

Practise Yoga

A student must have awareness and exercise self-control, and stop worrying about exam performance. Instead a student has to browse through the important sections where his/her concepts are not clear or weak. Yoga, Meditation, deep breathing and comfort of family members and friends can help to control stress. Light food and airy environment can also help students to reduce their stress levels. At IIT Bhubaneswar, I have been personally advocating for adoption of holistic and proper educational practices including purpose oriented, concept and application-case based student-centric and participatory education, through my addresses to sensitize students and faculty. Education is made holistic by making a variety of courses ranging from Odissi dance, Indian Philosophy, to entrepreneurship to Artificial Intelligence and Cyber Security, available for providing a wide scope for students to choose from based on their choice over and above the subjects of own domain of engineering or science. Yoga is made compulsory for all the first year students.

Professor RV Raja Kumar, IIT Bhubaneswar Director

Out-of-syllabus

STRESS-BUSTERS BY MENTORS

This exam season, The City Express brings you some tips to tackle stress and face the questions with confidence from teachers



EXPRESS ILLUSTRATION

