# Credits

## **Advisory Group**

- Anita Karwal, Chairperson, CBSE
- Anurag Tripathi, Secretary, CBSE

## Core Group

- Rama Sharma, Senior Public Relations Officer, CBSE
- Yashika Bhardwaj, Principal, K R Mangalam World School, Vaishali
- Sukhmeen Kaur Cheema, Vice Principal and HOD Counselling, The Indian School, New Delhi
- Deepti Singh, HOD Counselling, Lotus Valley International School, Noida
- Baidyanath Sarkar, Multimedia Artist/Visualizer, Apeejay International School Greater Noida

### **Video Creations**

• Ashish Nayan, Class XII, Lotus Valley International School, Noida

#### **Aggression**

#### Photo

• Tanvi Somvanshi, Class-VIII, The Indian School, New Delhi

## **Depression**

#### **Photos**

- Aanvi Chauhan, Class-IX, The Indian School, New Delhi
- Snehal Subuddhi, Class-X, Apeejay International School, Greater Noida
- Debopriya Das, Class-XII, Lotus Valley International School, Noida
- \*(Statue-Emptiness, Bronze statue Locate at Lake Geneva, Switzerland)

## **Young Voices**

• Dime and Sukoon : Muskaan Sancheti, Class-XII, The Indian School, New Delhi

### Internet Addiction Disorder

• Cyber bullying video: students of Amity International School, Gurugram

## Substance Use Disorder

 Voice over – Malobika Mukherjee, TGT English, Lotus Valley International School, Noida

### Life Skills

#### Photos

Art Teachers and students of:

DPS, Ghaziabad

Mount Abu Public School, Delhi

DPS, Sushant Lok, Gurugram

DPS, Bulandshahr

# Poem, It's Up To You

## Anonymous

## **IVRS Voice Over**

Lotus Valley International School, Noida:

Karan Kumar Sharma

Molobika Mukherjee

Purnima Suri

**Tanmay Gupta** 

Rahul Daksh

## Ideation, Editing, Publication

Rama Sharma, Senior Public Relations Officer, CBSE

## **Special Thanks**

- Dr. Ruchi Seth, Principal, Lotus Valley International School, Noida
- Avnita Bir, Principal, R N Poddar School, Mumbai
- Aarti Chopra, Amity International School, Gurugram
- Jyoti Gupta, Principal, DPS Ghaziabad
- Jyoti Arora, Principal, Mount Abu Public School, Delhi
- Veena Sagar, Principal, DPS, Sushant Lok, Gurugram
- Dr Anupam Jagga, Principal, DPS Bulandshahr
- Dr. Sona Kaushal, Neuro psychologist, Dehradun
- Dr. Kumud Srivastava, Psychologist-Counsellor

#### Music Score

- www.brainybetty.com (Free Music)
- www.freemusicarchive.org (Free Music)