



## Role of relationships in our well-being

NDDP strives hard to create a compassionate ecosystem that ensures healthy psycho-social development of the children through mental health professionals. NDDP beneficiaries attended one of the PD sessions which was focused on the significance of relationships.

Participants exhibited their emotions through artwork, they narrated about the relationships in their life and what emotion they associate with each of them. They vent out their feelings and sentiment in their artwork.

## Let's have a look at the joyful feelings shared by the participants:

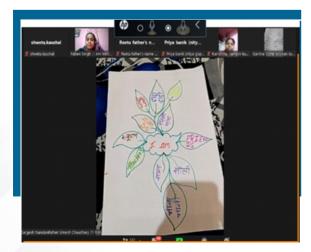
"I share a great connection with my mother and always help her in all the domestic chores. Also, my favourite relationship is with my NDDP device and teachers." – *Mohini, class X* 

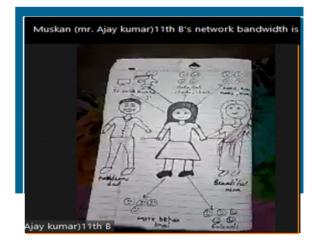
"My brother is my greatest supporter and my views contradict with my mother but I believe it will get better with time." – *Reetu, class XI* 

"One of the important relationship is the one that I share with myself" – Upasna, class X

"All my important relationship support and guide me as far as the good emotions are concerned. The only difficult emotion is the scolding that I sometimes get from elders (parents and teachers) for my benefit" – *Meenu, class X* 

"Friends, one of the important relations for me, they help me enjoy but sometimes they really confuse me with suggestions where I have to differentiate between right and wrong" – *Rakhi, X* 





To join as a CSR/NDDP volunteer kindly reach us at csr\_nddp@newgen.co.in or csrvolunteers@newgen.co.in

- Shweta Kaushal (CSR Team)