Might not be free!

by Rajrishi Sarkar

Am I normal?

It all started with the question "Did you need psychiatrist during your stay at IITB?".Although majority of the students
did not need psychiatrists but a huge chunk of the students admitted that they needed
but did not go for a checkup

No, never needed it.	110
Needed it but did not go.	43
Yes, for a brief period of my stay	26
Yes, throughout my stay	3
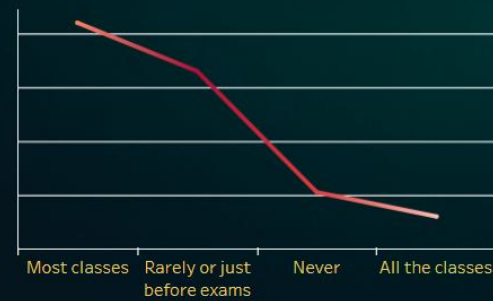
On the survey many students mentioned that if they could they would rather not attend the classes .

Most classes   Rarely or just   Never   All the classes
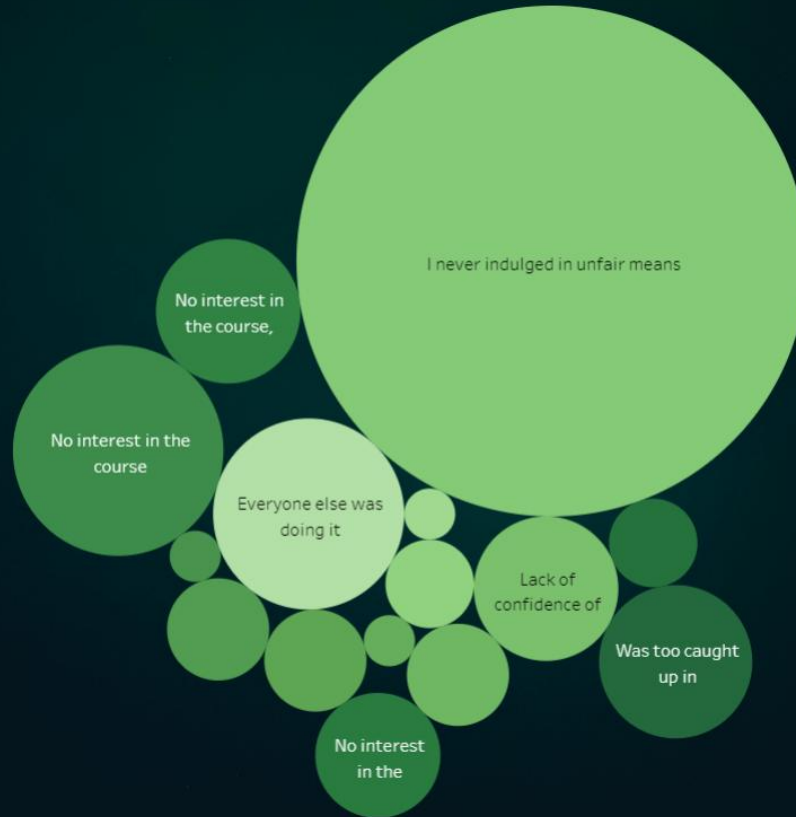   before exams

Identifying the cause

too many assignments,projects exams along with peer pressure seems to be a major cause for stress
and anxiety.The environment is too competetive which is not a bad thing,but sometimes it decreases
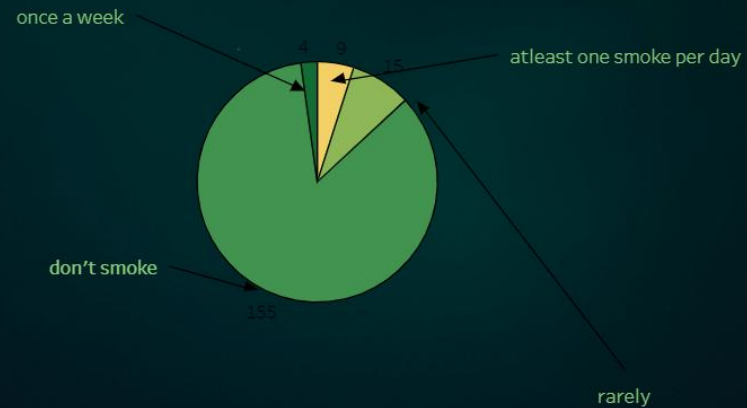the confidence and morale of the students

How competitive do you think the academic environment is here? (bin)
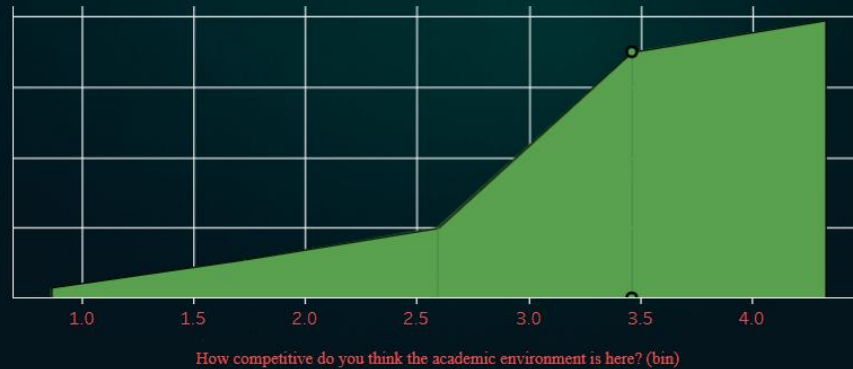
Consequences!

according to the survey many students got indulged into unfair practises as they could not
cope up or may be due to lack the confidence

I never indulged in unfair means

No interest in the course,

No interest in the course

Everyone else was doing it

Lack of confidence of

Was too caught up in

No interest in the

Students faces several kinds of stresses that develops into anxiety and finally leads to depressions.They find it difficult to recover from.It affects their health directly and indirectly.Students might smoke and drink out of depression,In the survey although majority of students said that tehy did not smoke some said that they needed a smoke atleast once a day

once a week

atleast one smoke per day

4   9   15

don't smoke

155

rarely