



राष्ट्रीय पुस्तक न्यास, भारत
शिक्षा मंत्रालय, भारत सरकार
NATIONAL BOOK TRUST, INDIA
Ministry of Education, Government of India

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Press Release

19 August 2024 Day 3: Mental Health Workshop for Youth at Chinar Book Festival

The digital age is very deep on the youth. Various workshops are being organized at the Chinar Book Festival to address the growing stress, how they can develop mentally and how they can become creative and make their future in the fields of art, culture, economics, tourism etc. On Monday, Shobha Kapoor, a communication and social media expert, told the youth about the process of de-stress. On how the youth become emotionally strong, how they solve problems that come from time to time, he explained, "First of all, the youth have to find out the causes of stress. They have to experience only then can they manage to come out of a stressful situation." "Due to the increased use of social media and mobile phones, the hearing capacity of the youth is decreasing." To overcome the growing stress, Shobha Kapoor said that to be emotionally strong, the youth need to adopt four things - of conscious mind, to be a good listener, to talk positively and find solutions to problems. If children and young people share their wrong-right experiences with family members, friends, then stress can definitely be reduced.

Siddhi will bring fame - Dr. Rajesh Kumar Vyas

Eminent litterateurs from all over the country are also participating in the Chinar Book Festival. Noted travel author Dr. Rajesh Kumar Vyas came to the Chinar Book Festival and shared his experiences with the youth. Talking about the tradition and culture of Kashmir, he said that the soil here is very fertile, which has hospitality. He highlighted the journey of diaries in his childhood - from writing to travel - from becoming a well-known signature of the account, saying, "Children, young people can become a good writer in the future if they write everyday experiences, experiences in the diary." Everyone's writing shows his rites. The youth have to keep in mind that no one gets fame overnight, one can reach their destination through accomplishment."

Attempts to connect with Kashmiri culture

Efforts are also being made to keep children connected with Kashmiri culture in this book festival. The SKICC has witnessed a spice-in initiative of children and college students since Monday morning. When the children heard stories in Kashmiri Juba from noted Kashmiri child litterateur Akhtar Hussain, the entire Children's Corner echoed with applause. Children who love drawing learnt about the nuances of sketch art from Karan Singh, famous for visual art in the country.

The philosophy of unity in diversity

SKICC, Chinar Book Festival on Monday witnessed a diverse colour of India's folk tradition and culture. The Payalvrinda Group Colors of India of Nikita Moghe from Pune showcased the jugalbandi of Ganesh Vandana, Kathak and Lavani and the unity in the diversity of the country's folk tradition and culture through Punjabi, Garhwali, Marathi, Rajasthani, Gujarati, Kashmiri dance.

Shobha Kapoor



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I feel so good that so many children, students, youth, families are coming to the Chinar Book Festival. Looking at the books you like, buying. I have been working in Srinagar for the last 7-8 years, but I think this is the first book festival of its kind so far.

Dr. Rajesh Kumar Vyas

I consider this event of National Book Trust, India so important because it is the first such programme to promote book culture in Kashmir after independence. Literary and cultural programmes are also being organised here in the Chinar Book Festival.

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