

The Weight of Comparison

Parents talking, girl overhearing.

Look at Riya, she always tops her class.

Everyday, she was compared to her neighbour's child.



yes, why can't you perform like her?

Girl pushing away her books staring out of window.



Slowly, studies felt like a burden ... and even her favourite games lost.



In school sitting quietly.

I feel like I can never make them happy.



Why are you so upset these days?

My parents keep comparing me with neighbour's daughter. I don't feel like studying.



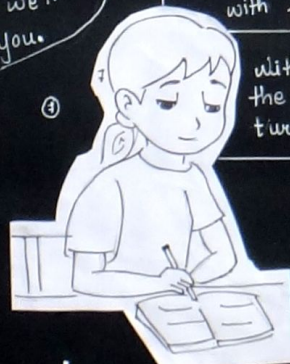
Friend gently holding her hand, speaking with care - I understand but maybe you should talk. Tell them how you feel.



Thankyou, Mumma-Pappa!

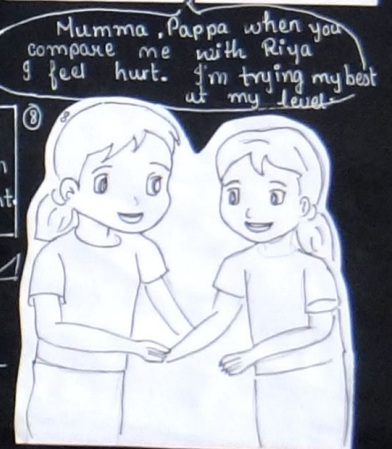
"We're sorry beta we didn't know it was troubling you" From now on we'll support you.

Girl happily studying and later playing outdoor with her friends.



with open communication the burden of comparison turned into encouragement.

Wow! Now I feel stress-free



Mumma, Pappa when you compare me with Riya I feel hurt. I'm trying my best at my level.

"Every child shines in their own way.
Support, don't compare."

STAND UP - AGAINST BULLYING

School Corridor A group of girls surround a shy girl Ananya.

"Hey Ananya, what's in your bag? Hand it over me!"

"P-Please, this is my bag... I need it for tuition."

1



"What will I tell my Parents now? They will be so upset."

2

"Wow, some money here! Thank's for treat, Ananya."

"Next time bring more."



"I can't tell this to my parents... what if they scold me?"

3



Riya informs to her teacher

5

"Thank you for telling me. Bullying is wrong, and we will take action immediately."

"I feel so much better now."

6



"Ananya, you look upset, what happened?"

4

"Don't worry, we should tell to a teacher. We are not alone in this."

"Yes teacher are here to help us. Keeping quiet will only make it worse."



"Some girl took my bag... They even took my tuition money. I don't know what to do."

"But will they even listen?"

"See I told you! Speaking up is always the right choice."

"Yes, I learned today - when something is wrong, we must share it with someone we trust."



"BULLYING STOPS, When We Speak Up!"

THE STAGE FRIGHT

①

"It was the day of the big event. Her name was on the list... but fear filled her heart."



"What if I forget everything? What if everyone laughs at me?"

②

"Sometimes, a small gesture brings calmness."

③

"Remember that time when you dropped your pen and called it 'gravity testing'?"

"Here... drink some water. Take a deep breath."

"Haha... oh yes! I really did that!"



"And when her turn came, she spoke clearly and confidently."

⑤



"You're right... I can do this!"

"You've practised well. Just imagine you're talking to me, not the whole crowd."

④

"Wow! She's speaking so well!"



"With support and self-belief, nervousness turned into success."

"I did it! Thank you for being there!"

⑥



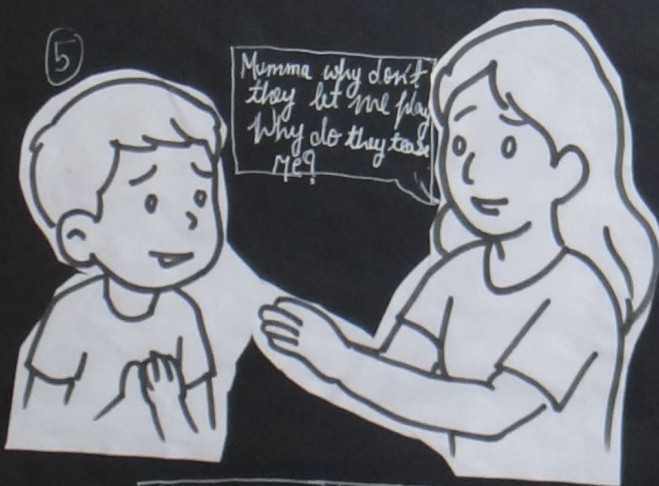
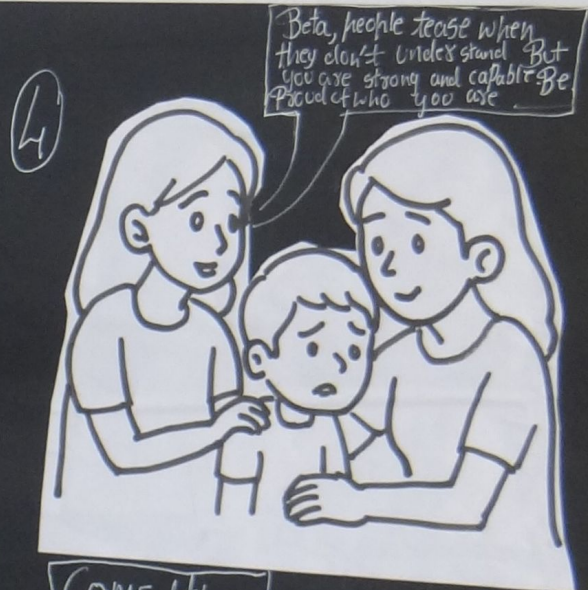
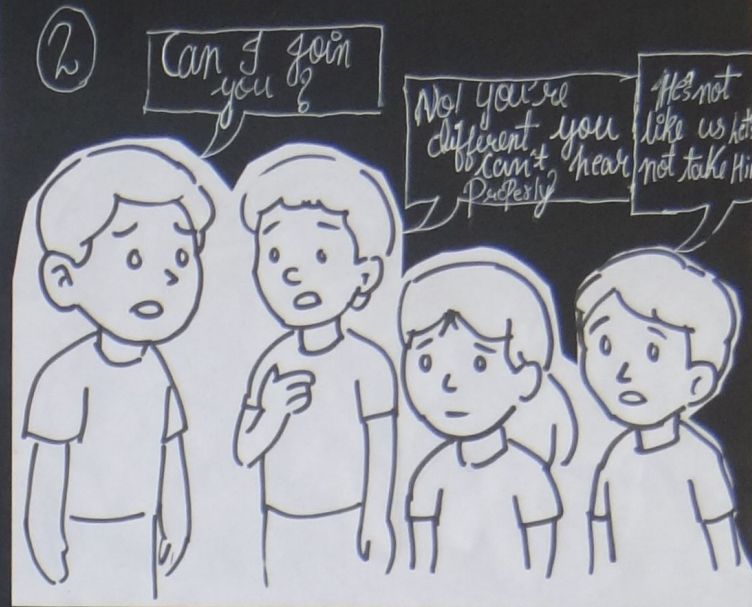
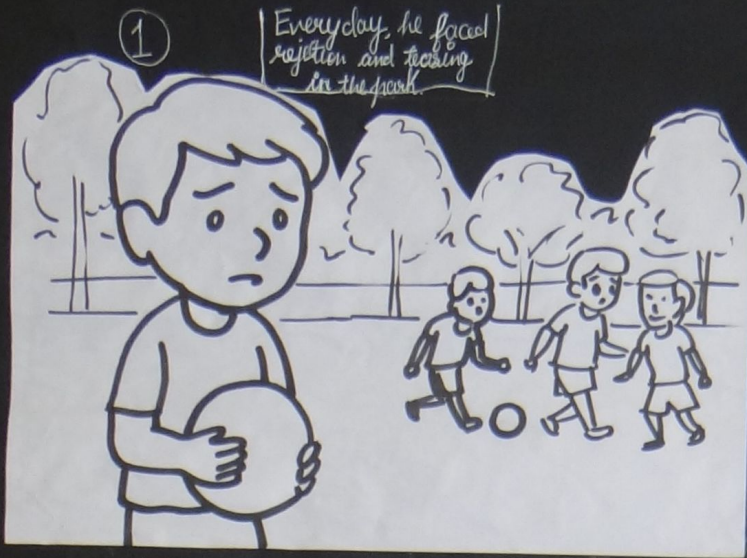
"See? You just needed a little push..."

⑦



"WITH SUPPORT & SELF-BELIEF, NERVOUSNESS TURNS INTO SUCCESS."

HEARING DIFFERENTLY, PLAYING - TOGETHER



Slowly, some children began to understand and Accept him.

"Acceptance Makes Everyone Stronger We are different, yet we all Belong."

Made by: 5th VII (Nandadevi) A Garqi Korde, Devyani Suryavanshi, Rajeshwari Mangate, Shikha Patil, Zishan Shaikh

SHARING HEALS MIND

(Girl sitting quietly in her room staring at her hobby materials - paintbrush, guitar - but not touching them.)

"She was once very cheerful... but now she felt lonely and upset over small things."

①



"I don't feel like doing anything anymore..."



②



"She doesn't laugh like before."

"Yes... she hides everything inside. We must do something."

Parents whispering to each other.

Girl begins speaking



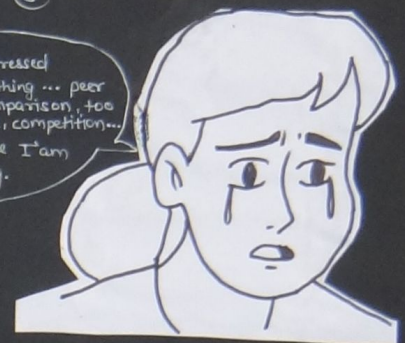
At counselor's office, the girl sits quietly

"It's okay, you can share what ever is in your heart."

"I don't know how to say it..."



"I feel stressed about everything... peer pressure, comparison, too much work, competition... It feels like I'm failing."



Counselor speaking gently



"But remember - you don't have to handle it alone. Talking, relaxing and balancing study with hobbies can help."

"I feel lighter when I share my feelings."



Girl back at home painting and smiling again, parents watching happily

Girl with friends laughing in school

"We missed your smile!"

"And I missed being me!"



Mother: "It's so good to see her happy again!"
Father: "Yes, opening up was the first step to healing."

"Don't hide your stress. Sharing with parents, friends or a counselor brings back your smile."

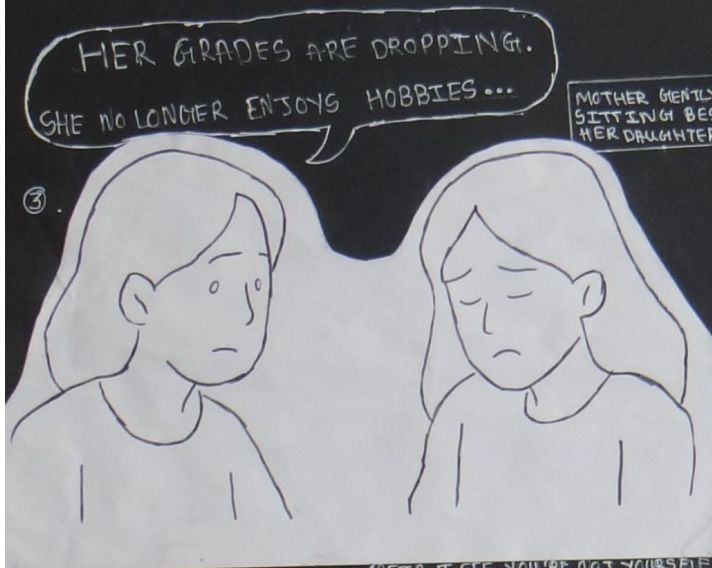
"LOG OUT OF STRESS, LOG IN TO LIFE"



PARENTS AT HOME, MOTHER LOOKING AT THE GIRL WHO IS SITTING QUIETLY.

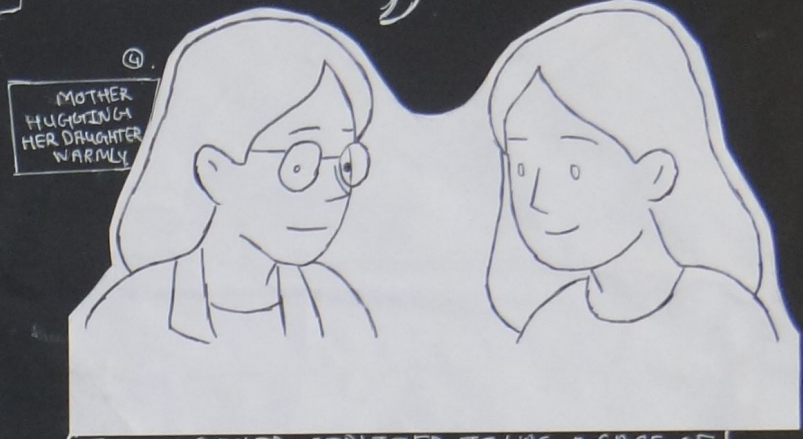


HER PARENTS NOTICED THAT THEIR ONCE CHEERFUL DAUGHTER HAD CHANGED. MUMMA... IN THE ONLINE GAME, SOME PLAYERS STARTED TARGETING ME. THEY TEASE ME AND CALL NAMES.



HER GRADES ARE DROPPING. SHE NO LONGER ENJOYS HOBBIES...

MOTHER GENTLY SITTING BESIDE HER DAUGHTER.



MOTHER HUGGING HER DAUGHTER WARMLY.

THE MOTHER REALIZED IT WAS A CASE OF CYBERBULLYING...

DON'T LET ONLINE BULLIES CONTROL YOUR HAPPINESS. HERE'S WHAT YOU CAN DO- ENGAGE IN OUTDOOR GAMES, WRITE YOUR THOUGHTS IN A JOURNAL, PRACTICE MEDITATION AND TALK OPENLY WITH TRUSTED PEOPLE..

MUMMA, IT FEELS MUCH BETTER NOW...

GIRL SMILING, EATING WITH HER PARENTS AT THE DINNER TABLE, LOOKING JOYFUL AGAIN.



GIRL RUNNING OUTDOORS WITH FRIENDS, LATER SITTING ON HER BED WRITING IN A DIARY, THEN MEDITATING PEACEFULLY WITH EYES CLOSED.



SLOWLY, WITH SMALL STEPS, SHE FOUND HER BALANCE AGAIN.

"CYBERBULLYING hurts, but with support, self-care, and courage - YOU CAN RISE ABOVE IT."

"BEAUTY IS MORE THAN WHAT WE SEE"



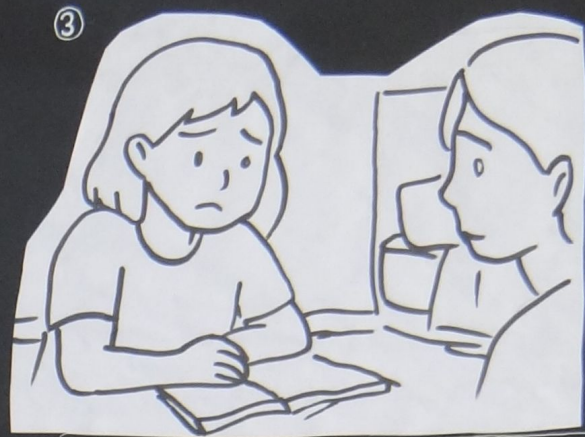
Every word felt like a stone thrown at her heart.

The incident shock her. She began to believe that her weight was her biggest problem.

How to lose weight fast?

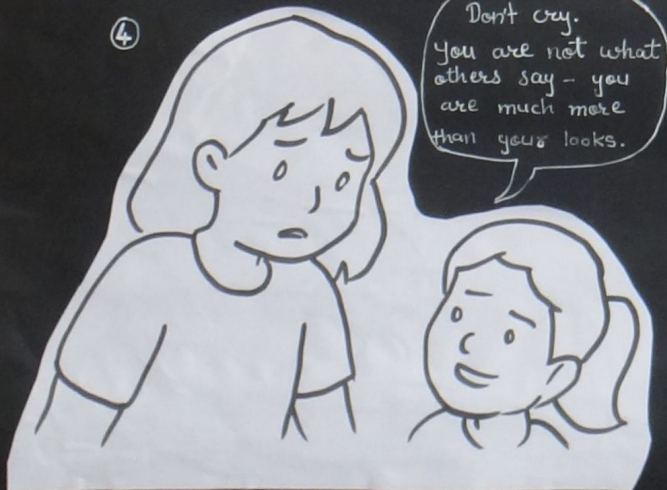


They call me names... I feel so embarrassed. I hate myself now.



You are right. I will not let names decide who I am.

Real beauty is not in size or shape. It is in how kind, confident and happy you are. You're smart, caring and a wonderful person. Don't let silly words change how you see yourself.



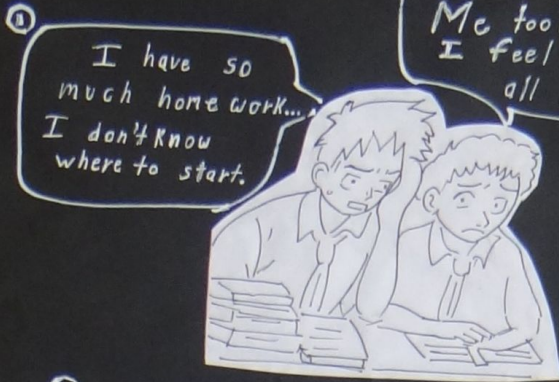
Don't cry. You are not what others say - you are much more than your looks.



"LOOKS MAY FADE, BUT CONFIDENCE AND KINDNESS MAKE REAL BEAUTY."

Beating Stress Together

Two students whispering in class

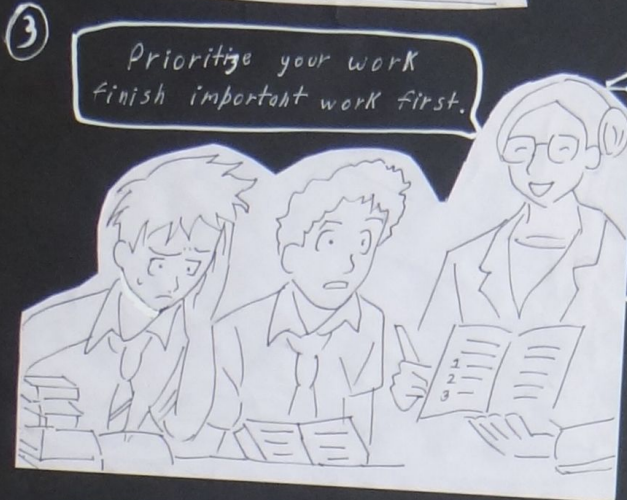


Me too! I feel stressed all the time.

Mam we feel worried because we can't manage all our homework.

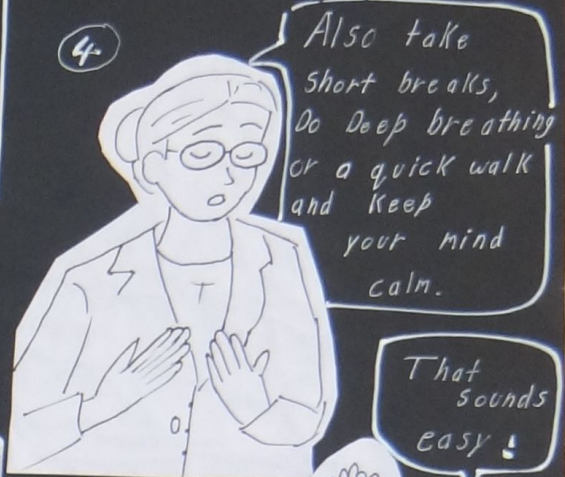


Don't worry Let's solve it together.



Prioritize your work finish important work first.

First prepare a to-do list, write all the tasks you need to complete.

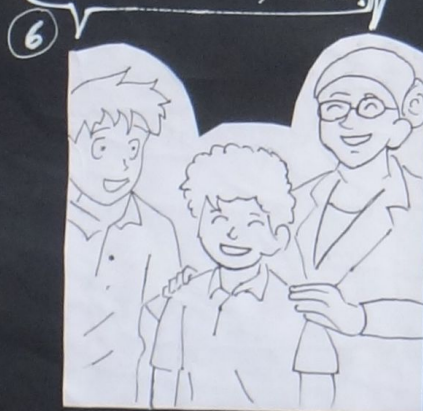


Also take short breaks, Do Deep breathing or a quick walk and keep your mind calm.

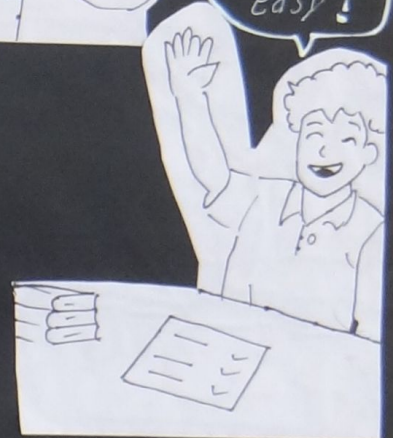
Wow I am actually finishing my work without stress.

Well done! You managed your tasks so well.

Thank you mam your tips really worked.



That sounds easy!



When Work feels too much, relax your mind and take one step at a time.

Made by std VIII Dhawalgiri Atharv Pawar, Prachi Shinde, Mrunmayi Wadhekar, Shrutika Suredkar.

Don't Judge, Try to Understand

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I tried ... but I couldn't finish it.

②



Teacher pointing at the door, the girl Meera looks disheartened

Meera, you didn't complete your work on time. Stand outside for today.

③



Her friends decided to leave her out.

Group of classmate whispering and laughing at their seats.

"Ha! She's standing outside again."

Hey... can we work together?

④



Sorry, we don't want someone who never finishes work on time

⑤



From now let's not include her in our group.

At the dinner table Meera looks quiet and upset

My teacher punished me and now my group makes fun of me. They won't even talk to me.

Meera, you seem so dull these days. Did something happen at school?

⑥



Oh dear mistakes happen. you just need to plan better. Real friends support, not tease.

But what if they still ignore me.

Then show them with action complete your next work on time and prove them wrong.

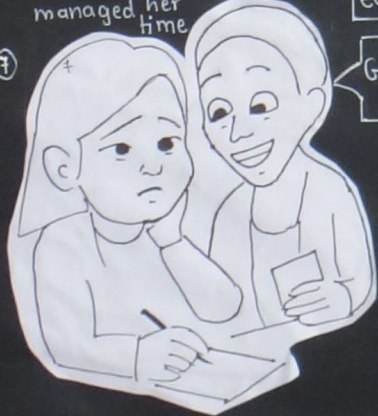
She worked hard and managed her time

Maybe we shouldn't have left her out.

Wow... she has improved so much

Sorry Meera we shouldn't have treated you like that

⑦



Good work Meera! Well Done!

⑧



It's okay. let's work together again.

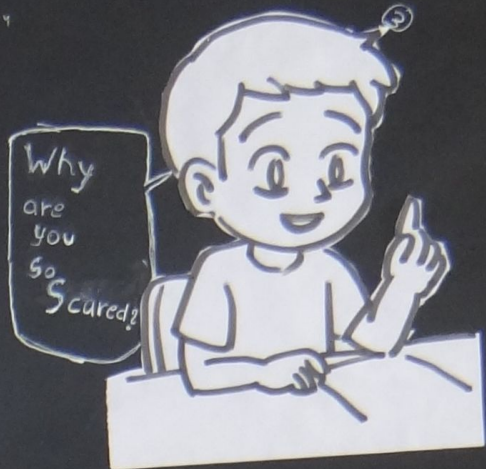
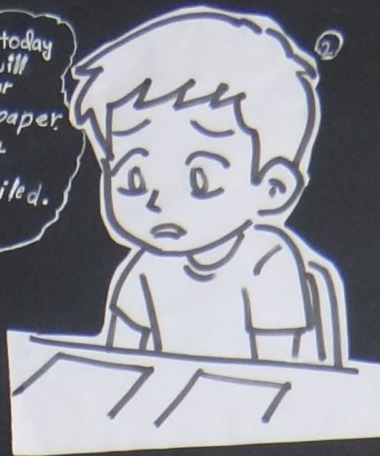
"Don't tease or ignore someone for one mistake. Encourage, Support, and help your friends to improve."

GOOD STRESS VS. BAD STRESS

Boy sitting with a sad face, holding his mathbook



"Oh no...today Teacher will show our Maths paper. I must have failed."



Why are you so Scared?

Taking stress before exam is good stress



I am Scared of my Results I can't stay thinking about it.



But the stress you are taking after exam is Bad Stress. It hurts our mind.

Next time, plan your study, practice regularly, and ask the teacher if you can't understand.

Instead of Worrying lets use mistakes to learn.



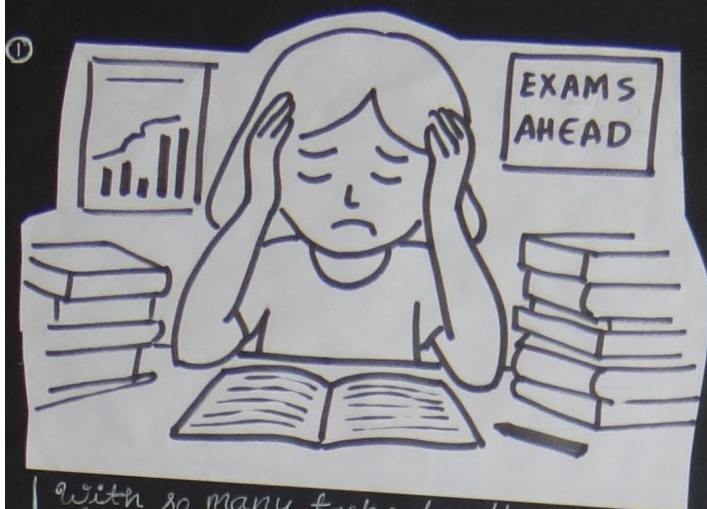
Thank you for helping me understand I will work harder, not worry harder!



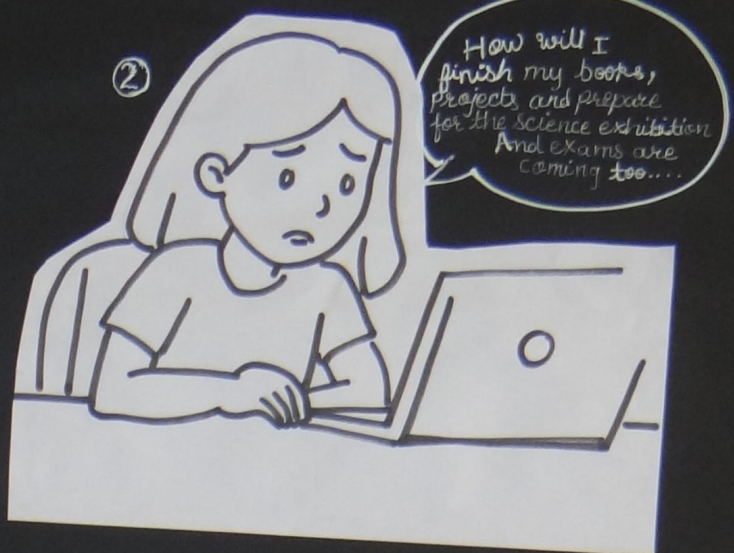
That's the spirit! Good stress builds you but bad stress breaks you.

"DON'T FEAR RESULTS. Learn, Improve, & let good stress push you forward."

DON'T STRESS, JUST ORGANIZE



With so many tasks together, she felt crushed by stress.



There's too much to do. I don't even know where to start.



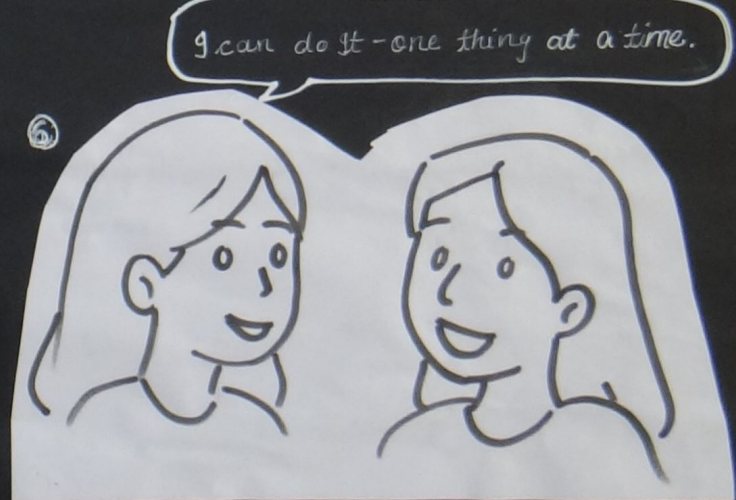
Don't panic, Let's make a list and put the most important things first, we can tackle one thing at a time.

We only feel judged when we judge others.



But what if I fail? What if people judge me... Like if I forget something in a competition or can't finish a project?

With a plan and positivity big problems looked smaller.



I can do it - one thing at a time.

Don't Let stress control you. Organize, prioritize and believe in yourself.

FEAR OF EXAMS

①

HEY, KNOW... WHENEVER THERE IS A SCIENCE OR MATH TEST. I FEEL SO ASHAMED. I STUDY HARD, BUT WHEN I SEE THE QUESTION PAPER. I JUST FREEZE.

MY MIND GOES BLANK.



②

HEY, DON'T FEEL ASHAMED, IT HAPPENS TO MANY PEOPLE. IT'S NOT THAT YOU DON'T KNOW - YOU JUST GET NERVOUS.



③

FIRST, PRACTICE WRITING ANSWERS UNDER A TIMER AT HOME - THIS WILL REDUCE YOUR PANIC IN THE EXAMS.



④

WOW! THESE ARE REALLY PRACTICAL. I NEVER THOUGHT OF TRYING THIS. I FEEL LIGHTER ALREADY.



"Exams test knowledge, not your worth.
Stay calm, prepare smartly, and believe in yourself."