



“With Care...”

UMMEED,
“WITH CARE”

Ms. Kavita Bhargava

PSYCHOLOGY'S MESSAGE...

◉ Action of Mind upon Body

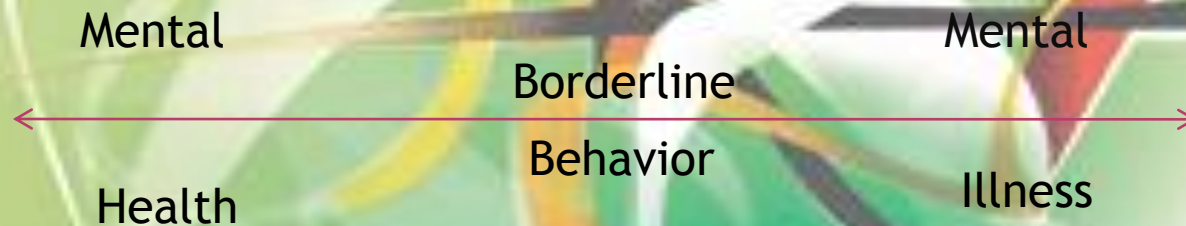
- All physical and motor activities- mind
- Negative emotions- peptic ulcers, coronary heart diseases, blood pressure and neurosis
- Deep thinking and concentration- fatigue
- Soldiers' high morale

◉ Action of Body upon Mind

- Rise in BP- mental excitement
- Fatigue retards intellectual activity
- Sudden emotion- mental imbalance
- Constipation- irritation
- Hyperthyroidism- excitement
- Hypothyroidism- lethargy
- Bad throat/septic tonsils- reduce concentration



CONTD...



Mental Health-

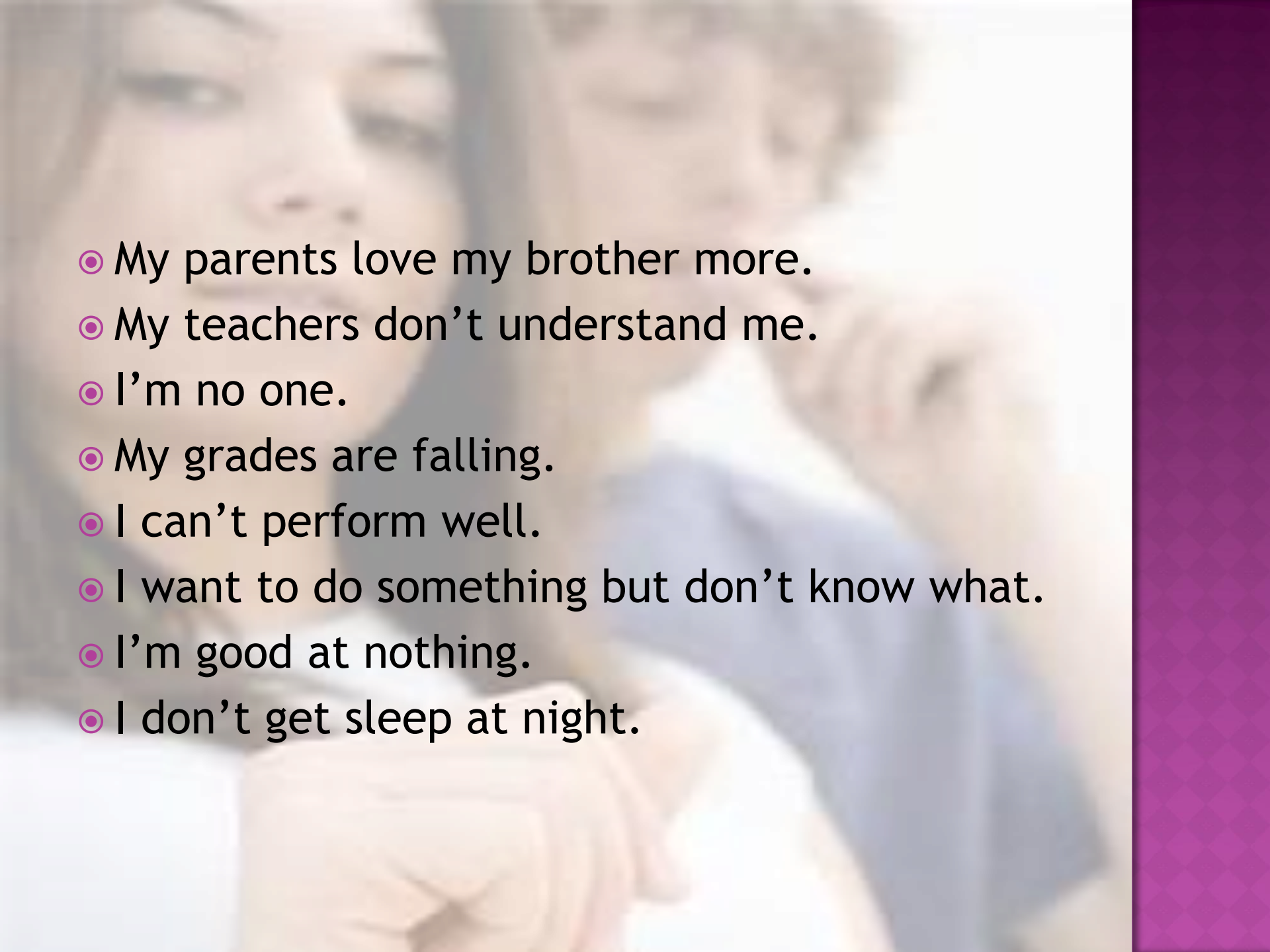
- The ability to balance feelings, desires, ambitions and ideas in one's daily life.
- The ability to face and accept the realities of life.
- The ability to withstand STRESS.
- Involves personal adjustment, compromise and growth.

ADOLESCENT REDEFINED...

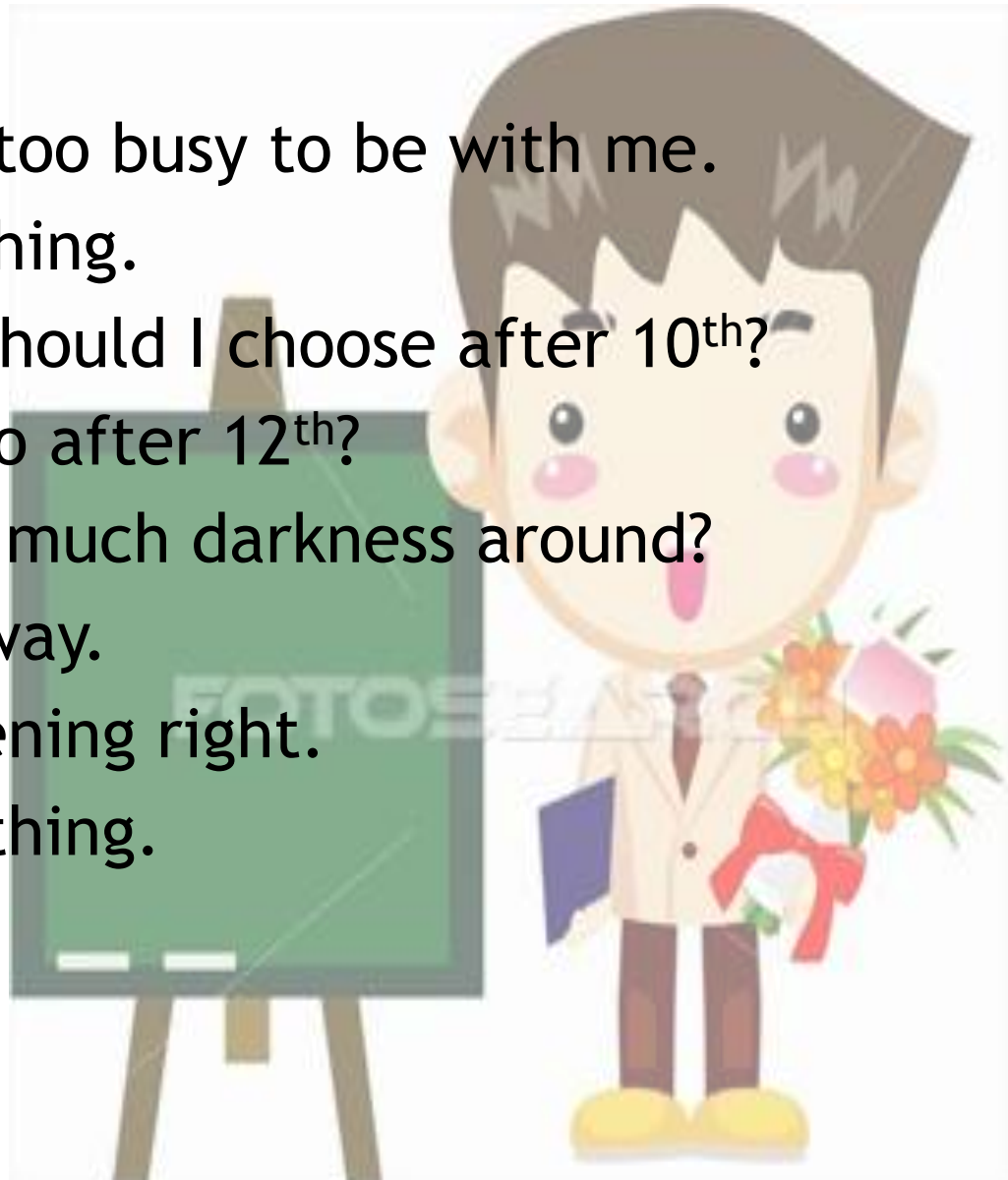
- ◉ **A** - Aggressive, Anemic, Abortion
- ◉ **D** - Dynamic, Developing, Depressed
- ◉ **O** - Overconfident, Overindulging, Obese
- ◉ **L** - Loud but lonely and lacking information
- ◉ **E** - Enthusiastic, Explorative, Experimenting
- ◉ **S** - Social, Sexual and Spiritual
- ◉ **C** - Courageous, Cheerful, and Concern
- ◉ **E** - Emotional, Eager, Emulating
- ◉ **N** - Nervous, never say no to Peers
- ◉ **T** - Temperamental, Teenage Pregnancy

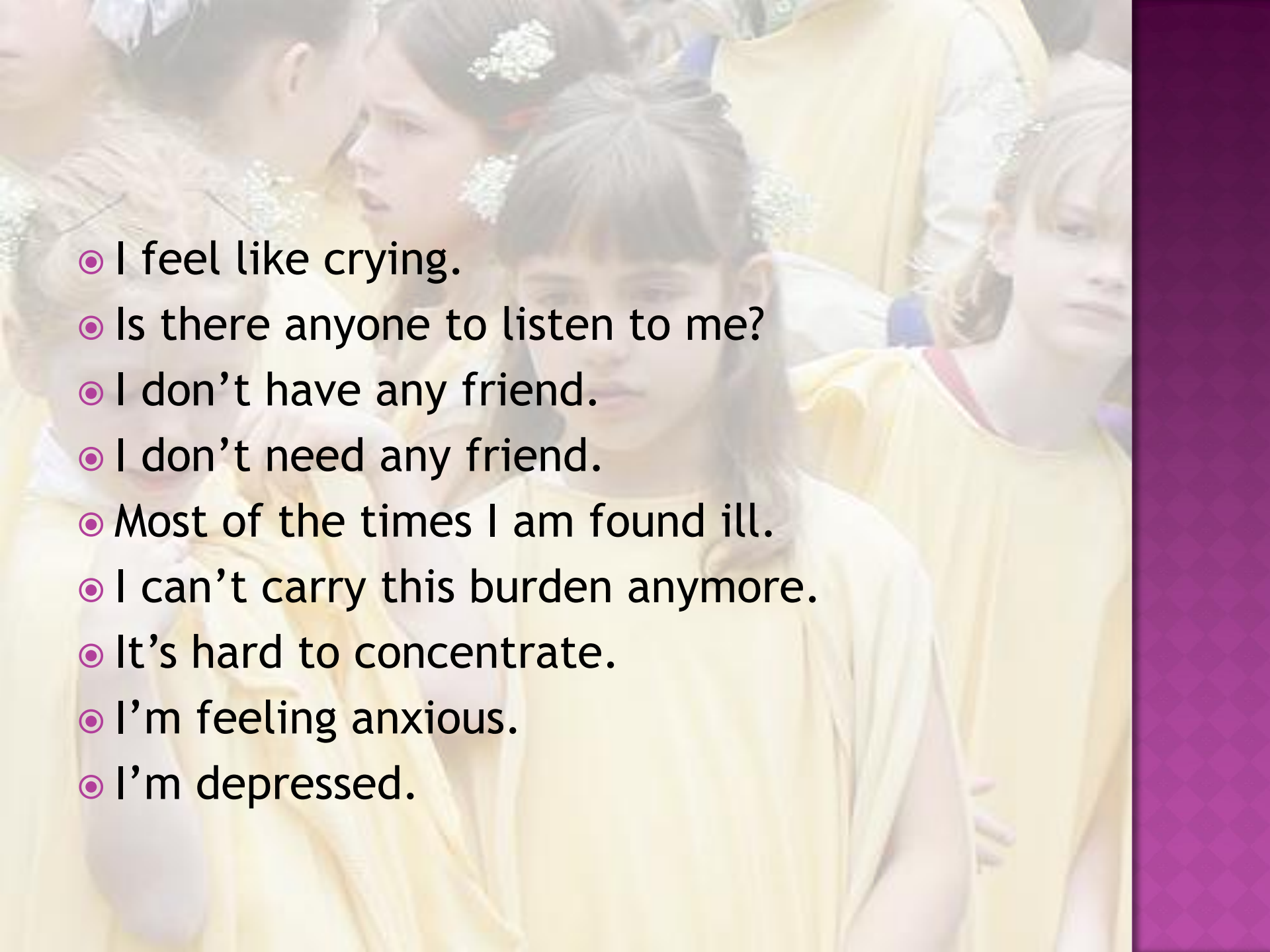
CHECK YOURSELF...

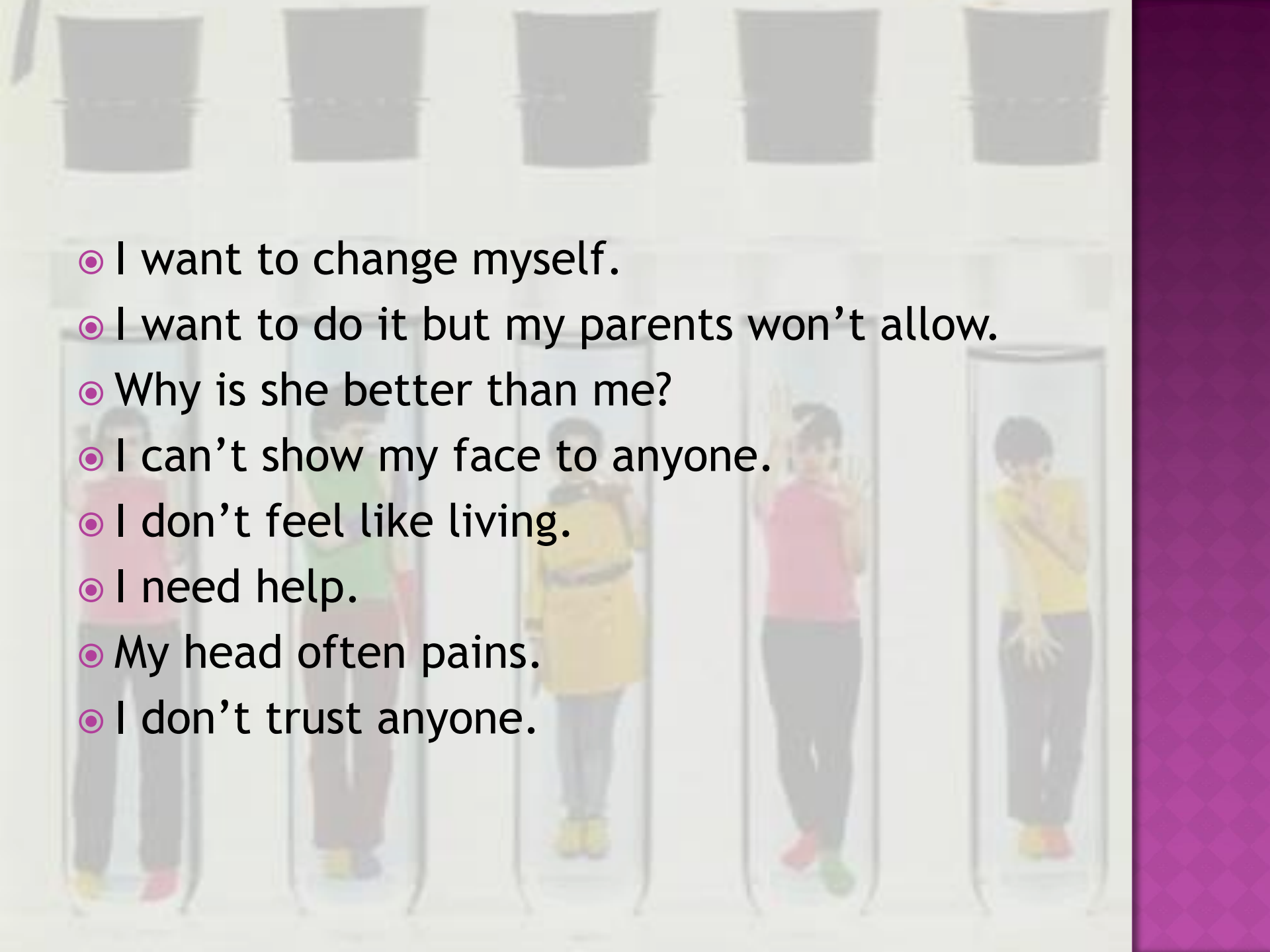
- ◉ At times I feel disgusted.
- ◉ I don't know what to do.
- ◉ I often feel nervous.
- ◉ Nobody listens to me.
- ◉ He cheated me.
- ◉ I don't understand anything.
- ◉ Why is this happening to me?

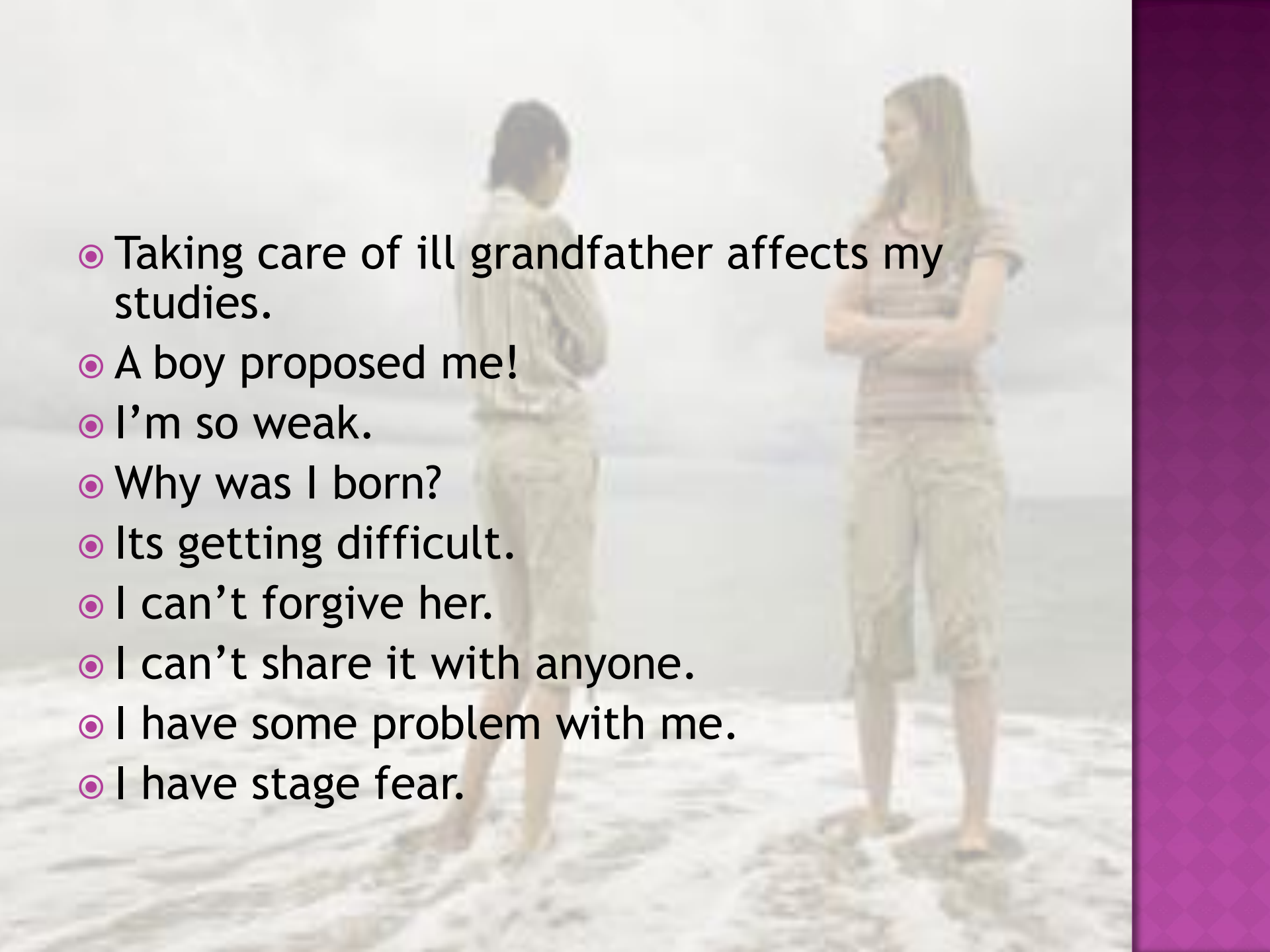
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- ◉ My parents love my brother more.
 - ◉ My teachers don't understand me.
 - ◉ I'm no one.
 - ◉ My grades are falling.
 - ◉ I can't perform well.
 - ◉ I want to do something but don't know what.
 - ◉ I'm good at nothing.
 - ◉ I don't get sleep at night.

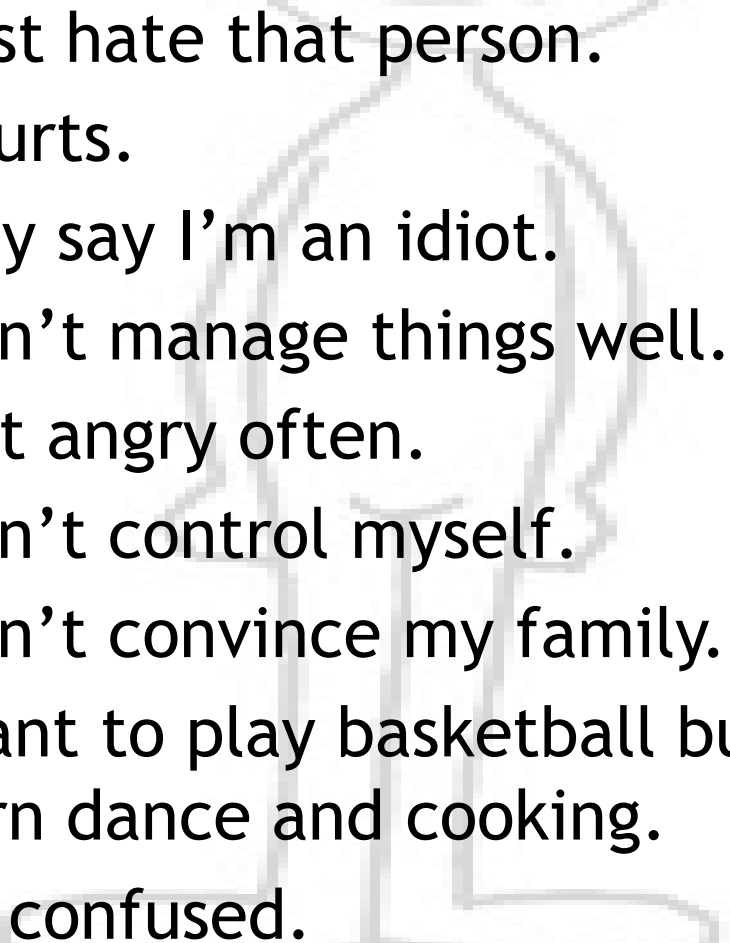

- ◉ My parents are too busy to be with me.
- ◉ I'm good at nothing.
- ◉ Which subject should I choose after 10th?
- ◉ What should I do after 12th?
- ◉ Why is there so much darkness around?
- ◉ I want to run away.
- ◉ Nothing's happening right.
- ◉ I don't like anything.
- ◉ Who am I ?



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- A group of young girls, likely at a formal event or pageant, are shown in a close-up shot. They are wearing yellow dresses and tiaras. The girls have somber or sad expressions, looking down or away from the camera. The background is slightly blurred, focusing attention on the girls.
- ◉ I feel like crying.
 - ◉ Is there anyone to listen to me?
 - ◉ I don't have any friend.
 - ◉ I don't need any friend.
 - ◉ Most of the times I am found ill.
 - ◉ I can't carry this burden anymore.
 - ◉ It's hard to concentrate.
 - ◉ I'm feeling anxious.
 - ◉ I'm depressed.

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- ◉ I want to change myself.
 - ◉ I want to do it but my parents won't allow.
 - ◉ Why is she better than me?
 - ◉ I can't show my face to anyone.
 - ◉ I don't feel like living.
 - ◉ I need help.
 - ◉ My head often pains.
 - ◉ I don't trust anyone.

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- ◉ Taking care of ill grandfather affects my studies.
 - ◉ A boy proposed me!
 - ◉ I'm so weak.
 - ◉ Why was I born?
 - ◉ Its getting difficult.
 - ◉ I can't forgive her.
 - ◉ I can't share it with anyone.
 - ◉ I have some problem with me.
 - ◉ I have stage fear.

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- ◉ I just hate that person.
 - ◉ It hurts.
 - ◉ They say I'm an idiot.
 - ◉ I can't manage things well.
 - ◉ I get angry often.
 - ◉ I can't control myself.
 - ◉ I can't convince my family.
 - ◉ I want to play basketball but I'm forced to learn dance and cooking.
 - ◉ I'm confused.

SHATTERED???

CONTACT us @ Ummeed...

Helpline for YOUTH...
10.00 am - 10.00 pm

TIPS...

- ◉ Set your own goals and remember to dream.
- ◉ Develop your skills and your network.
- ◉ Adopt a few mentors and cultivate advisers.
- ◉ Volunteer and self-nominate.
- ◉ Act like a leader, because perception often becomes reality.
- ◉ Learn how to share the work and credit.
- ◉ Seek balance and live by your priorities.
- ◉ Make a life, not just a career.

UMMEED HELPS 'WITH CARE'

- ◉ **A** = Adoption of healthy life style, adjustment
- ◉ **D**= Discourage early marriage, teenage pregnancy
- ◉ **O**= Organize adolescent/ youth friendly clinic
- ◉ **L**= Life skills training
- ◉ **E**= Educate about sexuality, spirituality
- ◉ **S**= Safe, secure and supportive environment
- ◉ **C**= Counseling inclusive of family life education
- ◉ **E**= Enable & empower for responsible citizenship
- ◉ **N**= Networking for experience sharing
- ◉ **T**= Training for future, teen clubs

DIAL “UMMEED...”

- From 10.00 am to 10.00 pm
- 8003094568
- 8003094569
- 8003094570
- 8003094571



It's difficult to change
the WORLD...
Changing yourself is a
BETTER option... 😊