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Self-Care Tips For College Students throughout this Pandemic

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School & College is hard enough as it is for most. But combined with remote lectures, stay at home orders, and a global pandemic it can be all the more hard to feel anything other than stress. Self-care in this period of COVID-19 is crucial for a student's mental and physical health. The consequences of this pandemic means that students are struggling & fighting with many changes and challenges which they have not faced earlier in their lives. Many may have lost their internships, trainings, & their job. Their classes might have moved completely remote or cancelled altogether. But more than anything, there are probably serious concerns about the health of themselves and their loved ones. It is very important to reduce anxiety and stress in their life with these useful tips, while stuck in quarantine, lockdown and when returning to campus. I have been attending my Office regularly since the last one year in this pandemic being employed in an emergency sector (Electricity Generation & Distribution Entity WBSEDCL). As understood from my own experiences and that of my colleagues and friends from their family life, the following tips may prove to be beneficial for college students.

DO LIGHT EXERCISES & WALK REGULARLY :

While it may appear difficult to remain physically active while in social distancing, it is certainly possible and important. Exercising can boost one's mood, help function better, and aid in restful sleep. A short morning or evening walk can work wonders. Live workout videos have been incredibly popular recently. Watch them in the internet and practice.

MASTER THE YOGA ART & SCIENCE:

Feeling stiff from sitting at your "work from the home" desk? A 20 -minute yoga session can work wonders. Many college students have started to yoga, pranayama, deep breathing exercises which has helped them to establish better concentration, improve posture, and reduce stress and increase positive vibes and energy levels.

MEDITATION:

What's great about this activity is that there isn't any special equipment or space needed. It may be done anytime, anywhere. These acts diminish negative thoughts and help reduce stress, symptoms of depression, and anxiety.

REGULATE SLEEP SCHEDULE:

Let's face it, college students are known for pulling all-nighters and running on two hours of sleep. Getting in those seven to nine hours of good-quality sleep keeps the body running at its best to fight off viruses.

ARRANGE YOUR LIVING AND WORK ENVIRONMENTS:

Can arranging & tidying up your place really change your mood? Yes. When people see their spaces as "disorganized," they're more likely to have higher levels of cortisol, the hormone related to the stress. Find out a few minutes a day to clear the messiest part of your home, study table and have enough time to finally tackle that overdue article or college task.

PLAY ON FAVOURITE MUSIC:

Power off the TV and listen to some mood-boosting tunes. Music therapy has been known to help people to cope with physical or emotional needs and even lift self-esteem.

GET YOUR FINANCIALS STRONG:

You might be thinking anything to do with money would only add stress to your life. The pandemic has left many students unemployed and without a way to continue funding their education. Knowing where you are at financially will help you organize your goals and figure out the next steps to take, leading to less anxiety about the future. Don't run away from reality. Face it.

CONNECT AND MAINTAIN YOUR RELATIONSHIPS

Social distance doesn't mean social isolation. Friends and family act as the best medicine when going through a stressful situation. While you may not be always able to meet face to face, a simple call or virtual chat can turn even the darkest of days into meaningful & positive ones.

The above tips will certainly help all my dear students to tackle the unprecedented situation towards reducing their stress levels to a great extent.