



SHREYA SINHA

Academic Stress and Self-Care



For students, academic life is often associated with ambition, learning, and growth. Yet, alongside these positive aspects lies a silent companion—stress. Academic stress is an inevitable part of student life, stemming from exams, assignments, deadlines, competition, and expectations from teachers, parents, and even oneself. While a certain level of stress can motivate students to perform better, excessive or prolonged stress can affect mental, emotional, and physical well-being. In such a scenario, self-care emerges not as a luxury, but as a necessity.

Academic stress arises when the demands of study exceed a student's ability to cope. Preparing for board exams, entrance tests, or college assessments can become overwhelming, particularly when coupled with societal pressure to excel. Students often feel that their value is measured only through grades and rankings, ignoring other

skills, creativity, and personal growth. Over time, this pressure can lead to anxiety, sleep disturbances, lack of concentration, irritability, and even depression. Recognizing stress early is the first step toward managing it effectively.

Self-care is the proactive response to such pressures. It is a conscious effort to maintain balance and well-being amidst academic demands. It involves more than relaxation; it includes nurturing mental clarity,

emotional stability, and physical health. Simple practices such as maintaining a balanced routine, eating nutritious food, and getting adequate sleep can make a significant difference. Student often underestimate the importance of rest, believing that longer study hours guarantee success. In reality, a well-rested mind retains information better, thinks critically, and makes decisions more effectively.

Physical activity is another crucial aspect of self-care. Regular exercise—whether yoga, walking, jogging, or sports—reduces stress hormones like cortisol and releases endorphins, which are natural mood boosters. Even short breaks during study sessions to stretch or take a walk can refresh the mind and improve focus. Combining physical activity with mindfulness practices, such as meditation or deep-breathing exercises, can help students remain centered and calm under pressure.

Time management also plays a key role in reducing academic stress. Prioritizing tasks, breaking large assignments

into smaller steps, and setting realistic goals prevent last-minute panic and enhance productivity. Effective planning allows students to balance studies with leisure and hobbies, which are equally essential for emotional health.

Equally important is the social aspect of self-care. Talking to friends, family, or counselors about stress relieves the sense of isolation. Sharing worries provides perspective, emotional support, and even practical advice. Building a supportive environment helps students handle challenges with resilience rather than anxiety.

Ultimately, academic success and personal well-being are not mutually exclusive. Students who prioritize self-care are often more focused, confident, and creative. Learning a positive experience rather than a source of fear. Schools and colleges must also recognize the importance of self-care by promoting awareness programs, and stress management workshops.





Skills No One Teaches in Class but Everyone Needs



AMIT SHARMA
EDITOR

Education has always been seen as the key to success. From classrooms to campuses, students spend years mastering subjects, clearing exams, and earning degrees. Yet, when we step outside the campus gates and enter the real world, many of us face an uncomfortable realization: academic knowledge alone is not enough. There exists a wide gap between what is taught in class and what life actually demands. It is in this gap that some of the most essential skills—rarely mentioned in textbooks—become crucial.

One of the most important skills no syllabus teaches us properly is communication. Knowing facts is different from expressing them clearly. Whether it is speaking confidently in an interview, writing a professional email, or having an honest conversation with a colleague, communication shapes

opportunities. Many talented individuals struggle not because they lack knowledge, but because they cannot present their ideas effectively. In the real world, how you say something often matters as much as what you say.

Another vital but ignored skill is emotional intelligence. Life beyond campus brings stress, competition, rejection, and uncertainty. Managing emotions, handling criticism, and understanding others' feelings are essential for both personal and professional growth. Classrooms focus on marks and ranks, but life demands patience, empathy, and emotional balance. The ability to stay calm under pressure and respond thoughtfully instead of reacting impulsively often defines success.

Closely linked to this is the skill of adaptability. The real world is unpredictable. Jobs change, technologies evolve, and plans fail. Unlike exams, life does not follow a fixed pattern. Students are often trained to follow instructions, but life requires flexibility and the courage to learn continuously. Those who adapt quickly, unlearn outdated habits, and embrace change are the ones who grow.

Decision-making is another life skill learned mostly through experience. In college, choices are limited and guided. Outside, every decision—career paths, financial choices, relationships—has long-term consequences. The ability to evaluate options, accept responsibility for decisions, and learn from mistakes is essential. No textbook can fully prepare us for this; it is a skill built through awareness and reflection.

Equally important is financial literacy. Many students graduate without understanding budgeting, saving, taxes, or debt. The first salary often brings excitement—and confusion. Without basic financial sense, young people fall into the traps of overspending and poor planning. Financial independence is not just about earning money but managing it wisely.

Finally, there is the skill of self-discipline and time management. In the absence of strict timetables and constant supervision, success depends on how responsibly one uses time. Meeting deadlines, balancing work and personal life, and staying consistent require inner discipline—something no

exam can enforce. As we reflect on life beyond campus, it becomes clear that education must go beyond textbooks. While institutions lay the foundation of knowledge, it is up to students to consciously develop these life skills. Reading, observing, practicing, failing, and learning are all part of this process.

The real world does not ask for marksheets alone—it asks for maturity, resilience, and responsibility. Recognizing the importance of these unspoken skills is the first step toward becoming not just a qualified graduate, but a capable and confident individual.





RIVANSHI THAKUR



Letting Go of the Past: Emotional Growth

Growing up is not only about age, education, or achievement; it is equally about emotional maturity. One of the most challenging yet transformative aspects of emotional growth is learning to let go of the past. Memories, mistakes, regrets, broken relationships, and missed opportunities often stay with us longer than we expect. While our past shapes who we are, holding on to it too tightly can prevent us from becoming who we are meant to be.

Many young people carry emotional baggage silently. Academic failures, family expectations, friendship fallouts, or personal insecurities become invisible burdens. The problem is not the experience itself, but the way we relive it repeatedly in our minds. When the past becomes a constant reference point, it restricts our ability to live fully in the present. Emotional growth begins when we understand that remembering is different from being trapped.

Letting go does not mean

forgetting or denying what happened. It means accepting reality without self-blame or bitterness. Acceptance is a powerful emotional skill. When we stop asking “Why did this happen to me?” and start asking “What did this teach me?”, the shift in mindset becomes the foundation of healing. Every experience—pleasant or painful—contains a lesson. Growth occurs when we extract the lesson and release the pain.

Forgiveness plays a central role in emotional freedom. Often, we believe forgiveness is about the other person, but in reality, it is about our own peace. Holding grudges drains emotional energy and keeps us tied to moments that no longer

exist. Forgiving does not justify hurtful actions; it simply frees us from carrying unnecessary emotional weight. Sometimes, the hardest person to forgive is ourselves. Learning to be kinder to ourselves, especially after failure, is an important step toward maturity.

Another major obstacle to letting go is fear—fear of repeating mistakes, fear of trusting again, or fear of change. The comfort of familiar pain often feels safer than the uncertainty of healing. However, emotional growth requires courage: the courage to trust life again, to take risks, and to believe in one’s own strength. Moving forward does not guarantee the absence of pain, but it does

promise progress.

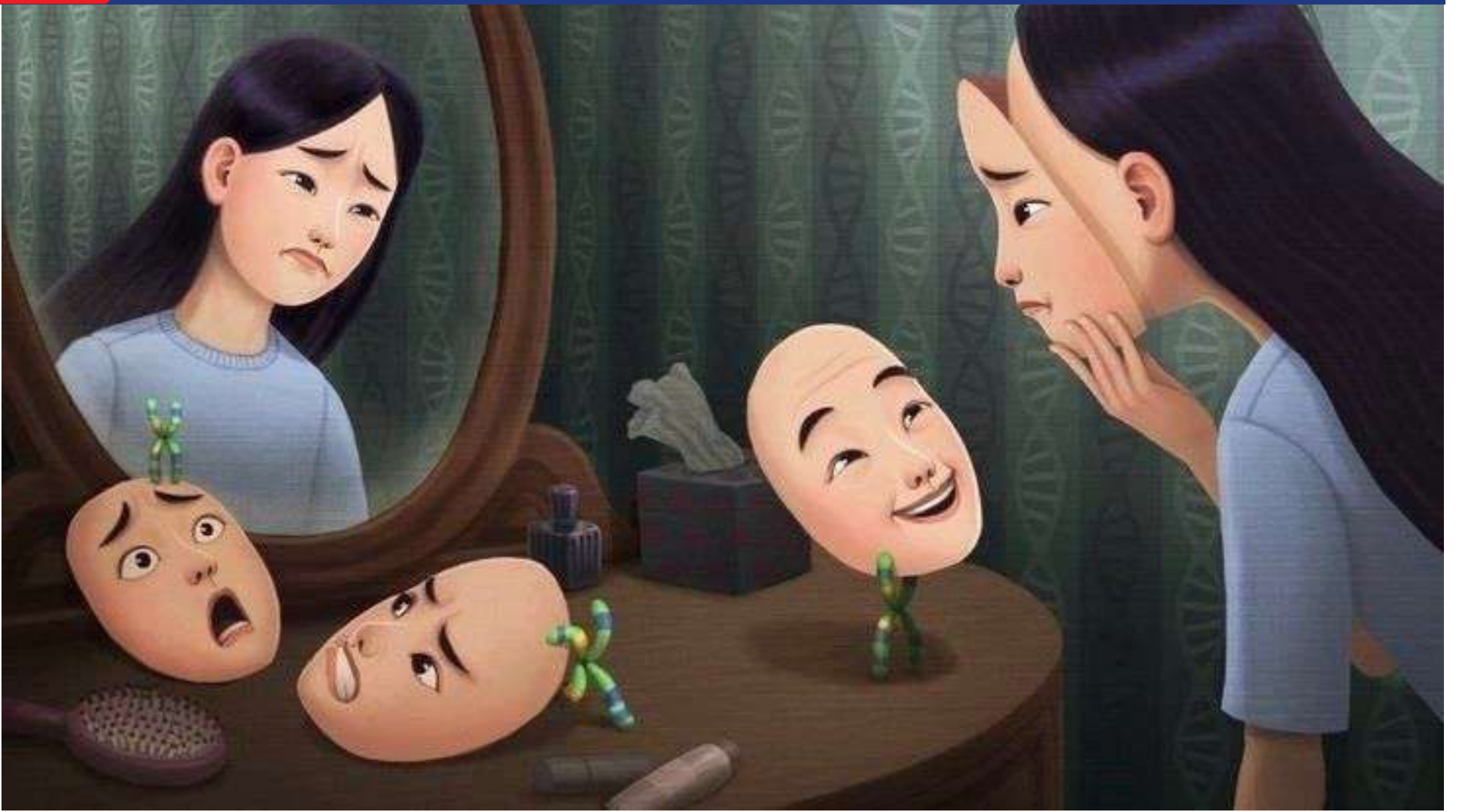
Self-reflection and emotional awareness help in this journey. Writing, talking to someone we trust, or even sitting quietly with our thoughts can bring clarity. When we acknowledge our emotions instead of suppressing them, we regain control over them. Suppressed emotions often resurface in unhealthy ways, while expressed emotions lose their power to hurt.

Letting go also involves redefining identity. Many people define themselves by their past—“I failed once,” “I was rejected,” or “I was hurt.” Emotional growth means redefining the self not by past wounds, but by present choices. Who we choose to be today matters more than who we were yesterday. Growth happens when we stop living as victims of our history and start living as authors of our future.

In a fast-paced world filled with comparisons and expectations, emotional growth becomes even more essential. Social media often highlights success and happiness, making personal struggles feel heavier. Remembering that everyone carries unseen battles helps us develop empathy for ourselves and others.

Letting go of the past is not a single moment but a continuous process. Some days are easier than others. What matters is the intention to move forward with honesty, strength, and hope.





Responsibility in the Age of Freedom



SNEHA GOLCHHA

Freedom has always been one of the most cherished values of human life. For today's youth, freedom has taken new forms—freedom of expression, freedom of choice, freedom of lifestyle, and freedom enabled by technology. We can study what we want, speak our minds on digital platforms, choose careers beyond

traditional boundaries, and connect with the world instantly. Yet, as freedom expands, so does the need for responsibility. In the age of limitless options, responsibility becomes not a restriction, but a guiding force.

Modern society often celebrates freedom without adequately discussing its consequences. Young people are encouraged to “follow their passion” and “live life on their own terms,” which is empowering. However, freedom without responsibility can quickly turn into carelessness. Every choice—what we post online, how we spend our time, how we treat others—creates an impact beyond ourselves. True freedom is not about doing whatever we want; it is about understanding how our actions affect others and ourselves in the long run.

One of the most visible areas where responsibility is tested today is digital freedom. Social media allows instant expression, but it also carries the risk of misinformation, online harassment, and misuse of influence. A single post can shape opinions, hurt sentiments, or spread false narratives. Responsible digital behavior means thinking before sharing, respecting differing views, and using online spaces ethically. Freedom of speech remains vital, but it must be balanced with sensitivity and truth.

Personal freedom also brings self-discipline into focus. With fewer external controls—no fixed schedules after college, flexible work environments, and independence from constant supervision—young individuals must regulate themselves.

Time management, consistency, and accountability become personal responsibilities. Freedom without self-discipline often leads to procrastination, stress, and lost opportunities. Responsible freedom empowers individuals to make choices aligned with long-term goals rather than short-term comfort.

Another critical dimension is social responsibility. In a diverse society, individual freedoms coexist with collective harmony. Respecting cultural differences, gender equality, and social justice is essential. Freedom does not give anyone the right to discriminate or ignore the struggles of others. Responsible citizens use their freedom to contribute positively—through awareness, volunteering, ethical choices, and active participation in democratic processes.

Economic freedom also demands maturity. Earning and spending money independently is empowering, but financial irresponsibility can lead to long-term difficulties. Budgeting,

saving, and ethical consumption reflect a deeper understanding of responsibility. Freedom to earn is meaningful only when paired with wisdom in managing resources.

At a deeper level, responsibility in the age of freedom is about character. When no one is watching, when rules are not enforced, and when shortcuts seem easy, responsibility becomes a personal choice. Integrity, honesty, and empathy define how freedom is used. Societies progress not merely through laws, but through the responsible behavior of individuals.

Education institutions, families, and media play important roles in shaping this balance, but ultimately, responsibility is a personal commitment. Young people today have more power and voice than any previous generation. With that power comes the responsibility to think critically, act ethically, and remain aware of the consequences of choices.

Freedom gives wings; responsibility provides direction. Together, they create individuals who are not only independent but also reliable, not only expressive but also thoughtful. In the age of freedom, responsibility is not a limitation—it is the foundation of a meaningful and purposeful life.

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