

Ripples of Mind

Editor : Dr. Anagha Lavalekar

Ripples of Mind

Adolescence is an age of remarkable transition.

And adolescents are incredible beings. The book offers a glimpse into their inner worlds full of wonder.

A glimpse into the rollercoaster of emotions, entangled thoughts and evolving relations.

A glimpse into widening horizons, from self to society and evolving roles in variety.

A glimpse, for all those who wonder about this adventurous age
And, for all those who are on a youthful ride of the Teenage!

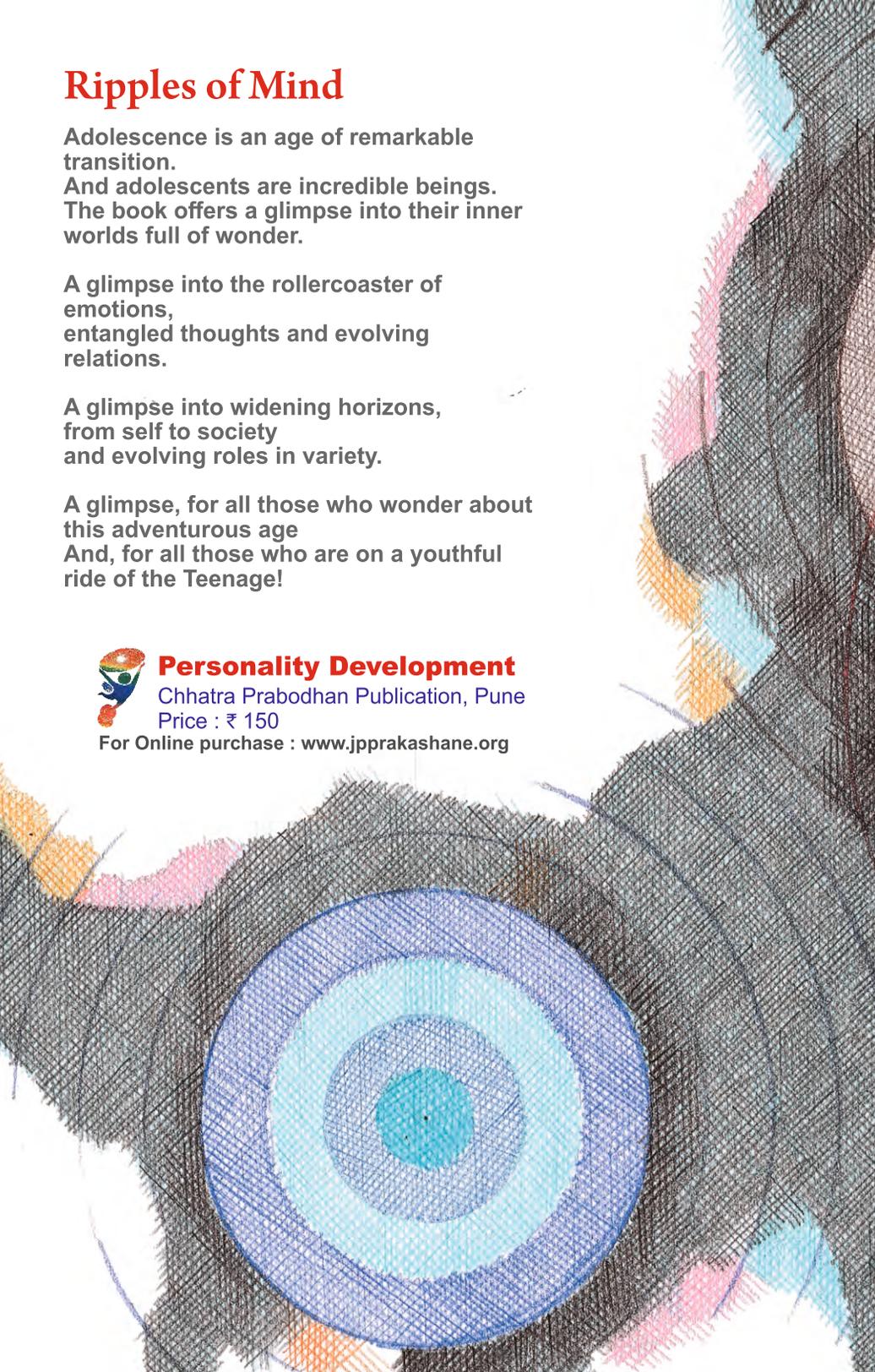


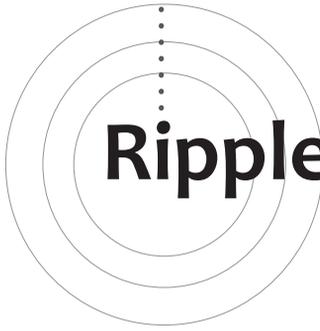
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Ripples of Mind

A collection of articles from *Chhatra Prabodhan*
based on Socio-emotional Development
in Adolescence

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Dr. Anagha Lavalekar

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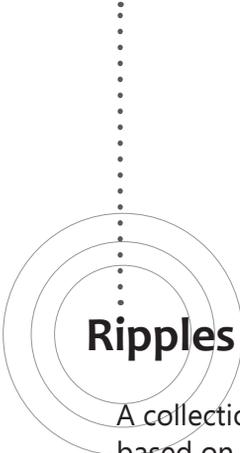
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**"Every bud is born with the right to bloom,
To write its earthy legacy on the sky with a plume."**

These inspiring lines by the great poet *Kusumagraj* leave a magical impression on the mind. As the poet suggests, each one of us strives to grow, to improve, and to bloom a little more than yesterday. But does simply growing older mean we truly 'grow' or 'evolve'?

For example, when we say, "My body is developing well," it's because we've grown taller, built stronger muscles, or increased physical stamina, right? But alongside physical growth, shouldn't our mind the invisible power guiding every aspect of our lives also grow and evolve? How does that happen? And even if it does, how can we see it? How do we measure it? Who helps us in this process? Just like the body, can the mind fall sick? If exercising can make the body stronger and more flexible, can we do the same for our mind?

These are questions that often cross our minds, but we rarely find answers to them in our school curriculum, right? So, where do we seek them? To help us, psychologists have periodically written articles in a very simple language in *Chhatra Prabodhan* for the last 2-3 decades. '*Tarang Manache*' (Ripples of Mind) is the collection of 17 selected articles from those.

We all have a strong desire to achieve something great, but at times, we doubt our own abilities. Other times, we get caught up in our own insecurities, and sometimes due to our wrong assumptions, our overestimations about self, we end up failing. The reason for this is that we don't truly understand ourselves. We don't know what we're good at or not, and

we haven't taken the time to think about our strengths and limitations. By doing so, we can truly begin to move closer to our goals in the right way. The first section of this book, titled 'Getting to Know Yourself', will help you understand how to do this.

In your phase of life, your emotions are very sensitive. It's true that sometimes we can feel misunderstood, and that leads to feelings of disappointment. You might know the story of the little swan among a group of ducklings. The ducklings tease the little swan as ugly and awkward because it doesn't look like them. The swan feels terrible, not knowing that it is actually a beautiful swan. One day, when it looks at its own reflection in the pond, it finally realizes who it truly was! And at that moment, all its sadness disappears. We often feel like the little swan in this story. We find ourselves in two extreme states sometimes feeling low and unconfident, thinking of ourselves as small as a bug and on other times thinking of ourselves as superheroes. But instead of getting lost in these extremes, we must learn how to nurture a healthy and balanced self-image. This can be understood through a few articles in this book.

It's easy to sit and complain about the things we can't do; but what truly helps us grow is the ability to face a difficult task with determination, or stand firm in the present moment, even when things don't go our way. Success and failure are two sides of the same coin. Sometimes, one shows up, and sometimes the other. We must learn to face challenges with determination and an optimistic attitude, which is explained through various articles in this book.

In today's world, it's more important to stand as a human being rather than as a 'woman' or a 'man.' To do this, we must remove the 'gendered' filters of 'womanhood' and 'masculinity' from our eyes. We must recognize both the '*Shiva*' and the '*Shakti*' within ourselves. When we see girls making their mark

in fields ranging from military fighter jets to Olympic boxing, and boys excelling in areas like nutrition planning, childcare, and service work, it's clear why we must change the traditional images in our minds. This idea is beautifully illustrated in the article '*Shiva and Shakti*' in this book.

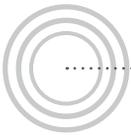
As we grow older, it's natural to be drawn to the idea of independence and the freedom it brings. But we must also carefully consider the responsibilities that come with it. While living independently, do we consider the thoughts and needs of others? Are we ready to take full responsibility for the consequences of our actions? This book explains how to think about this in simple terms. Additionally, the section 'Cultivating the Mind' with eight articles will be extremely helpful for strengthening and cultivating a positive mindset in various situations.

We all often have role models in front of us. When we aim to grow like them, we must have the same determination and willingness to work hard. Instead of lamenting our own limitations, we must learn to move forward by connecting with those who help us, those who wish us well whether they are elders, friends, or companions. This is beautifully explained in five articles in the third section of this book, 'Nurturing Friendships', in simple and relatable language.

From a mental development perspective, 'Ripples of the Mind' has become an extremely delightful and meaningful collection in its third edition, presented by the publishers. Let us take the time to appreciate it. As students, parents, and teachers, may we all use these enriching articles in our daily lives.

With heartfelt best wishes for your journey ahead!

Dr. Anagha Lavalekar



They say, 'Teenage is a rollercoaster ride.' A transition, everyone remembers throughout life. Adolescence comes with many changes on various levels. Physical growth, emotional turmoil, identity formation, integration of personality, moral dilemmas...everything at once! All of this eventually results in a newfound awareness about ourselves!

This ever-evolving phase comes with a lot of questions. Questions about self, the people around us, the society, and sometimes about the world at large. All the teenagers, therefore, crave company. They are looking for someone to share their journey with. Friends, older friends, cousins, or anyone going through a similar phase becomes very important and close to us. But sometimes, a bit older people like aunts, uncles, teachers, barely, but parents also help make sense of things happening in our heads.

Many of us turn to social media, influencers, favorite characters, authors, directors, and playwrights for different perspectives, find something resonating, and make sense of things in our own ways. The self-help books, stories, characters, and situations from the novels bring in a variety of perspectives on things. All these media also give us time to think on our own and build opinions and views. They feel safer than conversations about offbeat, awkward questions and struggles too.

'*Tarang Manache*' (Ripples of Mind) was one of the favorite books for many of us when we were studying in high school. Why? Because it had so many stories with characters from our everyday lives and situations we always faced as typical teenagers. Translating all these chapters was a chance to revisit those days with a smile. I could also appreciate the

relevance of the things written decades ago. That's because of the wisdom of all the experienced authors. A few tweaks here and there made it just as new!

I know a thumb rule. To make a point in front of teenagers, you must get the connection right! And to get connected with them you have to speak their language. Therefore, keeping the language crisp yet flowy but also not losing the essence of the original writing was a task. Then we turned to the modern method and asked AI tools to help. Many times, different charts can make an abstract concept look very comprehensive. The mind maps representing popular concepts in psychology will also provide a good context for the text. Some useful websites, like 'Teen Councelling Centre, San Diego', provided good references for these mind-maps.

We hope that the English Edition of this wonderful book will take the insights shared by experts, psychologists, and educators to many teenagers from other states of our country. More and more teenagers will feel safe that they are no longer alone in this phase of life. After all, the ripples of mind can go far away to connect us all!

Read on!

Mrinmayi Vaishampayan

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