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ੴ ਸਤਿਗੁਰ ਪ੍ਰਸਾਦਿ॥

ਸਤਿਨਾਮੁ ਸਰਬ ਕਲਿਆਣ ਟਰੱਸਟ (ਰਜਿ:)

ਆਫਿਸ: ਫਲੈਟ ਨੰ 204 ਬਲਾਕ ਆਈ ਸੈਕਟਰ 117 ਵੈਲਿੰਗਟਨ ਹਾਈਟਸ ਟੀ.ਡੀ.ਆਈ ਐਸ.ਏ.ਐਸ ਨਗਰ ਮੋਹਾਲੀ
email: kirtsahyogsskt39@gmail.com, www.satnamsarabkalyantrust.org, Youtube: Satnam Sarab Kalyan Trust

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ਸਰਬ ਰੋਗ ਕਾ ਅਉਖਦੁ ਨਾਮੁ ॥ ਇਸ ਪੰਗਤੀ ਤੇ 10 ਲਾਈਨਾਂ ਵਿਚ ਆਪਣੇ ਵਿਚਾਰ ਦਸਦੇ ਹੋਏ ਵਿਆਖਿਆ ਵਿਸਥਾਰ ਵਿੱਚ ਲਿਖੋ।

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ਪਰਮੇਸਰ ਤੇ ਭੁਲਿਆਂ ਵਿਆਪਨਿ ਸਭੇ ਰੋਗ ॥ ਇਸ ਪੰਗਤੀ ਤੇ 10 ਲਾਈਨਾਂ ਵਿਚ ਆਪਣੇ ਵਿਚਾਰ ਲਿਖੋ।

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ਵਿਦਿਆਰਥੀ ਦਾ ਨਾਂ ਤੇ ਹਸਤਾਖਰ
ਕੋਡ ਨੰ:

ਨੋਟ : ਇਸ ਪੰਨੇ ਤੇ ਵਿਦਿਆਰਥੀ ਆਪਣਾ ਨਾਂ ਲਿਖ ਕੇ ਹਸਤਾਖਰ ਜ਼ਰੂਰ ਕਰਨ।

HOW TO COPE WITH STRESS AND MOVE ON WITH YOUR STUDIES?

To be truthful and practical, stress is a part of human life. Rather, it is there in almost every aspect of our life. Students are no exception to the rule. In a way, it is easy to find stress in students; and mind it; it starts right from nursery level. Over and above, every step of a student's life reflects stress in some way or the other.

Now, the million dollar question is what exactly is stress? If we analyse stress in proper perspective, stress is the aggregate of our physical, mental and emotional reaction to a situation. It is about the way we react to demands of time and situations. It is both surprising and interesting to understand that stress does not have only negative aspects to it. Positive stress is very essential in our life. The positive stress is a driving force which motivates us to achieve something.

So far as the life of a student is concerned, he/she faces different types of stress at different stages.

While in school, the cause of stress could be peer pressure, academic pressure, bullies, non-efficient diet lack of sleep etc. Experts believe that an increase in these factors is detrimental to progression in students' life.

As the students move to college or pre-university level they are more prone to stress due to absence of time management entirely different environment in campus, a new understanding of relationships, fiercely competitive academic atmosphere and numerous others factors. An adolescent student bears maximum stress in his/her life. Otherwise, there are facets of a student life which bring out stress in numerous stages of student life.

Academic factors cause some stress at almost all the stages of student life. Tough academic assignments are enough to cause stress among students. Another factor that causes stress at all the levels of student life is environment. Be it school or pre-university or university studies, environment causes a lot of stress in students.

Apart from academic factors and institutional atmosphere there are two highly non-academic issues that cause a lot of stress among students. These are peer pressure and parents expectations. Peer pressure start telling on a student from the very beginning and holds substantial decisive power in terms of behaviour, dressing sense and life style as a whole.

Next big reason for stress building is workload. At times, he/she finds it too much to handle the combined pressure of scholastic and co-scholastic activities. However, transition from school to college demands better grades in all the subjects along with impressive record of co-curricular activities.

Next in line is time management. Though, it is not really time management rather lack of it causes a lot of stress in students. These days, expectations from students run so high that a very minute time management becomes imperative. Lack of the same results in a number of nervous breakdowns.

Here are some tips that can be of immense help for students in dealing with stress:

1. The best way to get over stress for a student is to bring an optimistic touch to the life. You have got to understand that both success and failure are part of life. None of it should get over you.
2. These days life of a student demand multitasking. It is always helpful to keep things well organized.

There is always so much to do for a student; so it is fruitful to understand how to avoid some works which are not a part of your programme.

3. Though time management skills hold immense significance in every individual's life, it is more so for a student. It is better to have a proper time plan to adhere to the demands and schedules, so that unnecessary stress does not come your way.
4. There can be numerous ways of doing the same thing. It works different ways for different people but environment does help. Thus, it is always better to select a specific environment, which suits you for study purposes.
5. How to go about one's study is yet another subjective issue. There are many who grasp it better in a theoretical way, while there are others who like to make it more practical. Choose your own style. Even fifteen minutes of walk or a good hour's nap in between is as good as anything else. Again, it is about what suits you more.
6. Memorization of subject matter again is of sheer importance for students of all levels. Regular revisions of lessons play a big role in facilitating it.
7. Money also plays some role in a student's life and leads to substantial stress if not handled properly.
8. It is usual for students to study during odd hours. It does have its own adversities. To keep fit is the best way to beat stress. Proper nutrition, physical activities and proper sleep are necessary for every single student. At the same time a good balanced diet and aversion to harmful substances has to be there.
9. One good way to tackle stress is different sorts of relaxation methods. Meditation, yoga, deep breathing practices and many other activities are getting increasingly popular. One more thing which is highly helpful in distressing students is good whole hearted talk with some near or dear one. Talking of stress with someone who can listen intently makes it easy to understand how to accept and fight it.

ROLE OF PARENTS:

The kind of society we are living in, more and more parents tend to see their aspirations are fulfilled through their wards. Societal parameters add to it and things get a bit more demanding. There are innumerable cases where such sort of parental unrealistic aspirations at times drive students even to suicide. Though it is really very sad, but it's the way it is.

When parents should help their kids in thrashing out the stress, they build it up unwittingly. But, it does not mean they do not have a role to play in busting stress in their children. They are the ones who hold a very special place in the life of the child. They can help beat every kind of stress among students. In fact, it is the very responsibility of parents along with teachers to mould the children in such a way that they turn out to be healthy and productive individuals.

There have been cases when parents take their child as too young to learn a few things. It is now a proven fact that stress starts building up from the very beginning and hence stress management too should be taught to children from childhood itself. Parents should also teach their children stress releasing methods like yoga, meditation and some other physical activities which come handy in fighting stress. There is no denying the fact that a balanced diet and proper exercise help keep the body active. It is the responsibility of the parents to take care of these issues.

It is obligatory on parents to understand their role in shaping the life of their child. It is just not enough to pile up burden of expectations and watch it out from the stands.