

# MANOBAL A NEW BEGINNING FOUNDATION

# NEWSLETTER

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## The Negative Impact of Social Media on Children

Some time ago, I met a girl who was about 14 or 15 years old. She came from a lower-income background, growing up in an environment that offered little positive influence. When I spoke with her, she expressed a sincere desire to study and build a better future through education.

Just five or six months later, I came across an Instagram Reel that left me stunned. It was her. After confirming with others, there was no doubt—it was the same girl. In the video, she was proudly brandishing an illegal weapon.

What changed?

This is not an isolated case. Anyone who scrolls through Instagram or similar platforms will encounter countless examples of children drifting toward dangerous behaviors in pursuit of attention.

So what causes a child—once hopeful and focused—to take such a sharp turn?

The answer lies largely in influence. Children are deeply shaped by their surroundings, and today, social

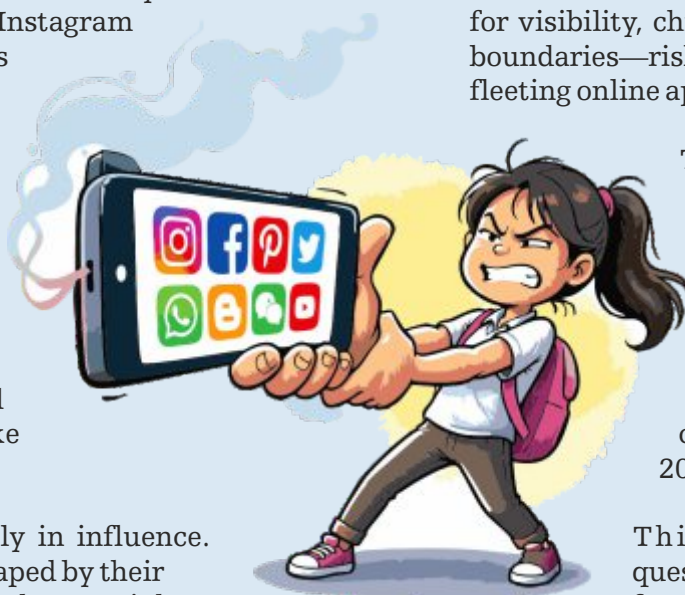
media has become one of the most powerful forces shaping their decisions. While it can inspire creativity and learning, it also exposes young minds to harmful trends and distorted realities.

Short-form content, like 15–20 second Reels, encourages users to present exaggerated, often unrealistic versions of themselves. Every child wants to be seen as a “hero” on their profile. They post, refresh, and obsess over likes and views. Gradually, many begin to imitate what they see—adopting a “fake life” that prioritizes attention over authenticity.

This shift is not harmless. It becomes dangerous when validation turns into addiction. In the race for visibility, children may cross ethical and legal boundaries—risking their safety and future for fleeting online approval.

The girl I met is just one example. Across platforms like Instagram and Facebook, many children engage in reckless acts: hanging out of moving vehicles, performing risky stunts, or creating inappropriate content—all to appear “cool” in a 20-second clip.

This raises an uncomfortable question: where are we failing? Are families, schools, and society doing



enough to guide children? Or have we handed them a powerful tool without preparing them to use it responsibly?

Social media was created with positive intentions, but like any powerful tool, it carries risks. Ignoring those risks is no longer an option.

It is time to act.

Should we implement stricter age regulations, as some countries have done? Should platforms be held more accountable? While banning social media entirely may not be realistic, guiding its use certainly is.

Families, educators, and communities must work together to raise awareness about its impact.

Children need mentorship, boundaries, and digital literacy—not just access.

Because the real question is not whether social media will influence children—it already does.

The real question is: will we shape that influence, or let it shape them?



**Manish Walter**  
*Director*  
*Manobal A New Beginning Foundation*

## ABHAS

Prevention through Awareness program



Human trafficking day was observed with women in brothels at G.B. road on 11 January 2026. The session focused on identifying trafficking, rights awareness, and available support systems



A sensitization session was organized for teachers to help identify early signs of trafficking and vulnerability. The discussion covered reporting protocols and child protection responsibilities.



Awareness sessions were conducted in collaboration with SJPU. Students were educated on child labor, human trafficking, and personal safety.



An awareness session on human trafficking was conducted for school students in Madhya Pradesh. The session covered key indicators for trafficking and how to seek help in unsafe situations.

## Rescue, rehabilitation and repatriation



A victim was successfully rescued from a G.B. road brothel through coordinated efforts. Steps for protection and successfully restored their home.



Counseling sessions were conducted with survivors to address trauma, anxiety, and emotional distress. The focus was on building resilience and future planning.



Educational support was extended to survivor's son. Assistance included academic guidance and motivation. The initiative aimed to promote long-term rehabilitation through education.



Surprise visit to the victim's workplace, where she is working as part of a rehabilitation program.



Visited the victim's home in Patna, Bihar, for counseling and planning her future education.



Learning alongside work is crucial; in her efforts to build a better future, the survivor is also attending English classes to strengthen her prospects.

## Social well-being program in brothel



Counseling sessions were conducted with women in brothel areas. The session focused on emotional support, trauma-informed care, and building coping mechanisms.



Manobal has launched a new initiative in Pune partnership with Asha Care Trust Foundation, offering counseling therapy through thread art for sex workers — creating a safe space for expression, reflection, and empowerment. In collaboration with Kavaljit Kaur, who is generously volunteering her time and expertise, and in partnership with Asha Care Trust, this initiative uses creativity as a pathway to healing, one thread at a time.



Counseling sessions were conducted with women in a brothel area in Pune, in collaboration with Asha Care Trust, along with the distribution of undergarments to support self-care and hygiene.



Women's day and Holi were celebrated with sex workers at the G.B. road Police Post. The event aimed to promote inclusion, dignity, and community bonding. Activities included interaction, awareness, and distribution of small tokens.



Mrs. Nirmala was recognized by MAX Hospital for her work in community support and advocacy. The recognition highlighted grassroots efforts toward social change.

## Manobal tuition center



Republic day was celebrated with cultural performances and speeches by students. The event promoted awareness about national values and civic responsibility.



A parent-teacher meeting was held on 2 February 2026 at the tuition center. Parents were briefed on students' progress, attendance, learning needs.



A mental health session was conducted with mothers to discuss stress, emotional wellbeing and coping strategies. Interactive activities were included to encourage sharing and reflection.



Exam preparation sessions were conducted to support students academically. A session on exam pressure was conducted to help students manage stress.



A picnic outing was organized to Sunder Nursery for students of the tuition center along with their mothers. Engaging activities were conducted to strengthen mother-child bonding and positive interaction. The program highlighted the role of mothers in guidance and children's bond with their mothers.

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A podcast discussion was conducted with Shhloka on Human Trafficking Awareness. The conversation focused on survivor stories, prevention and community responsibility. The initiative aimed to reach a wider audience and promote informed dialogue.



A short animated film was created by Manobal as a tool to raise awareness on human trafficking. The film helped simplify complex concepts and encouraged discussion on prevention, safety and reporting.



Nirmala B. Walter conducted a training session on “Trauma-Informed Survivor Support Towards Sustainable Reintegration” during the two-day National Consultation organised by IOM India. Understanding a survivor’s trauma is essential — sustainable reintegration depends on healing, dignity, and long-term emotional recovery.



A human trafficking session was conducted by NIPCCD, Ranchi, with participation from police officers and WCD officials. The discussion focused on identification, prevention, and coordinated response. The session strengthened inter-departmental collaboration. Ms. Nirmala B. Walter led the session on anti-human trafficking.



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