450 students has today become one of the premier institutes in the western suburbs. The College endeavours for academic excellence and promotion of co-curricular and extra-curricular activities that promote resilience, creativity and leadership qualities among the students. The College lays great emphasis on inculcating in its students the importance of ethics, hard work and commitment to excellence. The College endeavours to groom its students as icons of tomorrow, potentially contributing to Commerce trade, industry and management.

On the cultural front Dalmia Lions Utsav was a landmark occasion of talent and artistic fervour. The cup overflowed with exuberance at Dalmia Lions Khel Mahotsav as the feisty sportsperson from colleges all over Mumbai competed for the coveted trophies, the academic front has always been noteworthy; coupled with this kind of multi-dimensionality I am sure every student of ours will emerge a polished gemstone.

‘A gem cannot be polished without friction, nor a man perfected without trials’ says Lucius Annaeus Seneca, thus at Prahladrai Dalmia Lions College we provide the ground where trials and tribulations are many but warm support and wise guidance provides our stumbling youth with the perseverance to go on and achieve the very best!

DR. N. N. PANDEY

Principal

FOREWORD

“Research is formalized curiosity. It is poking and prying with a purpose.” -Zora Neale Hurston

Satiating human curiosity is a highly common need but giving it a proper direction is what we teachers need to help our students with. Training them to kindle the wick of learning is what research is all about. Armed with this objective it has been the tradition of our college now to hold conferences for students organised by the students.

In keeping with the theme of the year, an inter-collegiate conference on ‘Youth & Wellness: Body, Mind & Spirit’ was organized on 22nd February, 2018 by the Department of Business Communication under the aegis of IQAC. It was a conference organized ‘by the students for the students’ with an objective of understanding the importance of health which includes our body, mind & spirit.

Following were objectives of the conference:

- To inculcate/develop an in-depth understanding of various aspects of wellness and its importance amongst the youth of today.
- To study the role of the individual and the community in fostering a culture of Wellness that gives equal importance to the three aspects of Wellness - body, mind and spirit.
- To foster a sense of urgency and need to improve the quality of life.

“Wellness is not a 'medical fix' but a way of living - a lifestyle sensitive and responsive to all the dimensions of body, mind, and spirit, an approach to life we each design to achieve our highest potential for well-being now and forever”, says Greg Anderson. Thus this conference armed with various subthemes - Physical Wellness, Social Wellness to Emotional Wellness included a variety of topics such as Yoga and youth, Food habits of youth and wellness, Need for Fitness, Encouraging a culture of Fitness, Cyber bullying, Social Media and the end of privacy, Body Shaming, Culture of Dating and stress, Anger Management, Need to create a culture of self acceptance, etc.

“Correction does much but Encouragement does more” states the Johann Wolfgang von Goethe. The Students researchers were encouraged by our Alumni – The Dalmia Lions College Alumni Association – with Best Researchers Trophies for the Best Research papers.

The students of the Quality Circle of the IQAC played a crucial role as the organising committee of this conference. This endeavour has definitely vetted their organisational skills. I am proud of each one of them.

Emelia Noronha, IQAC Coordinator

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PHYSICAL WELLNESS HABITS & HEALTH

Aman Agarwal, Deepak Jha, Alok Dubey, Shubham Shukla

Prahladrai Dalmia Lions College of Commerce & Economics

ABSTRACT

The lifestyle and habits of a person play a major role in his health. Today's youth is engaged in all kinds of unhealthy habits and lifestyle. They trade a healthy living with work time & leisure time. They don't understand that success won't matter unless they are healthy and that health is the real success. Because of modernization and technological development, youngsters have stopped doing maximum of physical work. Using elevators and escalators instead of stairs and using vehicles instead of walking even for short distances are some of such examples. These habits prevent them from doing the minimum physical exercise they can do without taking out some exceptional time in their daily schedule. One must always try to keep his body active all the time. This will help to maintain good health for lifetime. Other harmful habits youngsters have these days include eating food quickly, eating more of junk food and eating more than one's capacity. These habits have their own harmful effects and all of these ultimately lead to health problems. Youngsters often try to inculcate some good and healthy habits in them but lack of motivation and will power stops them from doing it some proper way to continue the motivation that they have on the first day of changing habits for a lifetime. This research paper includes various healthy habits that must be collated in youngsters and ways to keep yourself motivated to do so.

OBJECTIVES OF THE RESEARCH

The objective of this research is to find out the ratio of youngsters who follow or who believe in following healthy habits and lifestyle for a healthy living. The objective of this paper is to be motivated.

METHODOLOGY OF THE RESEARCH

The research is based on the findings from the survey done on 150 people from various colleges who were between the age of 15 and 25. This survey was done through the Google forms and the link was circulated in PD Lions College, Dhanukar College, Mithibai College, Thakur College and NM College from Mumbai. This link was also circulated amongst some colleges in Kolkata.

INTRODUCTION

Today's world is a race towards success and the youth is running towards the finish line keeping everything aside. Because of this they have a busy daily schedule and they convince themselves with the excuse that they don't have time to exercise daily. If you are not healthy there is no point in becoming successful as such success won't matter. If you convince your mind that health is the biggest success, you can easily take out time to exercise daily. Even if you follow healthy daily habits, you will not require taking out any extra time for exercise daily. But the problem is that due to technological development, today's youth has started using all kinds of alternatives for physical work and they are addicted to unhealthy habits which is deteriorating their health.

FINDINGS OF THE RESEARCH

The research has been done on the daily habits and thought process of youngsters. The survey presents the findings of the research in a statistical way.

The questions mentioned above were selected on the basis of the minimum activities a person can do without any kind of extra efforts or without taking out any much extra time from their daily busy schedule. This research was a one-day research done on 21st February, 2018 via a Google Form. The most interesting finding was that all of them had started to develop healthy habits at least once but were not able to continue them as it took a lot of time and they were not able to see results soon. The main reason for discontinuing the initiative was lack of motivation.

CONCLUSION

According to the findings from the survey and the personal interviews of youngsters taken, we have reached to the following conclusions:

1. Today's youth does think about being healthy.
2. They even take initiatives to maintain health several times.
3. But due to lack of motivation, they stop their initiative soon.
4. They don't believe in being healthy by doing yoga.
5. They don't really believe in going on morning walks.
6. Most of them do use stairs instead of using elevators and escalators.
7. They don't generally eat junk food.
8. They don't chew their food 32 times before swallowing it because it takes a lot of time and they don't really know its benefits.
9. A majority of them don't smoke cigarettes or drink alcohol.

RECOMMENDATIONS

Through this research we have concluded that youngsters do want to be healthy but they are not able to do so because of lack of time and commitment. Therefore we would like to recommend all the readers of this paper to at least adopt the following habits which won't take much time:

1. Either exercise or do yoga for 30 minutes daily
2. Go for a morning walk daily.
3. Use stairs instead of elevators or escalators at least for first 2 floors.
4. Try avoiding junk food.
5. Chew your food thirty. two times before swallowing it. It has a lol of benefits. You can search on Google. "Benefits of chewing your food thirty- two times."
6. Try avoiding cigarettes and alcohol
7. Do not use any kind of vehicles at least for short distances.
8. Try keeping your body active all the time.
9. Watch Sandeep Maheshwari's motivational videos on health to find ways for how to keep yourself committed.

REFERENCES

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SOCIAL WELLNESS

Ashwini Naik

Walia College

ABSTRACT

Man is an able creature, his abilities has transformed the world over a period of time All his actions are powered by technology which has dominated all his actions in many ways. It has brought a major change in the quality of life. Social media have become prominent parts of life for many young people today Over the years, the perspective towards the usage of social media has changed a lot Social networking can connect strangers across the world. As the evolution of communication continues, technology progresses and social networking grows. In fact in today's society, it is necessary or nearly expected to use one if not all of these technological telecommunication networks The more social media a person consumes exposes them to more problems such as addiction, cyber bullying, and inappropriate content, and psychological effects. There are positive as well as negative impacts of social media on youth. if technology is used for a good purpose the results will be positive Social effects of the internet has become more contentious than as to its effect on close relationships such as those with family and friends Social media influences professional, intimate, and cordial real world communication Social isolation refers to having low or no contact with other isolation is different from loneliness, in that lonely are not satisfied with their social connections. Teens may choose to isolate themselves or it may happen as are set of bullying or exclusion by their peers. Relationships are an important part of who we ourselves, whether friendships or romantic relationships. Peer pressure is one aspect for today's youth, but people have started humiliating others for simply not being into a but self expression, bullying isolation, friendships, and even our very own parts of life for many young people today. Most people engage with social media sense of humanity. Social media have become prominent correlation between students computer games addiction and their physical and mental health in dimensions of physical health, anxiety and between addictions to computer games and impaired social functioning The addiction to the rivalry and excitements of the games make them the most common recreational program for today's teenagers, so that they do anything to reach a higher level of the game, they immense in the game so much that completely separate themselves from their surroundings. For instance, pokemon go Social networking has drastically changed the way people interact with their friends, family members it has also been discovered that it could pose serious privacy risks. Body shaming is something which is gaining a lot of attention these days. People do not realize the pain of the being body shammed at.it leaves a person in a traumatizing state as you are questioning the physical There is a significant negative correlation hey and bluewhale and appearance of that person.

OBJECTIVES

- To know the balance between body and mind.
- To know how Facebook relationships affect youth and wellnesses among youth.

METHODOLOGY

INTRODUCTION

What is Social wellness?

Social wellness refers to the relationships we have and how we interact with others. Our relationships can offer support during difficult times. Social wellness involves building healthy, nurturing and supportive relationships as well as fostering a genuine connection with those around us. Conscious actions are important in learning how to balance social life with academic and professional lives. Social wellness also includes balancing the unique needs of romantic relationships with other parts of life. Maintaining an optimal level of social wellness allows to build healthy relationships with others. Having a supportive social network allows to develop assertive skills and become comfortable with who you are in social situations. Surrounding ourselves with a positive social network increases our self-esteem. Social wellness enables us to create boundaries that encourage communication, trust and conflict management. Having good social wellness is critical to building emotional resilience. Social media is the collection of interaction, content-share online communications channels dedicated to community-based input, ring and collaboration. In the "old days" long before the appearance of Social media, the only way to contact or to connect with people was to meet in person, talk on the telephone, or even to write a letter. Although people still meet and connect in this manner, fashioned. Even today's context and new media tools. Social media has taken over the lives of our youth. They spend more time interacting online than they probably spend interacting in person. It is an obsession and almost a responsibility in the life of young people, they feel compelled which often pulls them away from the responsibilities in life that will promote them forward.

However, social media has caused many problems in our society, the majority of teenagers are obsessed with self-promotion and comparing themselves to their friends on social media in compulsive ways. Social media provides a constant outlet for the trap of comparison which subsequently creates feelings of depression and low self-worth in many young people. Youth rarely have a break from the constant stream of social media because their cell phones have practically become a part of their anatomy.

SITUATION IN INDIA

As per Yrall report, Best Media Info Bureau, November 2016, against a global population of 7.395 billion, internet users have increased to 3.419 billion today. Out of the total internet user base, there are 2.307 billion active social media users. Currently, in India, 28.4 per cent of the population is using internet and 103 per cent are active on social media. In 2011, the percentage of Facebook users was just 2.5 per cent of the population. Thanks to Facebook's strategies for emerging economies, the number is expected to increase to 15 per cent by the end of 2016. The increased mobile web penetration is also seen as a key contributor to increased growth in active social media usage. The global social media trend has gained traction in India also. Social media in India has increased leaps and bounds, as the number of internet users today have increased to 375 million. The humongous Indian population of 1,319 million makes the country a potential market for giants like Facebook and Twitter. As in 2016, Creation of fake Facebook profiles form nearly 30% of all cybercrimes registered in the city this year.

NEGATIVE IMPACTS OF SOCIAL MEDIA

Social media has changed the way people interact. In many ways, social media has led to positive changes in the way people communicate and share information; however, it has a dark side, as well. Social network. Social media has changed the way people interact. In many ways, social media has led to positive changes in the way people communicate and share information, however, it has a dark side, as well. King can sometimes result in negative outcomes, some with long term consequences in networking can sometimes result in negative outcomes, some with long term consequences

1. Social isolation:

While on the your face it appears social networking brings people together across the Internet, in a largest sense it may create social isolation, in a study published in 2016 by a researcher at Swansea University people experienced the psychological symptoms of withdrawal when removed from social media. As people spend increasing amounts of time on social networks, they experience less face-to-face interaction which also makes them more dependent on devices. Scientists have evaluated socialization in many studies, and have determined that it can lead to a host of mental, psychological emotional and physical problems including depression, anxiety. somatic complaints and many others.

2. Cyber bullying:

The cyber world provides a whole new outlet for bullying for youth. It is seen over and over the publicized suicides on YouTube, Facebook, twitter etc. Bullying also takes on more subtle forms such as sub-tweeting" which is a passive-aggressive, yet public, way to call out a friend or a person who isn't making you happy to everyone in your social media following. Sub-tweeting has replaced direct, person-to-person confrontation, and easily provokes sub-tweeting wars where others jump in and add on, but nothing gets resolved All of this has caused you to have a certain amount paranoia that people are tweeting about them, but because it's a retweet there is really no way to find out if int is about them unless they ask. Often when they ask they are told it wasn't about them (when it was) and it becomes Crazy.

3. End of privacy

While many users feel their personal data is safe on social networking sites because they have set High levels of security settings, research suggests this is not the case. Many social networking sites regularly make changes that require users to update their settings in order to maintain their privacy, and frequently it is difficult to discover how to enable settings for their appropriate level of privacy. Because of this, many users do not realize how much private information they are allowing to become public by not re-evaluating settings every time the network makes a change. Tagging can also serve as an invasion of privacy When social networking sites have a "tagging" option, unless the user disables it, friends or acquaintances may be able to tag in posts or photographs that reveal sensitive data. Don't forget that every time a user check-in somewhere, change your relationship pick on certain ads, join specific groups, and visit a site, information is being recorded. The idea of losing privacy does impact emotions and mental health

4. Selfies and Self obsession

Selfies are the latest obsession, which is narcissism at its finest. Youth are naturally narcissistic, and when healthy, this narcissism is a necessary part of their development, but the world of selfies is taking our youth into a place of being in love with their own image or causing them to be obsessed with the others. Selfies can drag our youth into a secret self loathing. No matter how great theirs is they may be measuring selfie into an addiction and a determiner of their beauty, worth popularity and validity. If a doesn't get a lot of likes or receives a negative comment they may assume they are ugly, stupid worthless, not good enough or feel people don't like them. Body shaming is basically criticizing or humiliating someone for their weight, saree or appearance. Most people think that body shaming happens only to fat people but that is not the case. It happens extremely to skinny people, transgender and people with physical deformities. Negative effects of body shaming can also be seen on all victims alike. Many people indulge into body shaming deliberately. But there are many others who do not realize that they are doing the act. In today's time when physical appearance is everything, a correctly body. We see it on Tv, magazines, ads, commercials and on social media. Perfectly lean body is a big industry and its promotion is the lifeline for clothes and accessories brands, cosmetic companies and the health industry. All this hype about the perfect figure has increased body shaming and a flawless body is considered to be a perfect

6. Other impacts

Allowing the spread of misinformation That may be perceived as fact even in light of evidence to the contrary - Exposing children to online , Creating a culture in which a single mistake such as a racy picture or poorly thought-out, comment can cause irreparable harm to someone's reputation. Decreasing productivity as workers habitually check social networking sites when they should be working. Providing information that increases the risk of identity theft.

MEASURES TAKEN TO OYERCOME SOCIAL IMPACTS

To have proper health, diet and exercise for healthy body mind and spirit. Read and learn often. Open your mind to new possibilities, beliefs and interest by reading and learning of their caste, race, religion, appearance, color, etc. and things which are very private from strangers and if opened then don't be gullible. don't believe everything you read online. The problem with internet is that anyone can hide behind a. Never post personal their worth on how many likes or "comments" the selfie gets. This. Avoid relationships (friendship or romantic) with person who you have not seen in your life time. Do not respond to angry message with anger. Think before you send a message. Spontaneous and emotional messages can turn out to be offensive and hurtful. If you are sent a hateful message from a cyber bully resist the urge to respond. Reaction is exactly what a cyber bully is looking for. People may interpret things differently from what you intended. Read your message again. A needs to be some explanation then add on emoticon or word it differently so that your message comes across as you want it to. Feelings may hurt if you are misinterpreted. Do not seek for likes or followers but seek for real friends who will be by your side no matter take a break from social media.

FINDINGS

It is very significant to have a balance between body, mind and spirit. Balance of body, mind and spirit components are critical for success and happy life. The combination, mental, physical and spiritual wellness is important to the individuals we have in the world that largely focuses on the physical factor of wellness which, in this day and age, includes healthy eating, a fit body, and an overall attractive person. Meanwhile, the busier that our day to day lives become, the harder that it is to achieve mental and spiritual wellness. Social media, especially Facebook, is very high on adolescents and teenagers because this particular group of children is developmentally vulnerable. Social relationships are understood to be connected to mental health. Relationships with friends and family environments affect well-being of youth. Social media is not only changing how we communicate, but how we interact with each other in daily life. Social media has had a tremendous impact on our culture, society, youth and almost on every aspect of life. Social media makes it easy to collaborate things, it offers a chance to learn essential technological skills students can get instant feedback, it fosters creativity. However, usage of social media has increased rapidly over the years. Youth are getting habituated and distracted to social media. Social media reducing more and more personal form all communication among society and youth. It encourages the impacts of social media in society in respect of politics, business, productivity, privacy. Some of the companies and educational institutions have blocked social networks. Addicted employees and students can distract themselves on such sites, instead of focusing on work.

Peer recognition and acceptance among youth:

Social sites, are normally created pages that represent the user in some way. People post pictures of themselves and their friends. Their friends comment on these photos. This concept seems simple enough, but its use is very different depending on the age of the user. Youth are known to be more mature about what they post and how they interact online. It is more likely that youth would, "Use their profile pictures as a way of casually showing themselves, their family, or possibly a recent trip they took". This is a reasonable way of representing yourself online. Youth, however, use this new technology in a way that could be dangerous. In this stage of their lives, they care more about their need to impress their peers than mature reasoning. Youth intend to gain popularity through the interesting pictures they post. Comments that are left on their pages mean more to them than actual words. In order to get the results they want, they try to get a reaction from controversial images of themselves. This need to be "cool" leads to "gross amount of young girls and boys attempting to impress one another by showcasing themselves in mature situations or displaying their physique. For instance, many pictures that young people post online reveal underage drinking, smoking, and partying".

CONCLUSIONS

Balancing the body, mind and spirit is a vital task. Various steps are to be undertaken on personal as well as societal level to balance these components. Body, mind and spirit play an extremely important role in the success of human life. There has been a lot of change in the way people communicate. One of the major change in the way of communication is social media. Every coin has two sides in a similar way social media has positive as well as negative sides. It has proved to be positive in fields like business, telecommunications, politics, social awareness, etc. In a world where most social systems involve some form of dominance or partialism,

limiting the power of young people seems to be a universally shared value. Whether out of protection and love, or out of oppression and control, societies seek to curb the behavior of their young. Any tool that exponentially increases the power young people is almost always seen as inherently dangerous. Thus social media is as scary as it gets. There is great fear of what it means and for young people to wield this power in a personal, economic and political term. The opportunities and risks in each of these contexts are many. The challenge then is for society at large to hone its ability to effectively evaluate which restraints and restrictions, with regards to young people and social media, are essential to their healthy growth and development. Social media guidelines should be published at the community level and propagated in places of worship, schools, college and public space as part of moral science.

RECOMMENDATIONS

Practice Self Care. Finding balance in life can be difficult at times, and the youth needs to be prepared to deal with obstacles if we are in a good habit of practicing self care. Self-care embraces basic needs such as getting enough sleep, bathing and brushing your teeth, eating healthy, exercising regularly and avoiding negative coping mechanisms like smoking or over-drinking. It also includes using past creative outlets like hobbies, crafts, art, sports activities, hiking, dancing, and social interactions with friends. People may also choose to engage in activities spiritually, such as meditation, yoga, therapy, journeying, areas of interest, spiritual retreats or attending religious services coping skills to manage stress, soothe and relax through fulfilling or also choose to engage in activities that nurtures them emotionally, mentally, or

Know yourself. Get to know yourself-identify your needs, preferences and values and communicate them to the people around you. Knowing who you are, who you want to be and where your boundaries lie supports you to engage in positive relationships with people who have similar interests and values and can relate to you while encouraging your growth.

Don't Criticize, or Blame. People can easily get caught up in self-critical thinking, which perpetuates low self esteem, contributes to depression and anxiety, and inhibits social interaction. No one wants to be judged, criticized or blamed, and if those dynamics are present, it can indicate an unhealthy, and potentially abusive, relationship.

Own Up to Your Part. In every relationship, there are two people involved and each contributes to any situation that comes up, whether positive or negative. Take responsibility for yourself in disagreements or conflict by using language and don't push all the blame onto the other person. When an individual argues for the sake of being "right" rather than trying to understand the other side, the other person may feel invalidated or unheard. This can result in resentment, further conflict and the eventual end of the relationship.

Rekindle old friendships and nurture relationships with people who are respectful, positive and supportive. No human being is perfect. Everyone gets caught up in the challenges of daily life at times and rekindling old relationships that have been positive ones in the past is a great way to strengthen your social support system. Maintaining friendships with individuals who respect, love and accept you for who you are is crucial to our social wellness.

Don't be a flakey Be mindful of the commitments you make and keep them

Know your limitations and don't spread yourself too thin. Before making a commitment, be sure that you can realistically meet that expectation, taking into account and prior commitments and self care.

Appreciate Yourself and Others. Giving more energy to positives than negatives helps to keep us happier, healthier, and more hopeful. Regularly acknowledging the positive qualities you see in yourself and paying genuine compliments to others you care about feels good all the way around. The power all

positive thinking can go a long way Here are a few suggested activities that will support you in cultivating social wellness-use these as starting point to inspire your own ideas

- Go to the gym, the park, or a yoga, fitness or dance class
- Take up a hobby and find others who share your interest
- Plan a regular lunch date with your best friend, mother, father, etc
- Call an old friend from college or high school and catch

PERSONAL

- Don't accept requests or messages from users you don't know
- Protect your password- prevent others from gaining access to your profiles and private photos
- Educate yourself and others on the negative impact of cyberbullying If you see it, respond it

SOCIAL MEDIA AND ITS IMPACT ON YOUTH

Disha M. Jain

Kandivali Education Society of Arts and Commerce

ABSTRACT

The study of this research aims to create an immense level of awareness among the youth exposed to social media and findings will not only bear results as to how adversely and positively is the youth affected by the usage of these sites but also will help the youth to understand the usage of these networking sites efficiently. Facebook, whatsapp, youtube, instagram etc are a few such sites that attract maximum of the youth to tune in to them and thereby embodies their own merits and demerits that desperately need to create an actual picture among the youth. Basically it can bring excellence in your studies and can have a distraction which will lead to low academic results. Social media can have a Positive or negative impact, well it totally depends on you. How you use it and take maximum benefit out of it. This paper will evaluate how youth actually sees social media and what are the pros and cons according to them.

KEYWORDS- Social media, Youth, Academic

INTRODUCTION

Social Networking sites are termed to as web based services that give an opportunity to individuals to create their own personal profile with the choice of their own list of users and thereby connect with them in an altogether public forum that provides them with features such as chatting, blogging, video calling, mobile connectivity and video/photo sharing. People spend more than usual hours on social networking sites to download pictures, browse through updates seek entertainment and chat around with friends to keep themselves connected to one another. These sites have held an addiction to the youth wherein they find it difficult to concentrate on their work and prefer logging in and jumping across one site to another. Some have derived benefit out of these sites whereas some have become academically challenged by the use of these websites. Individuals have set their own limits as to when and when not to access these websites but we witness very few out of the lot who does not access or make use of these sites at all. Evaluating the amount of research that surrounds the usage of social networking sites in the education system, it is important to determine whether or not, have these sites led to any impact on student engagement and achievement. This paper will be therefore able to review the

available literature to study and present both the positive and negative impacts of Social Media on the most high in demand segment of our society (The youth).

REVIEW OF LITERATURE

1. Impact of social networking websites on the education of the youth

The researcher tries to portray, social networking sites such as Facebook, MySpace and Twitter are gaining popularity with the pace of time and due to their attractive features the youth of today's generation is fascinated towards them. The study argues against the notion claiming that due to the rapid popularity of social networking sites the youth tends to distract themselves from their studies and professions but on the contrary is also developing friendly and social ties with the world that revolves around them [1]. Impact of social networking sites in the changing mindsets of youth on social issues This paper elucidates that men spend more time as compared to women on social networking sites to review these social issues and yet women are very sensitive to issues like these existing in the world. The youth takes active participation and also raises their voices in order to express their opinions and views on social issues being discussed on these sites. Also, the findings state that even though the youth reciprocates to these events they still do not take up discussions beyond web and forget about them once they sign off. Thereby, these sites prove to be a boon to the youth in terms of spreading awareness about these issues that arise.

2. Impact of social networking sites on students

This study establishes the fact that out of all the respondents targeted, nearly 55.4% of the total population from people ranging in the age group 15 to 25 use social networking sites and also states that most of the users from the same age group use these sites as a medium to seek entertainment. In terms of gender division, male users are more as compared to female users wherein male users generally derive knowledge based information from these sites. It focuses on the fact that most of the youth uses these sites due to influence of their friends and just because their friends have been using and accessing these sites. This also illustrates the academic performance of students using social networking sites. Students acquiring 3.0 to 3.5 GPA in examinations are most inclined to these sites for entertainment.

STATEMENT OF THE PROBLEMS

The study was design to analyzed the impact of social media on youth, how social media is influencing on youth in different aspects of social life, political awareness, religious practices, educational learning, trends adopting, sports activities and so on. To Evaluate both positive and negative effects.

SIGNIFICANCE OF THE STUDY

This study is expedient to apply social media in right direction for youth and create cognizance among youth that proper use of social media become a solid tool to educate, inform and groomed the mentality level of youth social media refine their living style of public especially for youth it is also create an responsiveness that how it is effecting the social life the deteriorate social norm, society standards and ethics of society and create awareness among youth the aspect of social media.

OBJECTIVES

1. To study the impact of social media i.e. both positive and negative impacts on youth
2. To Understand the pros and cons of social networking sites in Education field
3. To recommend some measure for proper use of social media in right direction to achieve Benefit out of it.

HYPOTHESIS

- 1) Today's Youth mostly use social Media for Entertainment purpose.
- 2) Most of the youth could not connect Education and social media together.

METHODOLOGY

Data was collected through both primary and secondary method. Typically, the population is very large, making a census or a complete enumeration of all the values in the population Impractical or impossible. The sample usually represents a subset of manageable size. Samples are collected and statistics are calculated from the samples so that one can make inferences or extrapolations from the sample to the population. The technique use for the sampling is non –probability convenient technique. The validity of any research is based on the

systematic method of data collection and analysis of the data collected. The study is based on the data collected from youth's from DAHISAR TO ANDHERI region. Accordingly the researcher has selected investors in the study area. Data was collected through Schedule and 11 questions were asked all were close ended questions. Sample size was- 85. Various statistical tools are used in analyzing the primary and secondary data the following statistical tools is used to analyze and interpret the data collected. Data representation was done through-

- Table
- Pie Diagram

LIMITATIONS OF THE STUDY

- The sample was taken from DAHISAR TO ANDHERI region only hence, the findings of the study may not be applicable to the entire population of other areas.
- The region is very vast and it was not possible to cover each and every unit in the sample in the available short span of time.
- As the study was to be completed in a short time, the time factor acted as a significant limit on the scope and extensiveness of the study.
- The information provided by respondents may not be fully accurate due to unavoidable biases.
- The sample size is quite small and may not be a true pointer of the entire universe.

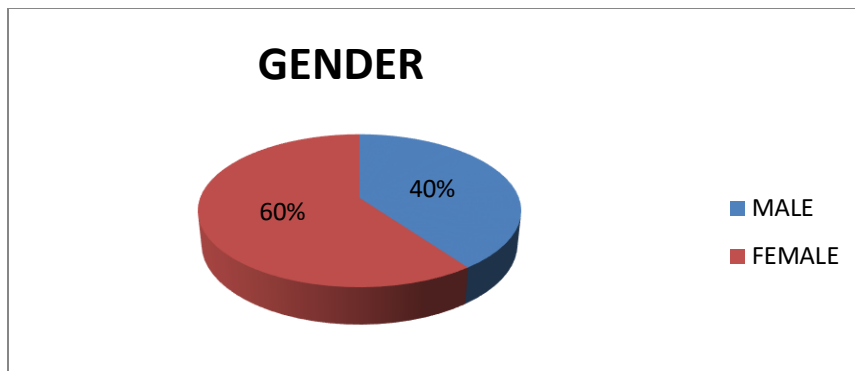
DATA ANALYSIS & INTERPRETATION

1) Gender

Table no 1- Gender

GENDER	MALE	FEMALE
% OF RESPONDENTS	40	60

Chart no-1-Gender

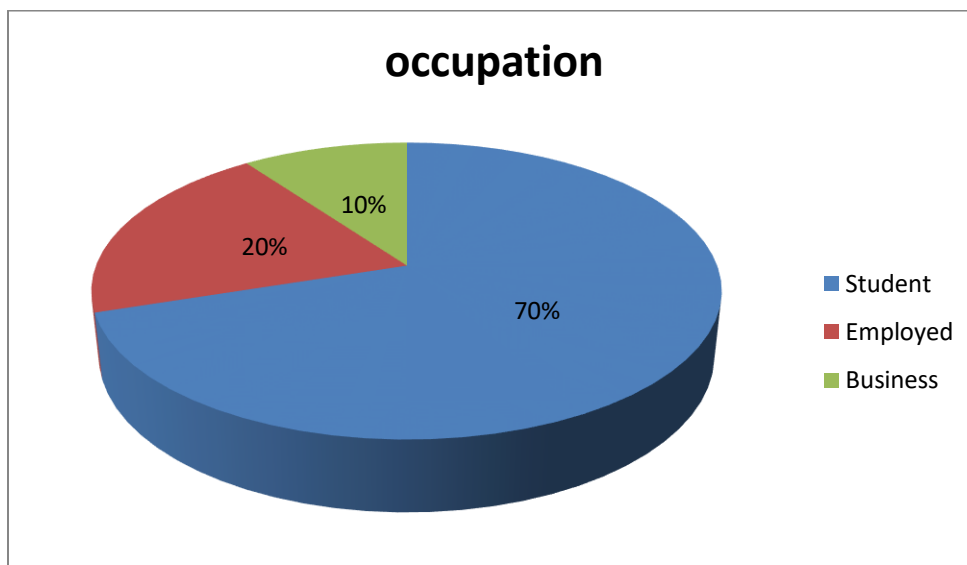


2) Occupation

Table no 2- Occupation

Occupation	Student	Employed	Business
%OF RESPONDENTS	70	20	10

Chart no-2- Occupation

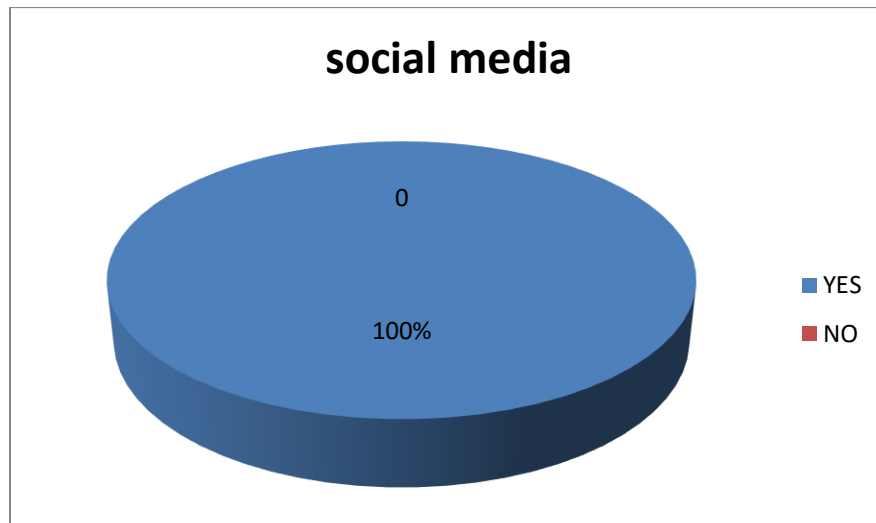


3) Do you use social media?

Table no 3-social media

social media	YES	NO
% OF RESPONDENTS	100	-

Chart no-3- social media

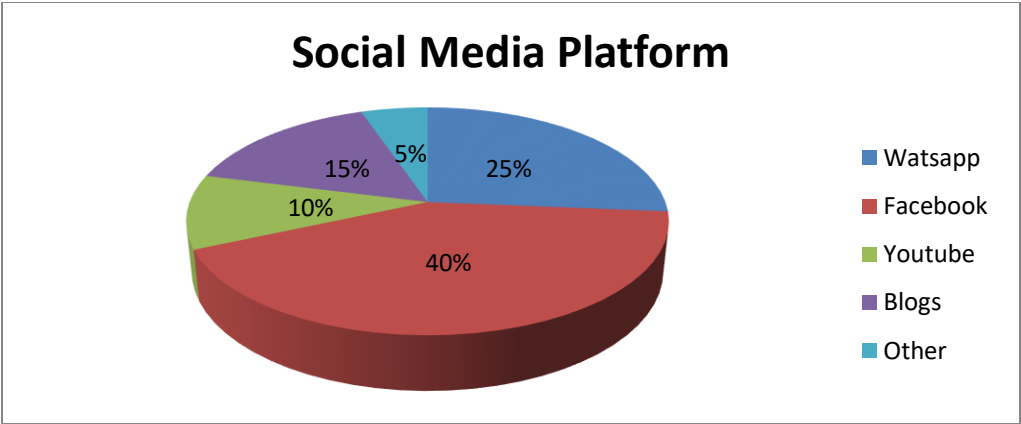


4) which social media platform mostly do you prefer ?

Table no-4-Social Media Platform

Social Media Platform	% OF RESPONDENTS
Watsapp	25
Facebook	40
Youtube	10
Blogs	15
Other	10

Chart no-4- Social Media Platform

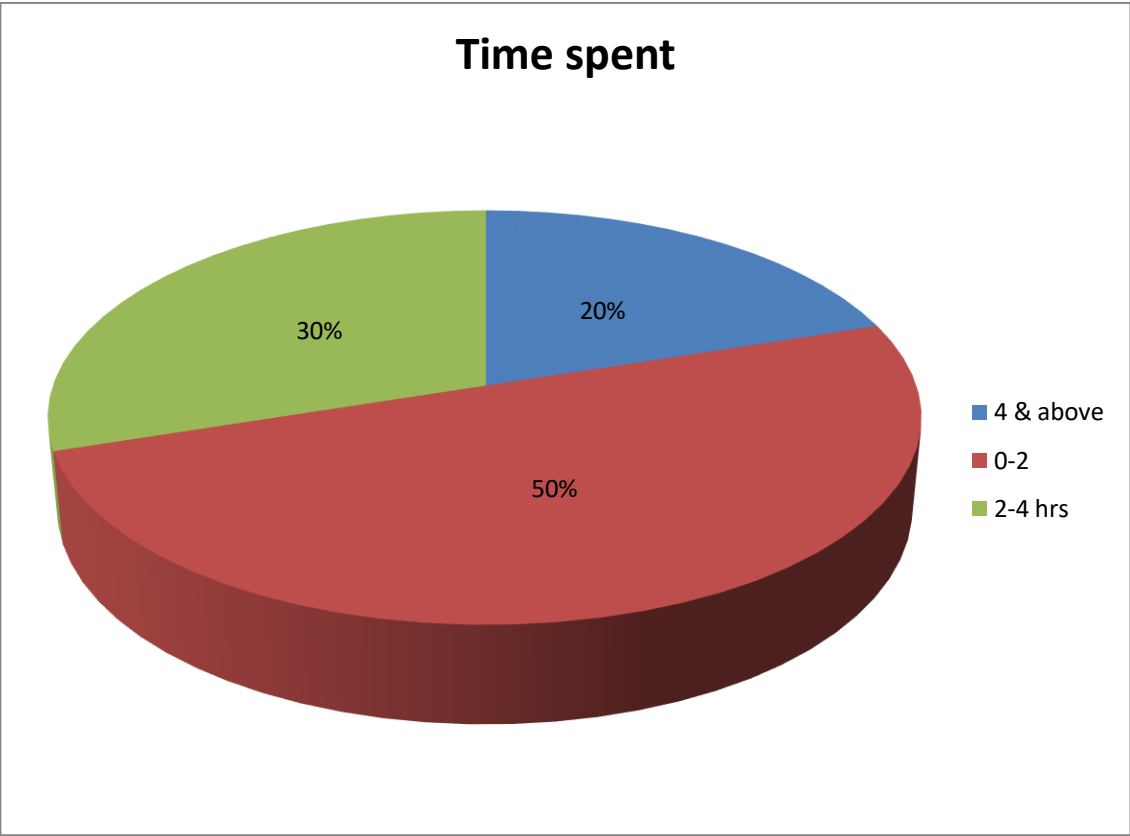


5) How many hours do you spent on social media?

Table no 5- Time spent

Time spent	0-2	2-4	4 & above
%OF RESPONDENTS	50	30	20

Chart no-5- Time spent

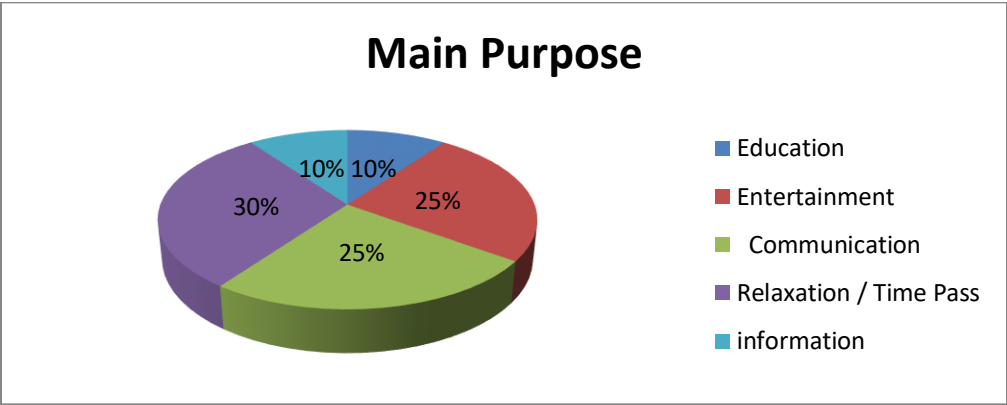


what is the main purpose of using Social Media?

Table no-6- Main Purpose

Main Purpose	% OF RESPONDENTS
Education	10
Entertainment	25
Communication	25
Relaxation / Time Pass	30
Information	10

Chart no-6- Main Purpose

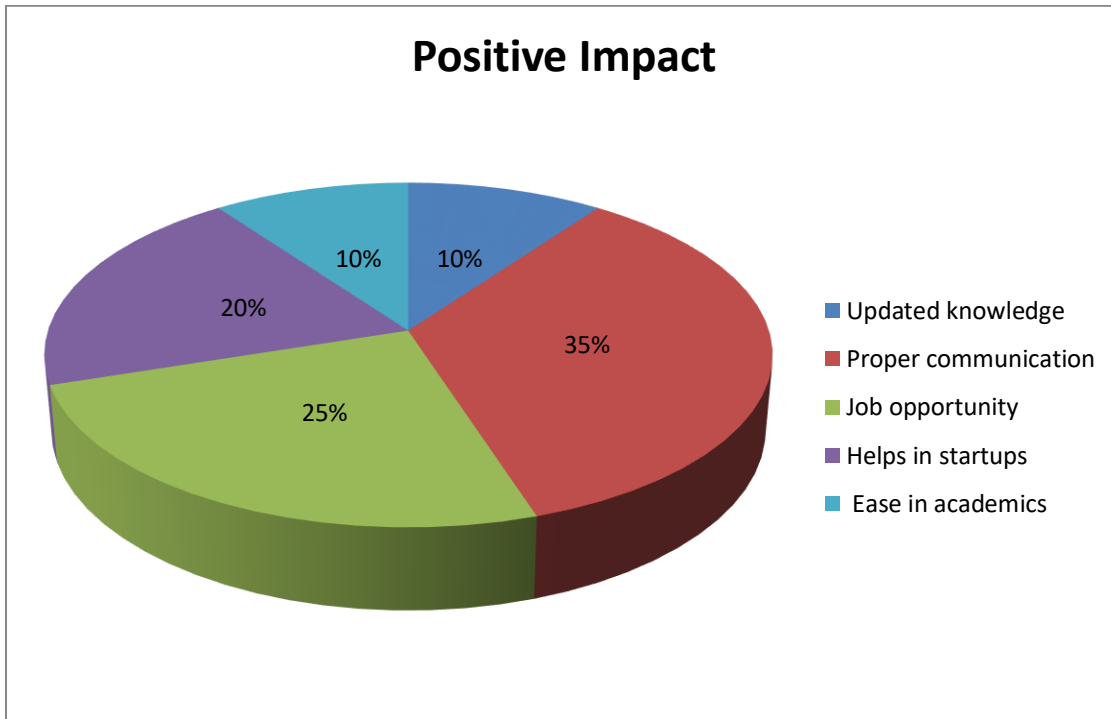


7. what according to you is the major positive impact of social Media?

Table no-7- Positive Impact

Positive Impact	% OF RESPONDENTS
Updated knowledge	10
Proper communication	35
Job opportunity	25
Helps in startups	20
Ease in academics	10

Chart no-7- Positive Impact

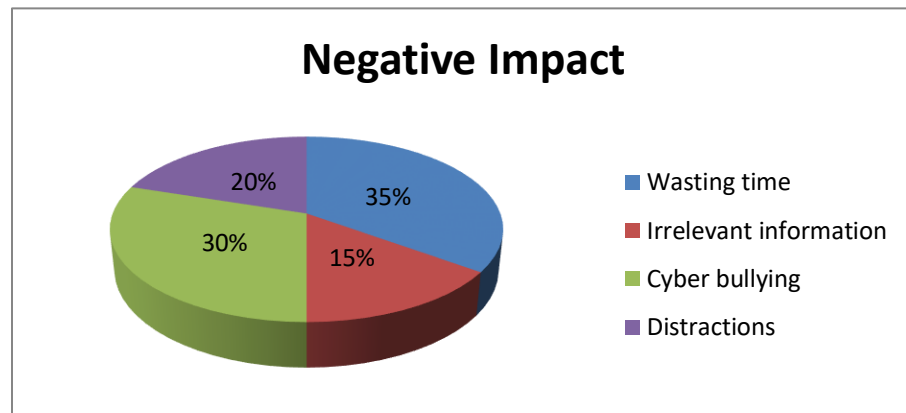


8. what according to you is the major negative impact of social media?

Table no-8- Negative Impact

Negative Impact	% OF RESPONDENTS
Waste in time	35
Irrelevant information	15
Cyber bullying	30
Distractions	20

Chart no-8- Negative Impact

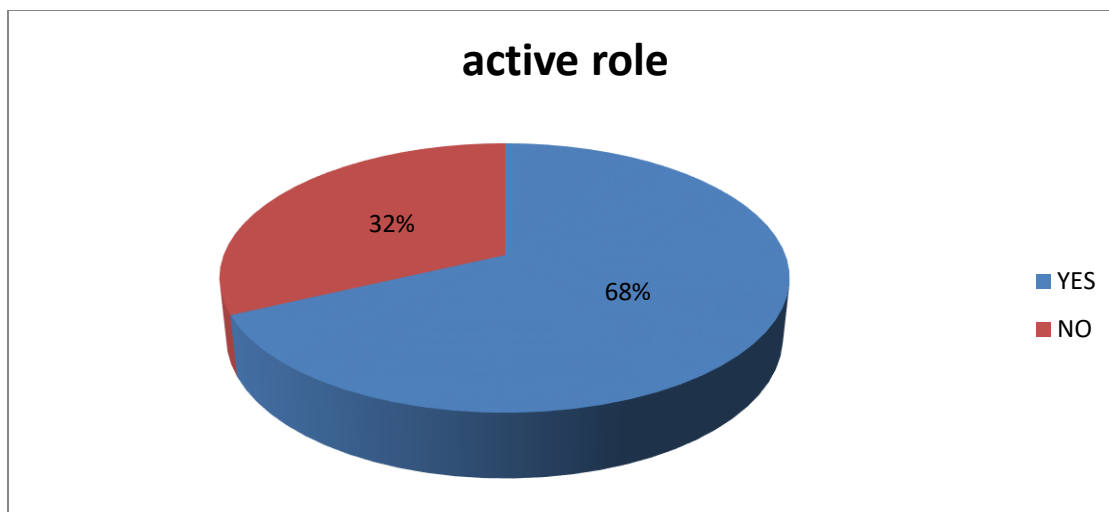


9. Do you think social media plays active role in your Academics?

Table no-9- Active Role

Active Role	YES	NO
% OF RESPONDENTS	68	32

chart no-9- Active Role

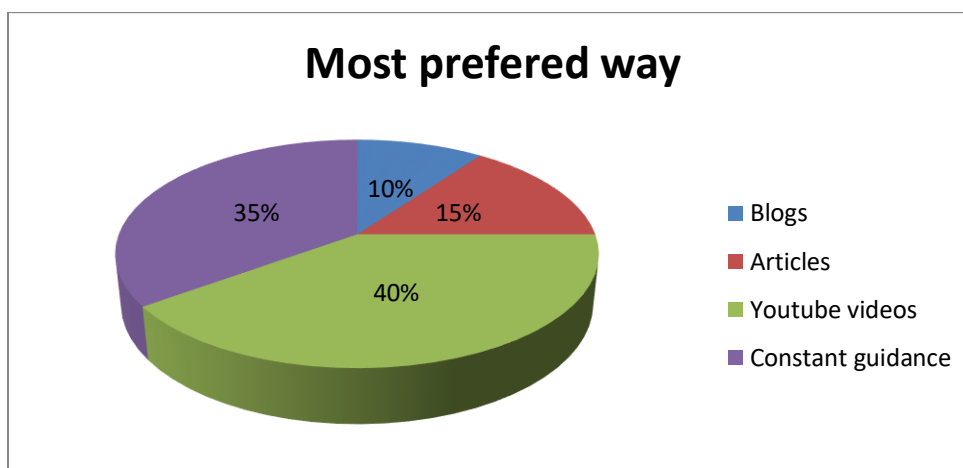


10. what is the most preferred way social media helps you in your Academics?

Table no-10- Most preferred way

Most preferred way	% OF RESPONDENTS
Blogs	10
Articles	15
Youtube videos	40
Constant guidance	35

Chart no-10 Most preferred way

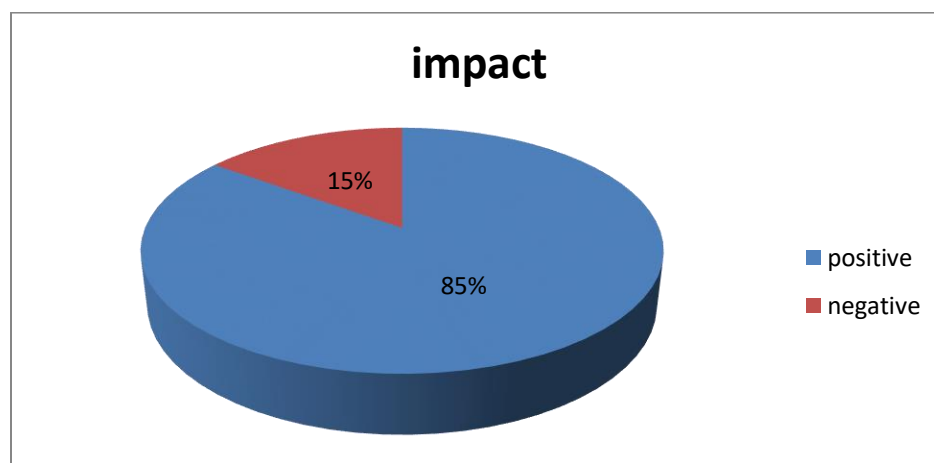


11. According to you how social media impacts on you?

Table no-11- Impact

IMPACT	Positive	Negative
% OF RESPONDENTS	85%	15%

Chart no-11- Impact



FINDINGS

- 60% of the respondents are female and 40% are male.
- 70% of respondents are students, 20% of them are having job and 10% are having business.
- All respondents use social media
- majority of them i.e. 40% of them use facebook, 25% use whatsapp, 15% use Blogs, 10% use youtube and 10% use some other social media platform.
- 50% of them spent 0-1 hr on social media, 30% of them spent 1-4 hr, 20% of them use above 4 hours.
- most of them i.e. 30% use social media for the purpose of Relaxation/ timepass, 25% for Communication and Entertainment, 10% for Education and Information Respectively.
- Majority of them feel proper communication is the positive impact of social media.
- Majority of them feel Waste of time is the negative impact of social media.
- 68% of them feel that there is active role of social media in academics.

- 40% of them use youtube as a preferred way, 35% feels constant guidance and 15% articles and 10% says blogs.
- 85% of them feel that social media is having positive impact on there life.

CONCLUSION

The primary objective of the research undertaken was to throw light on how effectively has the usage of social networking sites affected the youth by evaluating both of its positive and negative aspects. With reference to the study it was evidently figured out how smart, intelligent, witty and aware the youth is in the current era. Through the aid of the data that was collected and analyzed quite a few conclusions have been drawn down which can be detailed and elaborated as follows- The youth today is not only aware of what fits in best for them but are also keen and enthusiastic to draw their own priorities and fix on to which ones are most important and how. Similarly these sites serve to their purpose of connecting them with people all across the globe by not hampering their work hours and schedules. However, social networking sites offer them a platform to connect with new people, share experiences and gain exposure. The youth comes to terms with gaining relevant and quick information about what goes around in their near and dear ones' lives through the source of social networking sites offering them a ground to updates. Perhaps, like a coin with two sides, social networking sites also have in their own way adversely affected the youth. The target group prefers spending an abundant amount of time on these social networking sites on an average of more than 2 hours a day which keeps them away from their own purpose of existence and interacting with their own natural surroundings.

They are been having self esteem issues, confidence issues etc because of Cyber Bullying that eventually leads to Cyber Crimes. The objectives meant to have targeted have been achieved to an extent through this study. With reference to the expected outcome the study has diverted to a different angle wherein not only negative impacts have proven to exist through the usage of social networking sites but also the existence of positive impacts have occupied a place in one's life. The youth have determined their own boundaries and have set their own limits as to how and when to use social media irrespective of the positive and negative effects it imparts. The youth today is not only techno savvy and socially existent but also embody social consciousness. According to the research, overall youth is experiencing Positive impact from social media.

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SELF AS AN IMAGE CONSULTANT

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ABSTRACT

This paper analyses social media users' behaviour through a study of their online activities. The theoretical model proposed for the study is Dramaturgical perspective given by sociologist Erving Goffman. According to him, social interactions can be understood in the context of a never ending play in which all social beings are actors who play out roles on the stage of life. He further distinguished between the 'self in front stage and back stage to emphasise the presentation of self in everyday life and the 'art of impression management' This paper uses his theory as a tool to analyse the construction of self image on social media. This paper also tries to explore the gendered differences in presentation of self. Applying a quantitative mode of research the study will be based on a sample size of fifty individual aged between 18 to 21 years. The technique of data collection will be a questionnaire. Through this paper we will explore whether social media is reflection of our true selves and whether there are any gendered differences in the presentation of the 'online self.

KEYWORDS

Social media, Stage, Self Image, Personality, image construction Self as an Image Consultant

INTRODUCTION

ed as one of the means or channel of general communication in society noble as news paper, radio, television etc. Social media are web-based communication tools that people to interact with each other by both sharing and consuming information. Social medias includes the websites and applications that enable users to create and participate in social networking are content or to The statistics show the number of social network users in India from 2015 to 2022.In 2019,it is estimated that there will be around 258.27 million social network users in India, up from close to 168 million in 2016.The most popular social networks in India were Youtube and Facebook, followed by social app WhatsApp. Facebook is projected to reach close to 319 Million users in India by 2021.

THEORETICAL PERSPECTIVE

Erving Goffman was a sociologist who analysed social interactions, explaining that people live their lives much like actors performing on a stage. Dramaturgical analysis is the idea that people's day-to-day lives can be understood as resembling performers in action on a theatre stage. A dramaturgical action is a social action that is designed to be seen by others and to improve one's public self-image. Goffman described each individuals "performance" as the

presentation of self, a person's efforts to create specific impressions in the minds of others. This process is sometimes called "impression management". Goffman makes an important distinction between "front stage" and "back stage" behaviour. Front stage actions are visible to the audience and are part of the performance. People engage in "back stage" behaviours when no audience is present. Impression management is usually used synonymously with self-presentation, in which a person tries to influence the perception of their image. The notion of impression management was first applied to face-to-face communication, but then was expanded to apply to computer mediated communication. Individuals use impression management strategies to influence the social identity they project to others

There are two types and motivations of self presentation:

- Presentation meant to match one's own self image
- Presentation meant to match audience expectations and preferences

AIM

- To study the behaviour of social media users.
- To apply the above Theory of Dramaturgy and explore various aspects of social media that shape young minds.

RESEARCH OBJECTIVES

To use the concept of Dramaturgy and understand Teens behaviour on social media

To understand how social media users project their self image and weather

To study Image construction on social media this projected image is the reflection of their True-selves.

To Explore various Dynamics related to Presentation of Self on Social Media.

METHODOLOGY

The technique of data collection is QUESTIONNAIRE, Applying a Quantitative mode of research the study is based on a sample size of 60 individuals aged 18 to 21 Mental health and Social Media Mental health is a level of psychological well-being, or an absence of mental illness. It is the psychological state of someone who is functioning at a satisfactory level of emotional and behavioural adjustment". From the perspective of positive psychology or holism, mental health may include an individual's ability to enjoy life, and create a balance between life activities and efforts to achieve psychological resilience. According to the World Health Organization (WHO) mental health includes "subjective well-being, perceived self-efficacy, autonomy, competence, inter-generational dependence, and self-actualization of one's intellectual and emotional potential, among others. "The WHO further states that the well-being of an individual is encompassed in the realization of their abilities, coping with normal stresses of life, productive

work and contribution to their community Cultural differences, subjective assessments, and competing professional theories all affect how "mental health" is defined. Mental health and stability is a very important factor in a person's everyday life. Social skills, behavioural skills, and someone's way of thinking are just some of the things that the human brain develops at an early age Living with a mental disorder is never easy, so it's always important to have people around to make the days a little cosier. However, there are negative factors that come with the social aspect of mental illness as well. A number of studies have found an association between social media use and depression, anxiety, sleep p University of Melbourne's National Centre of Excellence in Youth Mental Health, in an article on The Conversation. "Facebook can be a fun and healthy activity if users take advantage of site to stay connected with family and old friends and to share interesting and important aspects problems, eating issues, and increased suicide risk, warn researchers from the stage of the of their lives," said Professor Margaret Duffy, who co-authored the report. But if it's used 'to see how well an acquaintance is doing financially or how happy an old friend is in his relationship-things that cause envy among users - use of the site can lead to feelings of depression", she adds However, care needs to be taken when making a direct link between mental health and social media use, warn the University of Melbourne researchers. Most studies examining social leads to and mental health "aren't able to determine whether spending more time on social med depression or anxiety, or if depressed or anxious young people spend more time on social media"

FINDINGS

Self presentation on social media is highly based on to match Audience Expectations an preferences. Users of social media are highly concerned about their self-image. Self image is the idea that on has of one's abilities. appearance and personality. Using various Photo etc and filters the users try to project an idealized image that may reflect the beauty standards. It been concluded in various studies that Excessive use of social media can develop Psychological disorders. The users are greatly concerned about what they post and even end up deleting it if it does not receive an expected response in the form of likes/comments. The users also wish to have more followers ie. greater following. The teen's sometimes hide their relationship status and also have a view of not adding their Relatives on the media platform The teens are in a constant search of Gratification. They want to be accepted and admired. The study has also found that the social media users tend to portray an Idealized image of themselves that might not reflect their true personality People disregard to the age who use Facebook frequently may become Narcissistic. Narcissism means Excessive self love, Fascination with one own self. This serious condition may also lead to anti social behaviours.

After the research I have also noticed that the statistics also indicate a high rate of Confusion in or before uploading a picture, one may feel embarrassed if what they upload doesn't match the trends. Users tend to show How amazing their life is on the front stage of media but in the back stage they might be depressed Suicide rates have gone high, drug overdose has increased, the level of depression at young age has reached a pick point. People need to understand how social

media is changing their true self and making them a part of the crowd, new ideas, innovation, family time all have been controlled by the phones battery. Power banks are used to charge the phone so they don't lose the touch with the social media. people posts about food, movies, vacation and every minor details with real motive of fun But only Show off Social media has its place in culture and society. You can catch up with old friends, possibly connect with new ones, and it can be a very a fun activity to take part in. However, there are also many detriments and troubles that can come along wish too much social media. When you are glued to a computer screen all day, and are only working on relationships that exist in a virtual world, there may be negative consequences. Not only does your social its take a hit, but there are physical effects that can catch up with you as well who you are not interacting with the world around you.

THE EFFECTS OF SOCIAL MEDIA OBSESSION

When you are obsessed with social media and keeping it updated, there is a possibility of losing touch with the actual world around you. All of your time can not be spent cultivating relationships that are only on a computer. We have become a culture that is obsessed with updating Facebook statuses, sending Tweets, playing social media games, etc, and thus social media has in fact made us anti-social beings. It obviously isn't healthy when one loses all contact with friends and family except through a social platform. Real relationships can be affected when you don't spend true, quality time with those that mean the most to you. While this might seem like a stretch, it is easy for certain individuals to get completely absorbed in a virtual world. Aside from hurting your social life and relationships, there is a definite physical impact that can be caused by social media utilizations and overuse. Whenever you are partaking in an activity that requires sitting in front of computer for hours, there are obviously effects on your body. The longer we sit down and see still, the unhealthier we become Recommendations After the research one can conclude that there is a need to develop a balance between Technology and life. Using social media has no harm but excessive obsession of self importance be dangerous. Innocent minds are shaped through thousand of external factors Unconsciously or consciously. Society constantly Bombards the minds of young teens with various ideas so they feel accepted in society. one is advised to Be free from such ideas that ask you to choose. Social media is a means of interacting with people around the worlds but It's not the only place to live. One must find a balance. Dopamine is a Feel good Hormone. In the brain, dopamine functions as a neurotransmitter-a chemical released by neurons (nerve cells) that send signals other nerve cells. The brain includes several distinct dopamine pathways, one of which plays a major role in reward-motivated behaviour. Most types of rewards increase the level of dopamine in the brain, and many addictive drugs increase dopamine neuronal activity. Other dopamine pathways are involved in motor control and in controlling the release of various hormones. Dopamine is released when one is excessively happy and it has been found that while using any social media the young mind feels acceptance in virtual world But the reality is different. If you find yourself becoming obsessed with social media, you need to be honest with yourself. People may think that this is silly, but certain internet activities can most definitely become addictive. Try to spend

more time with your friends and family. Try to make plans with people you haven't seen in a while, or just get out of the house. Regardless of what you do, just make sure you are limiting your time spent alone on the computer. Another small step that you can make to cut down on the amount of time you are spending online is to take the mobile applications off your phone if you have it. once the graph lows down the opposite reaction is seen. We Now have an entire generation with low self esteem from previous generation but who is to be blamed? Experts appear to largely agree that social media is neither wholly good nor bad for our emotional well-being, and that its impact on our mental health depends on a number of factors, including how it is used. And while the risks of these platforms should be acknowledged so should their potential to help people, especially those already struggling with mental health.

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YOGA AND YOUTH

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ABSTRACT:

This project deals with physical wellness of yoga for youth. Yoga is developed to solve the issue of health. Yoga provides training of mind and body to bring emotional balance. In today's world yoga is very important in our day to day life. Yoga provides relief from stress, diseases to prevent and cure and other problems. Today's generation is more importance to others like social media. Yoga creates positive energy. Yoga helps student to improve resilience, mood and self-regulation skills pertaining to emotions and stress. There is abroad variety of yoga schools, practices, and goals in Hinduism, Buddhism, and Jainism. The state of the mind and that of the body are intimately related. If the mind is relaxed, the muscles in the body will also be relaxed. Stress produces a state of physical and mental tension. In yoga, physical postures and breathing exercises improve strength, flexibility, blood circulation and oxygen uptake as well as hormone function. In addition, the relaxation induced by meditation helps to stabilize the autonomic nervous system with a tendency towards parasympathetic dominance. The effectiveness of yoga can be partially understood in terms of neurophysiological theory. Excessive stress hampers student's performance. Past research has suggested that yoga reduces stress levels, and accordingly reducing stress increases cognitive performance. Despite an increase in interest pertaining to the benefits of yoga practice, research focusing on the relationship between yoga practice and attention is limited. Yoga is defined as an exercise that combines movements through a series of postures with regulated breathing.

OBJECTIVES:

The following are the objectives of the study

- To study the importance and benefits of yoga
- To review the literature on yoga
- To find the awareness of yoga among youth

METHODOLOGY:

Based on the review of related literature, methodology for the present study was designed. Descriptive research design was used to observe "Yoga's importance and awareness among youth". A survey was conducted among 30 college students.

INTRODUCTION:

International Day of Yoga, or commonly and unofficially referred to as Yoga Day, is celebrated annually on 21 June since its inception in 2015. The Indian Prime Minister Narendra Modi in his UN address suggested the date of 21 June. The word 'yoga' is derived from the Sanskrit root 'yuj' meaning 'to join' or 'to yoke' or 'to unite'. Yoga is a path towards total harmony of body, mind and spirit. Yoga comes from Hinduism, the knowledge of yoga transcends and thereafter till

Patanjali period. Explanation of yoga in Bhagawadgita which has elaborately presented the concept of Gyan yoga, Bhakti yoga and Karma yoga. Yoga provides training of mind and body to bring emotional balance any religion or culture. Historical evidence were seen in pre-Vedic period (270 B.C)

YOGIC DIET

Food is needed fuel to keep the body running. Intake of food is the fuel that gives strength to our body. Our body is cluster of cells. There is constant erosion of body cells and to compensate this erosion and to generate new cells, proper diet is necessary. Proteins, fats, carbohydrates, vitamins, minerals are main ingredients of the diet. Controlled diet, exercise and controlled thoughts keep one healthy. The diet of yogi depends upon his age, health, constitution, standard of living and profession also on the region where he resides and availability of food grains, vegetables etc. Formation of mind is directly related to the food one consumes. Only the correct and controlled diet prevents and cures many of the diseases. Pure, Satvik and easily digestible food makes mind pure. The seasonal fruits, vegetables are conducive to health. Homemade food is full of love and affections of the maker and such it is Satvik and easy to digest. There are many misunderstandings in the society in respect of fasting. The meaning of the word "Upawasa" is "upa" means "near" and "wasa" means to "stay". Stay near the God and praise him. Then only the organs engaged in digestion will get rest.

SIX PROCESSES FOR PURIFICATION OF THE BODY:

Six processes have been told in Hathyoga for the purification of the body. Its importance has been established for good health. All diseases are results of various toxins and excess of one of the Doshas Vata (Air), Pitta (Bile), and Kapha-phlegm. If these impurities are not taken away from the body, the health is affected. Although human body is made of Vata, Pitta, and Kapha, the imbalance thereof gives rise to many diseases. It is necessary to keep the body clean. We take off from duty once in a week but we do not rest our digestive system, on the contrary on the day of fasting we eat many things hard to digest. There are six Yogic Processes: Dhauti (Water cleansing), Neti, Kapalabhati, Nauli, Basti and Trataka. Yoga is a multi-component process and is described in the yoga sutras by Patanjali as consisting of eight components: yamas, niyamas, asana, pranayama, pratyahara, dharana, dhyana, Samadhi.

- 1) Yamas gives guidelines regarding behaviour with others in the society during the interaction with them. Every individual is a part of society. He cannot live away from the society. The five principles of yamas are Ahimsa (Non-injuring), Satya (truthfulness) (Non-stealing), Brahmacharya (Continence) and Aparigraha (Non-Covetousness).
- 2) Niyamas give internal cleanliness and purification of mind. The five principles of niyamas are Cleanliness, Contentment, Removal of impurities, Study of self and Submission to God.
- 3) Asana is a posture reached with total concentration of mind with least effort which is steady and comfortable. Asana can be divided into two types: Meditative and Dynamic. The

Meditative postures are also called spiritual postures. These postures are used to perform certain breathing exercises, pranayama, chanting of mantra, meditation and introspection etc. The posture is said to have been achieved when the body and mind are still and comfortable. The meditative postures are Padmasana, Siddhasana, Vajrasana, Veerasana, Bhadrasana, Swastikasana, and Dandasana etc. Out of these Padmasana, Vajrasana and Siddhasana may be used for meditation.

II) Dynamic postures are physical postures which give good health and reduce heaviness of body. The body becomes strong and supple, improves blood circulation, reduces excess fat and most of the physical disorders are cured. Toxins in the nerves and muscles are eliminated and practitioner becomes energetic. There are four different types

a) Postures performed sleeping on the back.

b) Postures performed sleeping on the abdomen

c) Postures performed in sitting position.

d) Postures performed in standing position

- 4) Pranayama is control of Breath. "Prana" is Breath or vital energy in the body. C prana represents the pranic energy responsible for life or life force, and "ayama" means control. The principles of pranayama are ujjayi breathing and nadi shodhana. The names of Pranayama in the body. On subtle levels principles of pranayama are ujjayi breathing and nadi shodhana. The Pranayama are Ujjayi Pranayama, Kapalabhati Pranayama, Dirgha Pranayama, Bhastrika Pranayama, Bahya Pranayama, Bhramari Pranayama, Udgita pranayama, Anuloma & Viloma Pranayama, Agnisar Kriya
- 5) Pratyahara means literally control of ahara or gaining mastery over external influences. The principles of pratyahara are indifference to external objects and living in the world of thoughts. Pratyahara bridges between yama, niyama, asana, pranayama and Dharana, Dhyan and Samadhi.
- 6) Dharana is the ability to bring the mind into focus and to hold the concentration on a single point. In true dharana all body-consciousness and restless thoughts cease, enabling one to focus on the object of meditation without distraction. The aim of these exercises is to become aware of the interweaving and mutual influence of all principles, reflection is done on the unity and indivisibility of the inner and outer world.
- 7) Dhyana is mentioned here as the principal means to achieve control over the mind. A continuous flow of perception (or thought) is Dhyana (meditation)
- 8) Samadhi is mentioned as a state of intense concentration achieved through meditation. In yoga this is regarded as the final stage, at which union with the divine is reached (before or at death).

The use of yoga among youth may assist their development, increase their well-being, reduce everyday stress, facilitate weight management, and mitigate emotional and behavioural problems

aside from being a supplement to improve focus and attention. Yoga can help foster motivation, cultivate internal locus of control, improve sleep and generally encourage healthy and balanced diet. Yoga is a mind-body practice that combines physical postures, breathing exercises and meditative practices, with the goal of unifying the physical, mental, and emotional balance. Everybody is in constant search of happiness and peace, which he hardly gets and ultimately he tries to search happiness in financial well-being. There is no match to the happiness you get when you have healthy body. Our body and mind are interdependent. The intention of yogi processes is not only to purify our body but to acquire energetic mind and increased spiritual power Social and spiritual health. Ayurveda says one has balanced three doshas i.e. Vata-Air, Pitta-fire and Kapha-phlegm, balanced seven basic elements of body, whose excretory and digestive system are working efficiently and is cheerful at his soul mind and all the bodily organs is a healthy man.

To protect the health of the healthy person and to prevent and remove the diseases of ailing person is the principle of Ayurveda. The ancient science of yoga is aimed at all-around improvement of physical and mental health. Yoga only can give relief from the sufferings of day to day life. What is life? The journey from the first breath to last breath. Health depends on the quality of breathing still we do not care for it. If man can easily live for hundred years. Yoga is nothing but the science that teaches us how to breathe and how to fulfil the deficiency of oxygen needed by our body. Yoga means unite. You have to unite your body and mind, mind and soul and individual soul to cosmic soul. To get totally united with the cosmic soul Parmatma and achieve absolute bliss is yoga. To achieve equanimity in all sorts of dualities such as joy-sorrow, friend-foe, hot-cold etc. is yoga. The process of joining body and mind for total health and longevity is yoga. He can experience youth throughout his life, can experience rhythm in functioning of his body mind and soul. His behaviour changes, he becomes philanthropic. Yoga gives knowledge that induces one to serve his fellowmen. This is the real wealth, happiness. There are many systems glands working in our body. We become restless if any of the system or gland malfunctions. Yoga balances their working. If yoga is practiced in its true sense involving body and mind, it awakens consciousness. Therefore, it is necessary to include yoga in our daily rituals. It is necessary to have faith in the science of yoga to see the desired effects. Yoga is to be practiced on empty stomach, 3 '2 to 4 hours after the intake of food. However, if morning hours are not suitable one can practice yoga in the evening. It is preferable to practice Sadhana on the same place daily, which should be well ventilated but not open place. One should not change the place often as because of the Sadhana the place becomes sacred. Taking bath before the Sadhana is not compulsory.

CONCLUSION:

- a) The purpose of yoga is to create harmony in the physical, vital, mental, psychological and spiritual aspects of the human being

- b) Yoga is not only a physical exercises where you twist, turn, stretch and breathes in true most complex ways
- c) It is for relief to mind, body system and it gives flexibility to the body
- d) Pranayama needs to be done with concentration
- e) It is necessary to have faith in the science of yoga to see the desired effects. It is not advisable to practice yoga by reading books and watching TV programs. It should be done with an able teacher otherwise there may be many obstacles in the Sadhana and many ill effects.

RECOMMENDATION:

- a) Yoga should part of daily life to every citizen. It should be practiced by all religion. It should be regularly practiced by man, women, boys, girls, orphan etc. Children above 12 years may practice under the guidance of a yoga teacher. Yoga is originally brought by our ancient veda but it is less practiced in our country comparing to other countries in the world. So give 10 minutes to our self and do yoga daily
- b) It is not necessary to perform all the postures daily. Different postures may be practiced on different days
- c) Postures should be selected as per individual age, constitution and diseases of the practitioner.
- d) Although it is necessary to practice Asanas daily the practices should be restricted and proportionate the capacity of the practitioner. After practice of Asanas the aspirant should feel joyous and should not feel exhausted.

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EMOTIONAL WELLBEING

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As per article of times now of the year 2016. 80% of Indians don't consider emotional instability as sickness. Body. mind, spirit all shall walk hand in hand for a person but often people are not willing to talk about emotional wellbeing as per source of times of India 2017s survey as still majority of people feel shame for consulting to a psychiatrist As per Maslow theory of hierarchy" hardly any person reach to the stage of self-conscious, Whereas work upon attainment of once ambition and learn to be satisfied in all phase of life To become something in life it is

vital that one should be emotionally stable and for achieving that one must follow the 5 secret to achieve emotional stability namely

- 1) Self-acceptance
- 2) Positive attitude
- 3) Pleasant smile
- 4) Spend some time alone
- 5) Learn to let go past

Once a person learn to live with mind peace he is successfully an emotionally stable person. self esteem means a stage where a person search for the reason of existence and Emotional instability is a root cause for many health issue such as hypertension, diabetes, depression, so on and also lead to low self-esteem and thoughts of suicide so it is important to deal with it

METHODOLOGY:

For conducting a research on such a sensitive topic such as emotional wellness it is important to read the facial expression of people and understand the state of mind for that it is important to take personal interview as the written form or e-form won't help in getting the personal touch on topic and understand state of mind For the same following question were asked to people:

1. Do they consider emotional instability as a matter to visit to a doctor?
2. How often one goes for counselling?
3. How one deal with stress and anger management
4. How vital it is to have social interaction
5. How one deal with setback in life and how long it takes to overcome setback?
6. How much time one takes to let go past life with past relationship, friends and death?
7. What are their views w.r.t to self-acceptance?
8. How one deal with cut throat competition?
9. What are the modes of relaxation to overcome setbacks?
10. How often they spend their time to sit alone with nature take deep breath and either think Nothing or think of self-actualization

INTRODUCTION

For the simplification person it goes step wise stop and study the topic into various sub points namely Positive attitude: one shall focus an positive energy more Whenever you are surrounding with negativity take a pause dep breath and tell oneself that this is just a phase of life. A struggle and it's not end of life. There is a day after night. We shall move towards neutrally where when we are hoppy we are happy but when you are sad don't laugh but don't ever turns towards depression Need for fiends: one shall have interaction with every oneself too much on any individual. It has been rightly said by my school teacher that," the only right person is who mound oneself around everywhere and make friend easily by interacting But that doesn't mean if you are introvert you are wrong one shall always learn self-acceptance (will discuss in detail further) Stress among youth: now a days the stress level has raised so much that even a 7 year old by is felling complex as he don't have girlfriend and an & year old is crying for a break up When we talk about teens students are burdened with parent's expectation, cut throat competition, less result in post-graduation courses, relationship problem and so on. But the new trend bas emerge in such a way where one is felling sad ns his or her best friend has tag someone else in memes and yes such silly reasons exist. It is vital to merge stress as this stress only lead to suicide and depression among youth or any age group. For that more from oneself rather than others, learn to let go past live in present. Read motivational books such as the monk who sold his Feran by robin Shama, bom on the mountain by arumima Sinha. Follow good motivational speaker like Sandeep msheshwari, sadguru, abdul kalam ji, and many more. I believe that one can learn anything from anyone all we need to do is control mind and we happy

CASE STUDY

1) Deepika Padukone actress- once she was so depression that she was going to commit suicide she locked oneself in room and stopped social interaction then his dad took her to field of sports where she started playing badminton and slowly started making friends and ultimately came out of depression.

2) Yuvraj Singh, Indian cricketer- a man who kept his emotional status so well successfully fought the cancer and once again came into his field of cricketing with pride.

FINDINGS

People are not emphasizing on emotional wellness as majority don't know it's a problem . People don't visit to psychiatrist for instability College and school have started concealing but it has not been accepted much a much it would have been People are not aware of technique of anger and stress management Few people are not comfortable with social interaction and few people are living their life digitally where their e-reputation matters a lot to them . To deal with setback people often talks to friends or play video games Rarely people are able to move on easily with past relationship, friends and death of close relative or friends Competition has been major reason for stress now a days and people are not even sensitive towards their competitor and ready

to push competitor and move on. To overcome setback one play games either on screen or off screen, talk to friends, rare people communicate to parents. join gym specially men. Hardly anyone is prying time to sit alone.

CONCLUSIONS AND RECOMMENDATION

To understand that our emotional stability is equally important as physical well being is. couple shall learn to live, love, laugh and let go. It is important to keep our selves as empty mind is devils mind One shall lean to anger. How? One must accept the fact that anger is not like a nature call but it's a matter of choice so we shall take command and control it. It has been noticed that we express anger only when the opposite person is inferior to us. Self-acceptance: I would you all to go through the article by Sonam Kapoor which will surely leave impact in our mind. Article is as followed Like every girl, I spent many nights through adolescence leaning into my bedroom mirror wondering w why she doesn't lock like a celebrity: Please know that nobody wakes up like this. Not me. Not any other actress. Here's the real deal. Before catch public appearance, I spend 90 minutes in a makeup chair. Three to six people work on my hair and makeup, while a professional touches up my nails. My eyebrows are tweezed and threaded every week. There's concealer on parts of my body that I could never have predicted would need concealing I'm up at 6am every day and at the gym by 7:30. I exercise for 90 minutes and, some evenings, again before bed. It's someone's full-time job to decide what I can and cannot eat. There are more ingredients in my face packs than in my food. There's a team dedicated to finding me flattering outfits." So the conclusion is if you don t like Hollywood movie it's okay don 'I try to fit yourself into a person someone else want you to be You cannot please everyone every time. Would like to end up my research paper with quote by Priyanka Chopra again the actress," be fierce ,fearless and lawed" My body looked nothing like it So, for every teen people leaning.

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Deepika padukone's struggle journey.

IMPORTANCE OF ANGER MANAGEMENT FOR MAINTAINING POSITIVE ATTITUDE AND SELF ACCEPTANCE

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ABSTRACT

Anger related problems are the most common reasons why children and youths are referred for a psychological problem. Positive emotions have been shown to increase our immune system function and can also reduce stress problems. Management of anger and self acceptance can help to build a positive attitude for individual. The aim of present study was to identify anger related issues of youth and measures to be adopted for positive thinking. The closed ended questionnaire were prepared on positive attitude, self-acceptance and anger management and data was collected online and offline from first and second year B.Se. students of Royal College. The study revealed that when angry 43.1% of youth felt to beat someone or break things, 69% of youth did not accept that they are less intelligent than others and 65% of youth are not optimistic. According to our results many youths nowadays face problems to control their anger and most of them are short tempered due to this they face a problem developing positive attitude and knowing self-worth. In today's generation where stress problems are rising among youths, to develop a positive mind we can take a break from our daily hectic routine and give some time to our own personality by exercising daily, attending healthy motivational lectures can help to manage anger and developing positive mind.

KEYWORDS: Positive attitude, anger management, self acceptance, self-worth.

INTRODUCTION

Positive thinking is the mental attitude in which you expect good and favorable results. Management of anger and self acceptance can help to build a positive attitude for individual. Adoptive positive attitude as a way of life will help you cope more easily with your daily affairs and challenges. The study found that people who were optimistic had significantly reduced risk of dying from several major cause of death including cancer, heart disease, stroke and infections. The study appears online today in American journal of Epidemiology. Positive emotions have been shown to increase our immune system, functions improve our resilience, reduce inflammation, responses to stress. Many researchers have examined the beneficial effects of positive thinking, positive feeling, self -acceptance and emotional wellbeing. Positive thinking interventions should focus on how learners can identify their strengths, adopt new practices and

habits, and restructure their lives in way that allow for a stream of positive emotions and experience

[1] Anger is the main expressive way of showing problem in a relation

[2] Anger related problems are among the most common reasons why children and adolescents are referred for a psychological problems

[3]In addition to promoting physical health. cultivating positive thinking and emotions is associated with psychological health

[4]Therefore we have dedicated our topic in this issue.

METHODOLOGY

For the purpose of study survey method was adopted .The Closed ended questionnaire were prepared on Positive attitude, self-acceptance and Anger management. The data available on Google was used to prepare questionnaire. The method of convenient sampling was used to fill the survey form. The questions were prepared online and offline both. For online survey forms were created using google does. The link was send to the first and second year B.Sc students through whatsapp. For Self -acceptance 107 responses were collected, 113 for positive attitude and 100 for Anger management.

FINDINGS:

A) Self Acceptance: The questionnaire had following questions based on self acceptance

1. I do not evaluate myself as a person based on my performance
2. I cannot accept the fact that I am not smart as others
3. Even if life is unfair I can accept it just the way it is
4. I cannot accept the fact that I am less attractive than others
5. I cannot accept my negative personality trait
6. I cannot accept the fact that I am less intelligent than others

The survey revealed that 44% youth cannot accept the fact that they are not smart as others .70% youth can accept that even life is unfair to them they will accept the way it is.37% of youths cannot accept the fact that they are less attractive than others while 3 1% of youth cannot accept their negative personality trait while others accept it.69% of youth did not accept that they are less intelligent than others as they know their self-better

B) Anger Management : The opinion of students were taken on 5 parameters

1. I get angry with little or no provocation
2. I have really bad temper
3. It's hard for me to let go of through that make me angry
4. When I become angry have urges to beat someone up or break things
5. I get impatient when people don't understand me

The anger management survey reveal that only 43% of youth can control the anger and very small percentage i.e. 22% do not have bad temper. Large population of youth have accepted that they get angry on little or no provocation, also they get impatient when people don't understand them.

C) Positive Attitude : The students opinion was taken by asking 11 questions to them.

1. Are you friendly?
2. Do you try not to complain?
3. Can you be optimistic when others aren't?
4. Do you have a sense of duty and responsibility?
5. Are you a good listener?
6. Do you usually speak well of others?
7. Do you respect other people opinion?
8. Are you honest and sincere?
9. Can you work with someone you dislike?
10. Are you neat in personal appearances and work habits?
11. Do you keep promises?

The survey revealed that 75% are friendly, 45% youth do not try to complain i.e. 55% youth try to complain. The survey on positive attitude also reveals that only 35% youth are optimistic rest 65% are not optimistic, 37% can work with someone they dislike, while 76% youths keep their promises as they are confident

CONCLUSION

According to our research many youths today face problems in managing their anger and controlling their bad temperament. Managing anger is necessary to develop positive attitude and knowing self-worth. Many young couple face problems due to reasons like stress, addiction to social networking sites, nuclear family systems etc. As a student we can watch motivational lectures and we can help us maintain positive attitude and to know our self-worth. In our survey more number of youths try to complain and cannot accept them as they are. Many among them have positive attitude but some among them fail to maintain it participate in various organizations

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