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# HORIZON

VOLUME 3, ISSUE 1, JANUARY 2025

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# DEAN'S DESK



Dear students, we at Grodno State Medical University strive to provide students with top-quality education, but that's not it. GRSMU is also a hub for Scientific, Cultural, and Sports related activities. We wholeheartedly acknowledge that International students are an integral part of our university, and we take immense pride in that. Grodno State Medical University is glad to work with students from different countries and provide them with a stage to represent their nation and culture.



**DEAN OF FACULTY OF INTERNATIONAL STUDENTS  
DR. ALEKSANDER ALEKSANDEROVICH STENKO**

GRSMU celebrates its uniqueness in diversity, for in its true essence our university is a junction where students from various backgrounds and cultures come together as one big family. GRSMU has always encouraged students to explore further and beyond in every field they try their hands at. I hope that you like the novel concept of 'The Horizon' - a magazine that serves as a platform for the students to voice their opinions, share their takes and present their points of view.

'**The Horizon**' is a medium of extended communication where we can learn a lot from one another. I highly appreciate this initiative and personally support it. I look forward to reading the interesting blogs written by you.

# WELCOME TO THE HORIZON



**DR. MEHUL H. SADADIWALA, FOUNDER,  
CLASS OF 2023**

“We all have fascinating stories to share!” For the longest time, I have had this idea of starting a magazine. But not just any conventional magazine, one that shall serve as a platform for the students and alumni of International faculty at Grodno State Medical University to share their stories. A platform that enables students to share their takes on various curricular and extracurricular aspects of medicine. Thus, the idea of **‘The Horizon’**, came to life.

**‘The Horizon’** will be a creative intersection where students can freely give commentaries about Lifestyle, Culture, Productivity tips, and more. Throughout the years, many individuals at GrSMU have inculcated valuable skills and gained experience with a fair share of success in various disciplines. Maybe you run a successful YouTube channel or an educational website, or maybe you are a successful student-researcher or an educator, and so much more. 'The Horizon' enables students to share their personal experiences. The insights that you share will encourage other students to take further strides and explore future possibilities.

**‘The Horizon’** is supported directly by the Dean of the International Faculty, and it will operate under the supervision of the International Students' Scientific Committee. Students from 1st to 6th year, and even graduates, can submit their blogs to this magazine. The articles should directly or indirectly revolve around student life to share knowledge and the collective growth of students.

For inquiries and submissions.

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# EDITOR'S DESK



“ My name is Divya Dilshara, and I am currently a fourth-year student at Grodno State Medical University. I am excited to be part of the editor desk for 2025, where I can explore my passion for engaging content creation. I focus on lifestyle topics, striving to create articles that resonate with a wide range of readers.

With a strong eye for emerging trends and a commitment to quality, I work collaboratively with writers and creatives to produce informative and visually captivating pieces. My editorial style emphasizes creativity and clarity, ensuring that each story is not only interesting but also meaningful. I am thrilled to contribute to the vibrant community at the ISSS and look forward to bringing fresh ideas to life. ”



**DIVYA DILSHARA,**  
EDITOR, JAN- MAR 2025



**OSO JESUTOFUNMI EUNICE,**  
EDITOR, JAN-MAR 2025

“ For a successful magazine, there are series of work that is done behind the scenes, from the writers all the way to the editors. I am honored to be a part of the Horizon family in 2025. I aim to foster collaboration among students, encouraging them to share their perspectives and opinions on topics that matter which I believe will enrich the content of this magazine. I really appreciate this role, as it will also help in honing my editorial skills. ”

And a message to our dearest readers, we would like to invite you all, students and alumni, to share with us the blogs that directly or indirectly revolve around student life, to share knowledge and experiences that has had an impact on your growth within and outside the bounds of our university.

Concluding, let us alter the limitations of our individual efforts and collectively explore limitless Horizons.

# WIND BENEATH MY WINGS

This article emphasizes the importance of the role of parents. How parental involvement can help boost academic growth and it also explores ways parents can help their child persevere through university and its challenges.

WRITTEN BY  
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## INTRODUCTION

Every individual has their own strength and capabilities. However, majority of us have a support system, who aid us to develop such qualities, and they take the backstage when we shine. It's no one but our parents. Parental support and encouragement do not end even though a child has started to pursue higher education, this is depicted by many studies. These studies claim that parental support helps to boost academic growth and aids the student to develop many beneficial personality traits. It influences the student's ability to grow critical thinking patterns which is very helpful in academics, especially for aspiring medical professionals.



## HOW DOES PARENTAL INVOLVEMENT OCCUR AT A UNIVERSITY LEVEL?

Parental involvement usually starts as the child is about to graduate from high school. Talking about their aspirations for their children in a positive setting helps the child to cultivate self-belief. It helps them think that they are in fact capable of achieving those goals.

Some parents actively involve themselves in the planning as they prepare their child for the transition from high school to university. They may help by choosing the ideal university that provides the necessary facilities and education that their child deserves in order to be successful in life. This transition can both be exciting and challenging to students. They learn about the raised academic expectations at university compared to high school and the pressures of various social settings. Unlike high-school, students have to learn to self-regulate their behavior and focus on their own learning. A parent's relationship with their child can be very significant during these tribulations that he/she may face.

## PARENTAL SUPPORT IN ACADEMICS

A variety of factors play a major role in the academic performance of a student such as the classroom environment, a teacher's skill level, peer to peer relationships and of course the home environment which includes parental support. Parents who have good relationships with their children spend time socializing with each other and academic socialization is the usual mode of involvement.

They talk to their child about schedules, interests, extracurricular activities and social life which in a way encourages them to persist through college. The relationship that a parent has with their child helps to develop lifelong resourceful skills like self-efficacy and critical thinking.



### PARENTAL SOCIAL SUPPORT

This form of support plays a role in the basic needs of a child to feel loved, accepted, it gives them a safe space and a sense of belonging. Family values directly influence the student's effort to succeed and gives them a sense of responsibility and develops dependability.

### PARENT EMOTIONAL SUPPORT

Children face major changes after going to university especially moving out of their homes, trying to make new friends and thriving in a foreign environment. They feel more connected to their families as they learn to appreciate the constant support given to them by their parents. They start interacting more positively after being separated which increases the ability of the student to adjust better to their university life. Parents could call often and ask about their day-to-day activities just to show that no matter what, the child always has a safe space to turn to and talk about their stress whether it be academic or nonacademic.



### PARENTS FINANCIAL SUPPORT

Parents who assist the student in paying the tuition, school supplies, food, accommodation and other miscellaneous spendings take a huge load off the student's mind. It gives them much less to think about. The student can only focus on building their skills in the university and becoming successful individuals rather than worrying about how to pay bills.

### HOW CAN PARENTS HELP WITH BUILDING PERSEVERANCE IN A CHILD?

- Family expectations: A study conducted by Tan 2020 showed that students who had high levels of parental expectations tended to show greater persistence in their studies as this would've served as a driving force in all their academic endeavors.
- Educational priority: When parents prioritize education and state its importance within the household, students are more likely to internalize these values and grow a strong obligation to their academic pursuits.
- Parenting styles: Parenting styles that holds a lot of warmth and encouragement tend to build resilience and strength in a child to go after their goals. Whereas, controlling parent styles may hinder their perseverance by instilling fear, building anxiety in the child which may break their confidence.
- Autonomy: When parents motivate their child to take control of their own academic decisions and independent choices, it develops a sense of self determination in the child. The students feel a sense of control over their learning experiences, and they develop intrinsic motivation. Over time, they can independently practice resilience without relying on external influences.

## HOW TO MEASURE PERSEVERANCE

From "Grit: The Power of Passion and Perseverance"  
By Angela Duckworth

### The Grit Scale

Read more at: [GetLighthouse.com/Blog](http://GetLighthouse.com/Blog)

	Not at all like me	Not much like me	Somewhat like me	Mostly like me	Very much like me
New ideas and projects sometimes distract me from previous ones.	5	4	3	2	1
Setbacks don't discourage me. I don't give up easily.	1	2	3	4	5
I often set a goal but later choose to pursue a different one.	5	4	3	2	1
I am a hard worker.	1	2	3	4	5
I have a difficulty maintaining my focus on projects that take more than a few months to complete.	5	4	3	2	1
I finish whatever I begin.	1	2	3	4	5
My interests change from year to year.	5	4	3	2	1
I am diligent. I never give up.	1	2	3	4	5
I have been obsessed with a certain idea or project for a short time but later lost interest.	5	4	3	2	1
I have overcome setbacks to conquer an important challenge.	1	2	3	4	5

## HOW CAN WE IMPROVE GRIT?

Learning strategies such as "RESET-P-GOALS" aid the medical institute teachers to incorporate useful skills such as reflective writing, time management skills, growth mindset exercises, and mentoring programs in their curriculum. Parents can help with sharing their life experiences for motivation, encouragement on effort, enrolling their child into simulation programs to increase their interest.



## CONCLUSION

Parental involvement and encouragement can shape the mind of a child. It builds strength and perseverance. It could be the driving force that makes the child get through all the challenges that he/she may face at university. Parents should build a relationship of trust with their children during their childhood in order to be the pillar of strength that they can turn to during hardships and when they need someone to talk to about their adversities during university life. All the above stated ways are the foundation of building a successful, responsible and independent individual that would contribute to the community as a whole

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# SITTING IS THE NEW SMOKING: A MODERN HEALTH CRISIS

The question arises: is sitting truly as dangerous as lighting up a cigarette? This blog will dive into why sitting has earned this comparison, the health risks associated with sedentary behaviour and, most importantly, how to counteract this modern-day epidemic.

WRITTEN BY  
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LIYANAGE  
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## INTRODUCTION

The phrase “Sitting is the new smoking” has recently gained traction, and for good reason. As our lives become increasingly digital and desk-bound, the act of sitting for long periods has been identified as a major contributor to a host of health problems, much like how smoking was once seen as a harmless habit before its severe dangers were widely recognized. While this comparison may seem hyperbolic to some, it’s backed by growing research suggesting that prolonged sitting is linked to various health issues, many of which are life-threatening



## THE SEDENTARY LIFESTYLE OF THE MODERN WORLD

Technological advances have made life more convenient, but they’ve also drastically reduced the amount of physical movement in our daily routines.

In the past, most jobs involved some form of physical labor whether that was farming, construction, or even factory work. However, in today’s society, millions of people work office jobs, which often entail sitting for eight or more hours a day. Add in the time spent commuting, watching TV, and using digital devices at home, and many people find themselves sitting for the vast majority of their day. This sedentary shift isn’t just a matter of convenience. It’s deeply embedded in how modern life operates. We sit at our desks, in our cars, on public transportation, and even while socializing. This prolonged sitting has been normalized to the point where many people are unaware of its negative effects. And that’s where the comparison to smoking comes in.

## THE HEALTH RISKS OF PROLONGED SITTING

The dangers of smoking are well-known lung cancer, heart disease, and shortened lifespan are just a few. Sitting may not seem as dangerous, but its risks are pervasive and far-reaching. Research has shown that spending long periods in a seated position is associated with numerous chronic conditions and diseases. The phrase "sitting is the new smoking" reflects the fact that both behaviors lead to serious health problems when practiced habitually over time





## HEALTH PROBLEMS ASSOCIATED WITH PROLONGED SITTING

1. **Cardiovascular Disease:** One of the most alarming health risks associated with sitting is an increased likelihood of heart disease. Studies have found that people who sit for long hours are at a higher risk of developing cardiovascular problems. Prolonged sitting leads to poor blood circulation, which contributes to higher blood pressure and elevated cholesterol levels. Over time, this creates a perfect environment for plaque buildup in the arteries, leading to a greater risk of heart attacks and strokes.
2. **Type 2 Diabetes:** Sitting for extended periods affects the body's ability to manage blood sugar levels effectively, which can lead to insulin resistance—a key factor in developing type 2 diabetes. When you sit for long stretches, your muscles burn less fat, and blood sugar is more likely to accumulate in your bloodstream.
3. **Obesity and Weight Gain;** Weight gain is another common consequence of a sedentary lifestyle. When you sit for long periods, you burn far fewer calories than when you're standing or moving. This lower calorie expenditure combined with the typical diet in today's society leads to an elevating the risk for obesity.
4. **Musculoskeletal Problems:** Spending hours in a chair, especially in poor posture, places tremendous stress on the musculoskeletal system resulting muscle pain and tension. Over time, this can lead to more serious issues, such as spinal disc problems and muscle degeneration.

## WHY IS SITTING COMPARED TO SMOKING?

While sitting and smoking are vastly different activities, the comparison highlights the underestimated risks of sitting for long periods. Smoking, once considered harmless long back, was later revealed to be one of the major causes of preventable death worldwide.

Similarly, many people do not fully understand the cumulative damage that excessive sitting can cause over time. Both smoking and sitting share a common trait: they are deeply ingrained habits in daily. Smoking has long been understood as one of the leading preventable causes of death globally.

## SO, WHY COMPARE SITTING - A SEEMINGLY HARMLESS ACTIVITY TO SUCH A SEVERE HEALTH THREAT?

The key lies in the pervasiveness and the underestimated risks of sitting. Much like smoking in the past, the dangers of prolonged sitting have been underappreciated for years. People generally know smoking is bad for their health, but few realize the extent to which sitting can harm their bodies. Both behaviors can have cumulative, long-term health consequences. However, the consistent repetition of these habits over months or years is what leads to significant health damage.



## WHAT CAN BE DONE?

While the comparison is meant to be eye-opening, there's an important distinction: sitting is not inherently harmful. It is prolonged and excessive sitting that leads to health problems. The good news is that this modern-day health risk can be mitigated with some simple lifestyle changes.

- **Take Regular Breaks:** Incorporate short breaks into your day to stand up, stretch, or take a brief walk. A good rule of thumb is to stand or move for at least five minutes every hour.
- **Use a Standing Desk:** Consider using a standing desk or adjustable workstation to alternate between sitting and standing throughout the day. This can help reduce the duration spent sitting without interrupting productivity.

- **Incorporate More Movement:** Simple activities like walking while on the phone, taking the stairs instead of the elevator, or parking farther away from your destination can add up to more movement throughout the day.
- **Be Mindful of Posture:** If sitting for long periods is unavoidable, make sure you maintain good posture. Keep your feet flat on the floor, your back straight, and your screen at eye level to avoid unnecessary strain on your body.

## CONCLUSION

While sitting may not seem as immediately bad as smoking, the comparison underscores a critical message: our increasingly sedentary lifestyles are putting our health at risk. Prolonged sitting can come up with a range of serious health conditions, but unlike smoking, its effects are more subtle and easier to overlook. However, with awareness and action, we can break free from the sedentary trap. By incorporating more active movements into our daily lives, we can protect ourselves from the dangers of excessive sitting and improve our long-term well-being. In the end, the message is clear: sitting may not be the new smoking, but it's certainly a modern health hazard worth addressing!

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# VITAMIN C: THE SUPERSTAR SUPPLEMENT OR JUST HYPE?

This article will discuss whether Vitamin C deserves its widespread acclaim, delving into its peculiarities, effectiveness, and potential over-glorification. By analyzing scientific evidence, common myths, and clinical recommendations, this blog provides a balanced perspective for readers who seek clarity on this often-misunderstood supplement.

WRITTEN BY  
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 MUNAFER

CLASS OF 2025

## INTRODUCTION

Vitamin C, also known as ascorbic acid, has long been celebrated as a miracle nutrient, particularly during the cold and flu season. Its reputation as an immune booster is so deeply embedded in society that many people reach for vitamin C supplements often in excessive doses at the first sign of a sniffle, hoping to fend off illness. However, a closer examination of the science surrounding vitamin C reveals a more nuanced picture. While it does offer numerous health benefits, the claims regarding its efficacy in preventing or treating colds may be overstated, and its potential pro-oxidant effects are often overlooked.

**VITAMIN C (ASCORBIC ACID)**

**MAIN FUNCTIONS**

- Antioxidant defense
- Enhances immune function
- Needed to make collagen, carnitine, and the neurotransmitters serotonin and norepinephrine

**GOOD SOURCES**

Fruit	Vegetables
• Kiwifruit, 1 medium-sized, 90 mg	• Broccoli • Kale • Tomatoes
• Strawberries (whole), 1 cup, 85 mg	• Sweet Red Peppers, 1/2 cup chopped, 95 mg

**DAILY RECOMMENDATION**

**400 mg**

All Adults

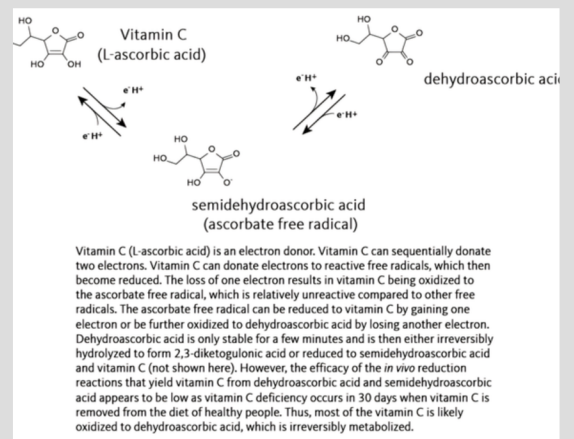
**SPECIAL NOTES**

- Heat destroys vitamin C. Try to eat fresh foods and cook by steaming, microwaving, or stir-frying.
- The Daily Recommendation listed is specific to the LPI based on extensive review of the scientific evidence. The Institute of Medicine's Recommended Dietary Allowance (RDA) is 90 mg/day for men and 75 mg/day for women.

## A DOUBLE-EDGED SWORD

Vitamin C is primarily celebrated for its antioxidant properties. Antioxidants are compounds that help neutralize free radical's unstable molecules that can cause cellular damage.

This ability to combat oxidative stress is crucial, particularly during infections when the body experiences increased oxidative damage from immune responses. Vitamin C readily undergoes reversible redox reactions, helping to neutralize iron-related free radicals. However, it acts as an antioxidant only when paired with a functional antioxidant system that includes enzymes like NADH and glutathione. In cells with high metabolic rates and excessive iron stores such as pancreatic cells vitamin C can behave as a pro-oxidant, especially when exposed to acute elevations of vitamin C in individuals with dysfunctional antioxidant systems.



## MISCONCEPTIONS ABOUT COLD PREVENTION

Many individuals mistakenly believe that taking high doses of vitamin C can prevent colds or significantly shorten their duration once symptoms appear.

Despite its essential role in overall health and its significance in collagen synthesis and iron absorption, the impact of vitamin C on respiratory infections like the common cold overstated. While research indicates that vitamin C can reduce the severity and duration of colds in specific populations particularly those under physical stress such as athletes the benefits for the general population are minimal. A meta-analysis found that regular supplementation with vitamin C did not significantly reduce the incidence of colds but could marginally shorten their duration by approximately 8% in adults and 14% in children and that too only when taken regularly over time rather than as a therapeutic measure when symptoms arise. In fact, high doses taken after or during a cold may produce controversial results.

### THE RISKS OF OVERCONSUMPTION

Despite its reputation as a harmless supplement, excessive intake of vitamin C can lead to adverse effects. High doses particularly those exceeding 2,000 mg per day can increase the risk of kidney stones and cause gastrointestinal disturbances such as nausea and diarrhea. Moreover, there are concerns regarding its pro-oxidant effects at elevated levels. In certain contexts, especially for individuals with underlying health conditions such as iron overload syndromes (like hemochromatosis, thalassemia, sickle cell anemias or even immune hemolytic anemias induced by infection) or diseases that cause dysfunctional intracellular antioxidant systems (such as predisposition to diabetes, PCOS and smoking) high doses of vitamin C may exacerbate oxidative stress rather than alleviate it. For instance, just 100 mg of vitamin C can enhance non-heme iron (plant-based iron sources) absorption by up to 67%. This poses risks for individuals with conditions characterized by acute iron overload (particularly vegans who rely on plant sources for their iron needs) or those predisposed to diabetes since excess iron can lead to increased production of reactive oxygen species (ROS). These ROS may contribute to cellular damage and trigger conditions like ferroptosis a form of cell death associated with oxidative stress especially in pancreatic cells. Additionally, if iron stores are saturated enough, free iron may exist in plasma, feeding siderophytic bacteria and potentially worsening infection prognosis.



### THE PANCREATIC PERSPECTIVE

Recent studies have explored the implications of high-dose vitamin C on pancreatic health, particularly concerning pancreatic cancer. In this context, vitamin C acts as a pro-oxidant due to the high metabolic rate and dysfunctional antioxidant systems present in tumor cells, leading to ferroptosis. The properties that shift vitamin C's effect from antioxidant to prooxidant are also present in individuals predisposed to diabetes a growing global health concern. Pancreatic cells in pre-diabetic patients exhibit high metabolic rates as they produce more insulin to compensate for insulin resistance; this is due to the mild oxidative stress that can signal proliferation of mature pancreatic beta cells. However, excessive oxidative stress (high ROS levels due to acute iron overload and prooxidant effect of Vitamin C) induced by high doses of vitamin C can trigger ferroptosis and lead to beta-cell death. While there is evidence suggesting that vitamin C may have therapeutic potential in certain pancreatic conditions by improving microcirculation and reducing inflammation, acutely elevated levels can contribute to high oxidative stress and transition from mild to severe oxidative damage. This shift may push individuals with genetic predispositions or inflammation towards developing diabetes early due to ferroapoptosis.

## CONCLUSION: A BALANCED APPROACH

In conclusion, while vitamin C undoubtedly plays a vital role in maintaining health and supporting immune function, its status as a "superstar" supplement for cold prevention may be overstated. Evidence suggests that while it can provide some benefits particularly for those under physical stress the average individual should approach its use with caution. Healthcare practitioners should encourage patients to obtain vitamin C through dietary sources such as fruits and vegetables rather than relying solely on supplements. It is advisable to consume it in moderate doses for prophylaxis rather than therapeutic use during a cold since high doses especially synthetic ones can cause more harm than negligible benefit. Although research shows no significant differences in bioavailability between synthetic and natural sources of ascorbic acid, distinct differences exist regarding their effects on various tissues. The recommended daily intake of 90 mg for men and 75 mg for women can be easily achieved through natural sources (fruits and vegetables), which provide longer-lasting effectiveness at necessary levels while minimizing rapid iron absorption and acute elevations of Vit C associated with synthetic forms. This approach not only ensures adequate intake but also supplies other nutrients and antioxidants like glutathione, promoting vitamin C's role as an antioxidant rather than a pro-oxidant. Ultimately, a balanced perspective on vitamin C is essential: it offers benefits but is not infallible; understanding its limitations is crucial for effective health management especially among certain vulnerable populations.

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# BALANCING BONDS AND AMBITION: NAVIGATING PEER PRESSURE IN HIGHER EDUCATION

This blog explores how students in higher education navigate peer pressure. It focuses on balancing personal ambition with supportive relationships, managing stress, and embracing individuality. Innovative strategies like collaborative learning and mental well-being resources are highlighted, promoting a harmonious environment where competition and camaraderie coexist.

WRITTEN BY  
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## INTRODUCTION

In the theater of higher education, peer pressure stands as both a silent whisper and a roaring force. It's a subtle yet potent companion, shaping our decisions, actions, and, ultimately, our sense of self. Especially for those treading the paths of particularly competitive fields, this dual-edged sword drives ambition while also risking detachment from one's true self. Navigating this terrain demands a mix of resilience, self-awareness, and a delicate balancing act between personal ambition and the necessity of nourishing relationships.

## FEAR OF MISSING OUT (FOMO) AND ITS IMPACT

A typical reason for the failure of many New Year's resolutions is taking on too much at once. Your goals are certain to be derailed if you start a wildly limited diet, go overboard at the gym, or drastically try to change your usual behavior. Therefore, be mindful to take small steps, one at a time to reach your end goal. Although it may seem like a slow process at first, these gradual adjustments make it possible to maintain your new, healthy routine and maximize the chance of success in the long run.



## BENEFITS AND DETRIMENTS OF COMPETITION

One of the most formidable challenges in these settings is the competitive atmosphere. A sprinkle of competition can indeed be beneficial, nudging students towards peak performance. However, too much can foster negative comparisons and escalate stress levels. The antidote? A shift in perspective from competing with peers to focusing on personal development. Recognizing that each student's journey is unique, and their success is measured by personal progress, not by the yardstick of others, can significantly mitigate the stress associated with peer pressure.



## STUDY GROUPS, PEER TUTORING, AND COLLABORATIVE PROJECTS

Innovative strategies can transform these pressures. Cooperative learning, for instance, turns competition into support. Study groups, peer tutoring, and collaborative projects enrich learning while fostering a sense of community and shared achievement. This shift from individual competition to collective growth creates a nurturing environment where everyone thrives together.

## PRIORITIZING MENTAL WELL-BEING

Mental well-being is another critical element in handling peer pressure. Universities must champion open dialogues on mental health, providing resources and support systems for managing stress and anxiety. Peer support, too, can be a sanctuary a place to share experiences, seek advice, and find encouragement. This communal approach helps students feel less isolated and better equipped to cope with the pressures of higher education.



## THE ROLE OF FRIENDS, FAMILY, MENTORS, AND FACULTY

A robust support system is essential. Positive peers those who support and celebrate each other can buffer against negative peer pressure. This network can include friends, family, mentors, and faculty who provide encouragement and guidance. Building these positive relationships creates an environment conducive to personal growth.



## SETTING BOUNDARIES FOR SELF-CARE AND FULFILLMENT

Equally important is staying true to one's values and priorities. The temptation to conform to peer expectations is real, but personal choices should be guided by individual goals and well-being.

Setting boundaries to ensure time for self-care and activities that bring joy and fulfillment is crucial. It's okay to say no to demands or expectations that don't serve one's best interests.

## ACCEPTING DIFFERENT JOURNEYS AND DEFINITIONS OF SUCCESS

Fostering a mindset that embraces diversity and uniqueness can also alleviate pressure. Accepting that each person's journey is different, and that there is no singular definition of success, can be liberating. Encouraging self-reflection and personal growth over external validation leads to a healthier and more fulfilling educational experience.

## THE ROLE OF UNIVERSITIES

Universities play a significant role in easing the burden of peer pressure by promoting an inclusive and supportive campus culture. Programs that foster diversity, equity, and inclusion help students feel valued for who they are, reducing the impetus to succumb to peer pressure. Access to counseling services, wellness programs, and academic support further empowers students to navigate the challenges of higher education.



## MAINTAINING A HEALTHY BALANCE BETWEEN PERSONAL AND ACADEMIC PURSUITS

A balanced approach to life is also key. Scheduling time for personal interests, hobbies, and socializing provides necessary respite from academic stress. These activities offer joy and relaxation, helping students maintain a healthy balance between their personal and academic pursuits.

## CONCLUSION

### Overcoming Peer Pressure: A Holistic Approach

Overcoming peer pressure in higher education is a multifaceted endeavor, requiring resilience, self-awareness, and innovative strategies. By embracing individuality, fostering collaborative learning, prioritizing mental well-being, and building strong support networks, students can craft a holistic and fulfilling educational experience. Success isn't measured by comparison to others but by personal growth, well-being, and the lasting bonds formed along the journey. "Success is not the key to happiness. Happiness is the key to success. If you love what you are doing, you will be successful." – Albert Schweitzer

With this balanced approach, students can emerge from the challenges of higher education not just as better students, but as well-rounded individuals, ready to take on the world.

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## Our Editors

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