



The HORIZON

VOLUME 4, ISSUE 7, JULY 2026

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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



“ I’m Ronesh Priyashan, a final year medical student at the Grodno State Medical University. As your editor, I see our platform as a canvas where every student can leave their mark. The Horizon Magazine is a reflection of who we are: a collective of curious minds, resilient hearts, and limitless potential. Together with our incredible team of editors, writers, and contributors, I invite you to fill these pages with your voices, your experiences, and your light. Let’s make this summer one to remember.

”



RONESH PRIYASHAN,
EDITOR, JULY-SEPTEMBER 2026



VEKARIYA CHINTAN
EDITOR, JULY- SEPTEMBER, 2026

“ Every student has a story worth telling — my job is just to help them tell it well.” Myself Vekariya Chintan a –4th year student at Grodno State Medical University. Stepping into this role, Chintan is driven by a simple belief: that the everyday experiences of students — the struggles, the small wins, the curiosity that comes with life at GRSMU — deserve a platform as polished and thoughtful as the stories themselves.

As Editor, I am focused on shaping Horizon into a space where students feel genuinely encouraged to share their voice, I am looking forward to collaborating closely with writers across all years to make this edition of Horizon more engaging, more polished, and more reflective of the diverse community that makes up GRSMU.

”

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.

Cover Credits

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For enquiries and submissions.

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The Art of Letting Go: Finding Peace Through Acceptance And Moving on !

This article explores the psychology of letting go, shedding light on why it's so difficult to release certain things whether it's emotions relationships or expectations and provides practical guidance to an individual in the journey called life..

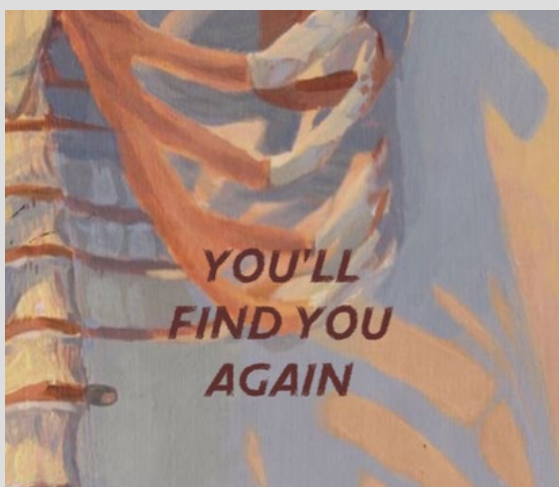
"When I let go of what I am, I become what I might be." — Lao Tzu

WRITTEN BY
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INTRODUCTION

Life is filled with experiences that shape who we are—some bring joy and growth, while others leave behind pain, disappointment, and emotional scars. As we move through different stages of life, one lesson becomes increasingly important: learning how to let go. Although it may seem difficult, letting go is an essential step toward healing, personal development, and lasting happiness.

Letting go does not mean forgetting the past or pretending that painful experiences never happened. Instead, it means accepting what has occurred, releasing the emotional baggage attached to it, and choosing to move forward with a lighter heart and a clearer mind.



WHY LETTING GO MATTERS

Many of us carry emotional burdens longer than necessary. We hold on to past mistakes, broken relationships, unmet expectations, or painful memories, believing that doing so protects us from future hurt or may be to relive it again and again believing it might change the past . However, clinging to the past often prevents us from fully experiencing the present.

When we refuse to let go, we may find ourselves stuck in the cycles of regret, resentment, or self-doubt. These emotions can limit our growth and make it difficult to embrace new opportunities. By learning to release what no longer serves us, we create the space for peace, healing, and positive change.

THE CHALLENGE OF RELEASING THE PAST

Letting go is easier said than done. Human beings naturally seek comfort in familiarity, even when that familiarity causes pain. The fear of uncertainty often keeps us attached to situations, relationships, or emotions that have already run their course.

We may worry about what lies ahead if we release our grip on the past. Questions about the future can create anxiety, making it tempting to remain in familiar emotional patterns. But the fact is growth rarely happens within our comfort zones. True transformation begins when we are willing to step into the unknown.

FREEDOM THAT COMES WITH LETTING GO

One of the greatest gifts of letting go is the sense of emotional freedom. For instance, carrying a heavy backpack every day and finally setting it down. The relief is immediate, and suddenly the journey ahead starts feeling easier.

Releasing emotional baggage allows us to focus on the present rather than constantly revisiting old wounds. It reduces stress, improves emotional well-being, and helps us cultivate healthier relationships with ourselves and others.

As we let go, we often discover a renewed sense of clarity, confidence, and inner peace.



PERSONAL GROWTH THROUGH ACCEPTANCE

Every challenge we face has the potential to teach us something valuable. Letting go encourages us to reflect on our experiences, learn from them, and use those lessons to grow stronger.

It teaches us resilience—the ability to recover from setbacks and continue moving forward. It also helps us develop compassion, patience, and self-awareness. Rather than being defined by our struggles, we begin to see them as stepping stones toward becoming the best version of ourselves.

STEPS TO PRACTICE LETTING GO ACCEPT YOUR EMOTIONS

The journey begins with honesty. Allow yourself to acknowledge what you feel without judgment. Whether you are experiencing sadness, anger, disappointment or grief, recognise that these emotions are valid and deserve attention.

Suppressing emotions only prolongs the healing process. Acceptance creates the foundation for emotional release.

Reflecting on What Keeps You Attached

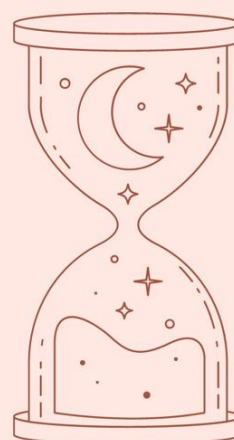
Understanding why you are holding on can provide valuable insight. Sometimes attachment stems from fear, unresolved pain, or a desire for control. Taking time to reflect on these reasons helps uncover the barriers that prevent healing.

Journaling, self-reflection, or speaking with a trusted friend or professional can be helpful during this process.

CHOOSE TO MOVE FORWARD

Letting go is ultimately a very difficult decision. It requires a conscious commitment to prioritize your well-being over past disappointments. While this choice may need to be renewed regularly, each step forward strengthens your confidence and emotional resilience. The process might take time but would surely bring positive results.

TIME HEALS ALL



EMBRACE FORGIVENESS

Forgiveness is often misunderstood. It does not mean condoning harmful actions or forgetting difficult experiences. Instead, it means releasing the hold those experiences have on your life.

Forgiveness frees you from carrying resentment and allows you to focus your energy on healing and growth.

THE ROLE OF MINDFULNESS

Mindfulness can be a powerful tool in the practice of letting go. By focusing on the present moment, we become less consumed by past regrets and future worries.

Simple practices such as meditation, deep breathing, or mindful observation help create a sense of calm and acceptance. Over time, mindfulness teaches us to observe our thoughts without becoming attached to them, making it easier to release what no longer serves us.

EMBRACING NEW POSSIBILITIES

Every ending creates space for a new beginning. When we let go of what is holding us back, we open ourselves to fresh opportunities, meaningful relationships, and personal discoveries.

Life becomes less about what we have lost and more about what we can gain. We begin to approach the future with curiosity, hope, and confidence rather than fear.

A LIFELONG PRACTICE

Letting go is not a destination that we reach once and never revisit. It is a lifelong practice that evolves as we encounter new experiences and challenges. Each situation presents another opportunity to release, accept, and grow.

The more we practice letting go, the easier it becomes to navigate change and uncertainty with grace.

CONCLUSION

The process of letting go, needs a passive effort. The effort is only in observing how you are – resisting, fighting, trying to fit into a framework, blaming or feeling guilty. Letting go is actually ‘letting be’. In the observation of the arguments, counter-arguments and emotions, the mind overcomes to understand that the struggle is unnecessary, and it silently allows itself to let go.

“Letting go is the silent dissolution of a tiny part of the mind.”

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Longevity Science: Can We Slow Human Aging

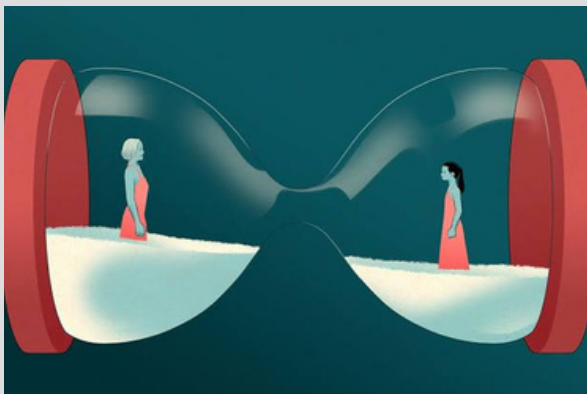
The blog delves into the science of human aging and explores whether the aging process can be slowed through modern medical research and healthy lifestyle interventions

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INTRODUCTION

Aging is something every person experiences. From the moment we are born, our bodies begin a gradual process of change. As we grow older, our cells become less efficient, our organs don't work as well as they once did, and the risk of diseases like heart disease, diabetes, cancer, and Alzheimer's disease increases. For centuries, people have dreamed of finding the secret to living longer. Today, instead of searching for a mythical "fountain of youth," scientists are using biology and medicine to understand why we age and whether we can slow the process. This exciting field is known as longevity science.

One of the biggest discoveries in recent years is that aging is not just a matter of getting older—it is influenced by specific biological processes inside our cells. Scientists have identified several "hallmarks of aging," such as damage to DNA, shortening of telomeres (the protective ends of chromosomes), changes in gene activity, problems with energy production in cells, and chronic inflammation. These changes gradually reduce the body's ability to repair itself, making us more vulnerable to illness.



SCIENTIFIC ADVANCES IN LONGEVITY RESEARCH

A fascinating area of research focuses on calorie restriction. Studies have shown that eating fewer calories—without causing malnutrition—can help many animals live longer and stay healthier. Researchers believe this works because calorie restriction reduces stress on cells, improves metabolism, and activates the body's natural repair systems. While scientists are still studying its long-term effects in humans, maintaining a healthy and balanced diet appears to support healthy aging.

Another promising approach involves medicines that were originally developed for other diseases. One example is rapamycin, a drug that affects a cellular pathway called mTOR, which controls growth and metabolism. In animal studies, rapamycin has consistently increased lifespan. Another drug, metformin, is commonly prescribed for type 2 diabetes but has attracted attention because people taking it often experience fewer age-related diseases. Researchers hope these medications may one day help people stay healthier for longer, although more human studies are needed.

Scientists are also investigating senescent cells, sometimes called "zombie cells." These are old cells that no longer divide but refuse to die. Instead, they release harmful substances that cause inflammation and damage nearby healthy cells. New medicines known as senolytics are designed to remove these unwanted cells. Early studies in animals have shown encouraging results, including better physical function and a longer lifespan. Although research in humans is still in its early stages, the findings are exciting.

ROLE OF MITOCHONDRIA AND NAD⁺

Another important focus is the health of mitochondria, often called the “powerhouses” of our cells because they produce the energy our bodies need. As we age, mitochondria become less efficient, leading to fatigue and cellular damage. Researchers are studying compounds that increase levels of NAD⁺, a molecule essential for energy production and DNA repair. While these treatments have shown promise in laboratory studies, scientists are still determining whether they provide significant benefits for healthy adults.

One of the newest and most exciting areas of longevity research is epigenetics, which studies how genes are switched on and off without changing the DNA sequence itself. Researchers have discovered that certain changes in gene activity can make cells behave as though they are younger. Although these techniques are still experimental, they raise the possibility that some aspects of aging could one day be slowed or even partially reversed.



HOW TO RECONNECT WITH YOUR PURPOSE

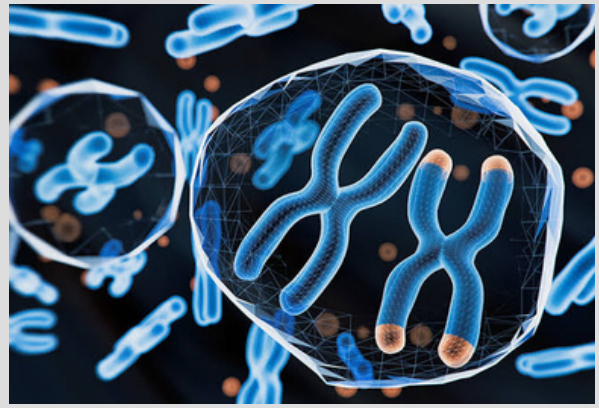
Even with these scientific advances, experts agree that the most effective way to promote longevity today is through healthy living. Regular exercise, a balanced diet, enough sleep, stress management, avoiding smoking, limiting alcohol, and maintaining strong social relationships all play a major role in supporting long-term health. These habits may not stop aging, but they can significantly reduce the risk of chronic disease and improve quality of life.

Of course, longevity science also raises important questions. If treatments that slow aging become available, will everyone have equal access to them? How will healthcare systems, retirement, and society adapt if people begin living much longer? These ethical and economic challenges will need careful consideration as research continues to advance.

longevity science is changing the way we think about aging. Instead of accepting aging as something completely beyond our control, scientists are discovering ways to understand and potentially slow the biological processes behind it. Although no treatment can currently stop aging, ongoing research offers hope that future generations may enjoy not only longer lives but also healthier and more active ones. The true goal of longevity science is not simply to add years to life, but to add life to those years.

CONCLUSION

Longevity science aims to slow the biological aging process and extend healthy years of life rather than simply increasing lifespan. Researchers are studying approaches such as calorie restriction, drugs like metformin and rapamycin, senolytic therapies, and epigenetic reprogramming to reduce age-related diseases. While these treatments show promising results, most are still being evaluated for long-term safety and effectiveness in humans. Currently, healthy lifestyle habits—including regular exercise, a balanced diet, adequate sleep, and avoiding smoking—remain the most reliable ways to support healthy aging. Advances in longevity research may help people live longer, healthier, and more independent lives in the future.



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The Gut-Brain Axis: How diet directly impacts mental health and immunity

Our gut is like a second brain-feed it junk, and our mood and immunity crash; feed it plants and fermented foods, and we'll think clearer and get sick less often. Our gut and brain are connected by a superhighway called the Vagus nerve[CN X]. The bacteria in your gut produce chemicals that regulates our mood, focus, and even our immune system, so our diet literally talks to our brain.

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YOUR SECOND BRAIN IN ACTION

The phrase "gut feeling" is far more than a colloquialism, it is biological truth. Our gastrointestinal tract houses over 100 trillion microorganisms, collectively known as the gut microbiota, which actively communicate with our central nervous system through a bidirectional superhighway called the Gut-Brain Axis (GBA). This connection operates through neural pathways (the vagus nerve), endocrine signals (hormones and stress axes), immune mediators (cytokines and inflammatory markers), and microbial metabolites (short-chain fatty acids and neurotransmitter precursors). Our gut houses over 100 trillion microorganisms-collectively the gut microbiota, which actively shape our mood, cognitive performance, and immune resilience. The clinical implication is profound: our diet literally talks to our brain. Feed your gut processed junk, and your mood, focus, and immunity will plummet; nourish it with plants and fermented foods, and you will think clearer, feel calmer, and get sick less often.

HOW DOES IT ACTUALLY WORKS?

The GBA is not a single pathway but an integrated network of three primary routes, each reinforcing the others:

1. Neural Route (Vagus Nerve): The vagus nerve (Cranial Nerve X) serves as the main information superhighway, transmitting real-time signals from the gut lumen directly to the brainstem

Specialized enteroendocrine cells in the intestinal lining detect bacterial metabolites and dietary nutrients, converting them into electrical impulses that travel up the vagus to influence emotional regulation, stress responses, and even fear processing. This explains why gastrointestinal distress often coexists with anxiety disorders.

2. Immune Route (The Inflammatory Bridge): About 70% of our immune system resides in gut-associated lymphoid tissue (GALT). Resident gut microbes train immune cells: macrophages, dendritic cells, and T-regulatory lymphocytes to distinguish between harmless dietary antigens and pathogenic invaders. When dysbiosis (microbial imbalance) occurs often driven by high-fat, high-sugar diets the intestinal barrier weakens. Bacterial lipopolysaccharides (LPS) and other endotoxins leak into the circulation, triggering a systemic low-grade inflammatory state. Pro-inflammatory cytokines such as IL-6 and TNF- α readily cross the blood-brain barrier, fueling neuroinflammation (a hallmark of depression, anxiety, and even early-stage neurodegenerative conditions like Alzheimer's disease).

3. Metabolic Route (The Neurotransmitter Factory): Gut bacteria are astonishingly prolific biochemists. They ferment dietary fiber into short-chain fatty acids (SCFAs) specifically butyrate, propionate, and acetate. SCFAs do more than nourish colonocytes; they strengthen the intestinal epithelial barrier, reduce oxidative stress, and cross into systemic circulation to influence brain microglia activity. Even more remarkably, gut microbes synthesize approximately 90% of your body's serotonin, along with substantial amounts of dopamine and GABA (neurotransmitters that directly regulate mood stability, sleep architecture, appetite, and reward-seeking behavior).

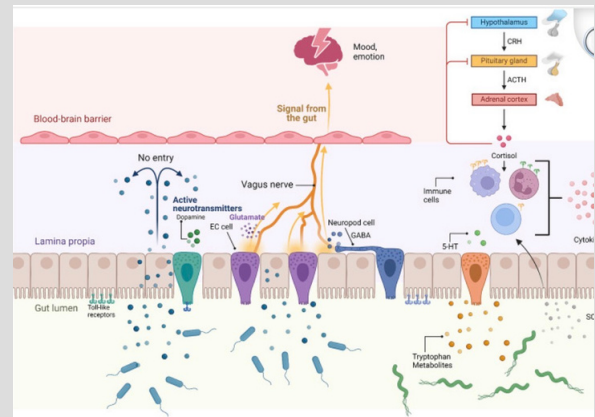
IMPACT ON MENTAL HEALTH

A growing body of interventional and epidemiological evidence confirms that dietary patterns profoundly influence psychiatric outcomes. The Mediterranean diet rich in fruits, vegetables, whole grains, legumes, nuts, and extra-virgin olive oil consistently correlates with significantly lower rates of major depressive disorder and generalized anxiety. Conversely, ultra-processed foods laden with refined sugars, emulsifiers, and artificial sweeteners promote dysbiosis, increase intestinal permeability (the so-called "leaky gut"), and fuel the neuroinflammatory cascade implicated in cognitive decline.

Moreover, randomized controlled trials have demonstrated that probiotic and prebiotic supplementation can reduce perceived psychological stress, improve executive function, and alleviate depressive symptoms in both healthy adults and clinical populations. These "psychobiotics" represent a frontier in nutritional psychiatry, offering a low-risk, high-reward adjunct to conventional therapies.

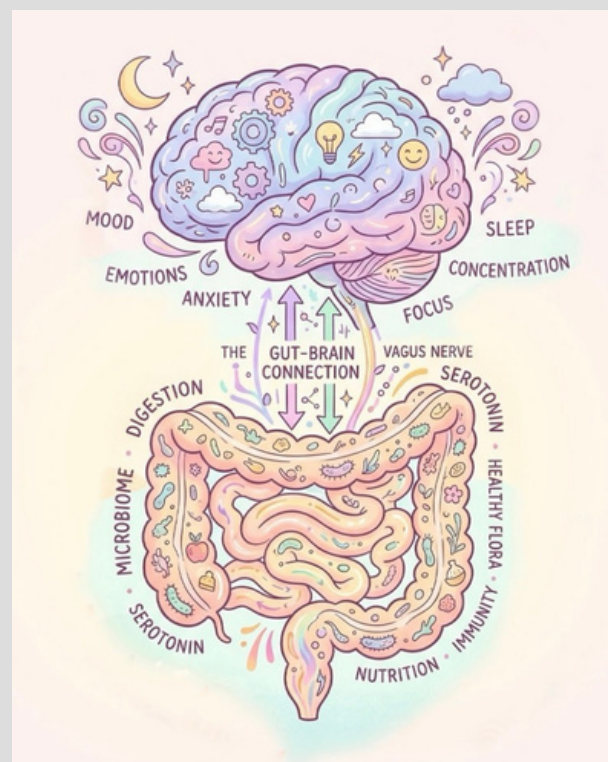
THE LEAKY GUT CONNECTION: A MISSING LINK

Intestinal permeability, colloquially termed "leaky gut," is the pathophysiological bridge between poor diet and systemic disease. When tight junction proteins (zonulin, occludin) are compromised by dysbiosis or dietary irritants, undigested food particles and bacterial antigens enter the bloodstream. The resultant immune activation drives a chronic, smoldering inflammatory response that not only impairs neurotransmitter synthesis but also compromises the blood-brain barrier itself, allowing peripheral inflammation to directly influence central neural circuits.



IMPACT ON IMMUNITY

The gut-brain-immune triangle operates in continuous feedback. Psychological stress activates the hypothalamic-pituitary-adrenal (HPA) axis, releasing cortisol that alters gut microbial composition, specifically reducing beneficial *Lactobacillus* strains. This shift weakens mucosal immunity, making you more susceptible to respiratory and gastrointestinal infections. Conversely, a diverse, fiber-rich microbiome enhances regulatory T-cell function, balances inflammatory responses, and lowers the risk of autoimmune conditions. In essence, a healthy gut trains your immune system to react appropriately, fighting real threats while tolerating harmless environmental antigens.



PREVENTION AND MANAGEMENT STRATEGIES

Protecting the gut-brain axis requires a multi-pronged lifestyle approach:

1. **High-Fiber Foods:** Beans, oats, berries, garlic, and leeks contain prebiotic fibers that selectively feed beneficial Bifidobacteria and Lactobacilli. This fermentation increases SCFA production, reduces neuroinflammatory markers, and enhances satiety signaling. Aim for at least 30 grams of diverse plant-based fiber daily.

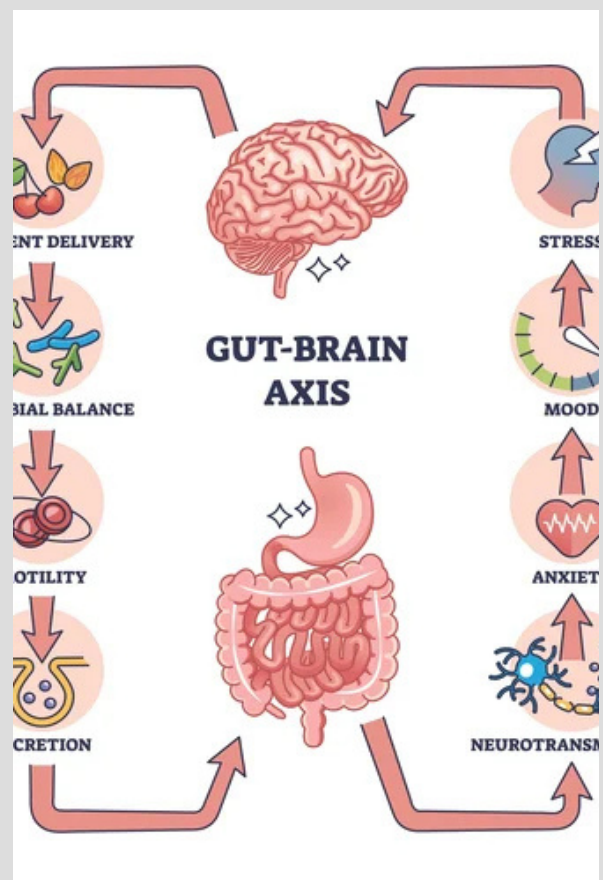
2. **Fermented Foods:** Yogurt, buttermilk, kimchi, and miso introduce live probiotic strains and bioactive metabolites that enhance microbial diversity. Fermented dairy, in particular, has been shown to reduce cortisol reactivity to acute psychological stress.

3. **Adopt a Mediterranean Dietary Pattern:** The synergy of polyphenols (from olive oil and berries), omega-3 polyunsaturated fatty acids (from fatty fish), and abundant phytochemicals collectively exerts potent anti-inflammatory and antioxidant effects, directly improving mood outcomes.

4. **Limit Ultra-Processed Foods:** Aggressively reduce intake of refined sugars, artificial emulsifiers, and industrial seed oils. These additives disrupt the mucus layer, promote endotoxemia, and contribute to cognitive fog and metabolic dysfunction.

CONCLUSION

Our diet is not merely fuel, it is biochemical information that programs our gut microbes, which in turn program our brain and immune system. By prioritizing whole, fermented, and fiber-rich foods, you are not just feeding yourself; you are actively cultivating a resilient mental state and a robust immune defense. The connection between plate and psyche is undeniable. Start today, your "second brain" will thank you.



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4. Gut Microbiome, Diet and Depression (2024) – Probiotics, prebiotics, and psychobiotics restore microbial balance and improve mood.
5. The Gut-Brain Axis and Mental Health (2023) – Mediterranean and high-fiber diets enhance microbial diversity and decrease inflammation.

FEAR: THE DOOR THAT ONLY OPENS FROM INSIDE

This article explores the quiet war that unfolds within the mind of a student standing at a threshold, a moment of decision, a line between comfort, Safety and possibility. It looks at “fear” not as an enemy that needs to be defeated, but as an ancient companion whose warnings no longer match the world we live in. Through the lens of biology, psychology, and lived experience, this piece basically unravels how fear disguises itself as logic, how we masquerade procrastination as preparation, and how the stories we tell ourselves about “not being ready” are often just elegantly dressed excuses.

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INTRODUCTION

Put into picture, a student standing outside a professor’s office with hopes of doing research with them. They have spent weeks thinking about this moment, they have imagined what the professor would say a thousand times, they have even rehearsed every sentence on their walk to the office. Now they stand just a few feet away from the office door, their hands trembling, heart beating faster than normal, their breathing becoming shallow and rapid, and their stomach churning. A bead of sweat rolls down their forehead as their mind races through a thousand different scenarios.

The student could always turn around and leave. After all, walking away feels easier, safer, and even more comfortable. After all, there is no embarrassment in not trying. There’s no rejection, no awkward conversation, and no possibility of failure. But we have to remember that there is also no possibility of success.

Behind that ordinary door stands opportunity. An opportunity to gain knowledge from an experienced mentor, an opportunity to contribute to meaningful research, an opportunity to develop skills, build relationships, confidence, and experience. Yet something stands in the way: not a locked door, not a person, not a lack of ability. The only obstacle exists within the mind of the student, and that obstacle is fear.

Signs of Fear



Shortness of
breath



Feeling out of control



Nausea



Chills

THE NATURE OF OUR FEAR

Honestly, fear is one of the most powerful emotions we, as humans, experience. Every single person, regardless of their age, gender, intelligence, or success, has experienced it.

Fear is not a weakness; it’s even one of the reasons we survived as a species. Millions of years ago, fear was what kept our ancestors alive. When they encountered a predator, their brains had to make a quick decision, and within seconds, the fight-or-flight response was triggered, causing physiological changes such as:

- The heart beating faster to pump oxygen-rich blood to the muscles.
- Breathing accelerating to deliver more oxygen throughout the body and so much more.

All these physiological changes that we associate with fear today once served an important purpose, as they were signs that the body was preparing to survive. The problem is that our brains have not evolved as quickly as the world around us.

Today, very few people are running from predators. Instead, our “predators” look very different: they are job interviews, public speaking, examinations, asking for help, or even knocking on a professor’s office door.

Although these situations pose no physical threat, the brain often reacts as though they do, and that is why fear feels so real.

FEAR IS SEEN AS LOGIC

One of fear’s greatest tricks is that it can disguise itself as logic. It rarely tells you, “I’m afraid.” Instead, it gives you reasonable excuses such as: “I’m not ready yet.”

“Next month would be better.”

These thoughts feel responsible, but many of them are simply fear wearing the mask of rationality. Don’t get me wrong. Yes, preparation is valuable, growth is definitely important, but there comes a point where preparation becomes procrastination, not because we are lazy, but because we are afraid.

FEAR COMES BEFORE CONFIDENCE

Many people believe confidence comes first. They imagine successful people wake up every morning completely certain of themselves or that surgeons never feel nervous before difficult procedures. The truth is really the opposite. Confidence is rarely the starting point; it is usually the result. Let’s think about learning to ride a bicycle. No child begins with confidence. They wobble and fall, injuring themselves and becoming frustrated. Yet every attempt teaches their brain something new.

Eventually, riding becomes automatic, not because fear disappeared overnight, but because repeated action rewired the brain, and their confidence was built through experience.



The same principle applies throughout life. You become confident in speaking by speaking, you become confident leading by leading, and you become confident researching by doing research. Action is what creates confidence

FAILURE IS INFORMATION

Most people fear failure because they see it as proof that they are incapable. In reality, we should take failure as information. Scientists perform experiments expecting many to fail. Nevertheless, behind almost every remarkable achievement lies a long history of mistakes that we don’t see as the public.

Success is rarely ever a straight line. It’s often a path with lots of wrong turns, new lessons, and definitely setbacks. We need to stop looking at failure as the opposite of success and instead see it as an ingredient of success.

THE MOMENT OF DECISION

Now imagine that same student standing outside the professor’s office. Nothing has changed, they are still scared. But this time, they take one deep breath and knock.

Perhaps the professor says yes and they are offered a research position. Perhaps the professor says no, at least the student proved to themselves that they were capable of facing discomfort, which will make the next conversation feel easier.

PRACTICAL ADVICE TO GET STARTED AND HOW TO CHOOSE

We need to come to terms with the fact that fear will almost always stand beside us. It will tell you that you are not enough and will fill your head with other excuses.

But we shouldn't mistake fear for the truth, as it doesn't decide for us. The question will never be whether you were afraid, but whether you let fear be the writer of your own story.

Years from now, very few people will regret the awkward conversations they had or the opportunities they pursued. However, far more people regret the chances they never gave themselves, the applications they never submitted, the questions they never asked, and the doors they never knocked on.

Fear will always exist, and our growth strongly depends on whether we can walk alongside it. So, the next time you feel afraid and your heart starts racing or your mind fills with doubt, we should imagine fear as a locked door, but the keys are always in our hands. We should never hesitate to turn that key and open the door.



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