

Communiqué, the PR Cell of SSCBS Bole Youngistan Report

Communiqué, the Public Relations Cell of SSCBS, collaborated with the “**Bole Youngistan By Anjan TV**” team to organize an engaging and interactive group discussion session titled “**How to Say No**” on **4 December 2024**, aimed to empower students with the art of setting boundaries while maintaining healthy relationships. Through discussions, group activities, and creative performances, the session offered practical tools for navigating difficult social situations.

OVERVIEW

Bole Youngistan is an engaging and dynamic platform for empowering youth by addressing major social and psychological challenges. It encourages open dialogue and creative expression, giving students the chance to voice their opinions about different important issues. Through interactive sessions, group discussions, and performances, **Bole Youngistan** encourages critical thinking, communication skills, and personal development.

The Session had majorly Two Segments:

1. Vox Pop
2. Group Discussion

Segment 1: Vox Pop

The **Vox Pop** was a fun, interactive session where participants were asked random, one-on-one questions. This segment encouraged students to share their views on various topics in a candid and thoughtful manner. It provided an opportunity for students to express their perspectives, fostering a lively yet respectful atmosphere.

Segment 2: Group Discussions

Later, the program transitioned into the Group Discussion round, which proved to be both insightful and interactive. Students were divided into smaller groups, each tasked with discussing the topic “How to Say No” in various real-life situations. Some of the scenarios presented included: how to respond when an old-time friend proposes to you,

how to decline a best friend's request for notes, and how to politely refuse an invitation to attend a friend's sibling's wedding. The challenge for each group was to explore ways of declining without actually using the word "no".

These discussions delved into the broader themes of setting personal boundaries and offering polite refusals, ultimately highlighting the importance of maintaining healthy and respectful relationships. Students also reflected on how saying “no” can influence both relationships and inner peace, and whether it can be a tool for expressing one’s true self.

The round concluded with meaningful exchanges of differing opinions, emphasizing the importance of assertiveness, empathy, and authenticity in communication.

Following the Group Discussion, the event moved into a performance segment. This segment showcased a variety of creative expressions, including two poems centered on personal boundaries and self-expression. A monologue, performed with a South American accent, highlighted a student’s flair for dramatic arts, while a Hindi street play introduction featured a humorous character named *jhammoori*, who added a light-hearted touch to the event. The segment concluded with a patriotic song that resonated deeply with the audience, leaving a lasting impact.

The performances added a creative touch to the event, further enhancing its impact and making it a well-rounded experience for all attendees.

