Chapter 1

Preamble
Introduction:

Stress and the College Student

Many people experience stress specifically from metro cities like Mumbai due to their busy schedule which also can be attributed to their lifestyle. There is lot of competition to score good marks which creates lot of pressure on the students. Along with attending college they need to attend their coaching classes. There are many colleges in Mumbai city where attendance is very strictly monitored. Even if students represent college in various activities of the college such as cultural or sports, still they need to achieve the minimum required percentage prescribed by the university. Due to the busy schedule students find it difficult in sparing additional time for the interpersonal relationship specifically with their friends and also their family members. All the students experience stress in the form of various events such as preparing for unit test, finishing an important assignment, preparing yourself for an important interaction with various faculties, placement cells, corporate executives to advance your career. Little bit of stress is fine but one should avoid being under continues stress otherwise your health gets affected. You spoil not only your health but also spoil your interpersonal relationship eventually disturbing your peace of mind.

Over a period of time a lot of training material is collected from various sources which explain the source of stress, various types and reasons of stress in the form of yogic language. A lot of research has been done to identify the level of stress and various solutions which are easy to understand and can be easily implemented by the students community on a day to day basis.

WHAT IS STRESS?

Stress in simple words can be described as your inner experience over the outer situation. This can be explained in a simple language which is experienced by all of us on a daily basis. Each and every student has experienced this during their first board exam. He prepares well in his studies for the whole year and during the exam period he is about to leave his house for his first board examination. This is the time out of concern the mother is asking the child about whether he is carrying his entrance card. This is the situation where most of the students panic, starts sweating and desperately starts searching for the hall ticket in their bag, compass box, wallet, pockets etc. This behavior of the student is called stressful behavior. Here the inner experience is
panic, sweating which is due to the external input or the stimuli created by the mother of the child by enquiring about the hall ticket.

Your reaction to the situation can be positive or negative. If it is positive it can be said to be positive stress or useful stress (Eu-stress), this stress helps in achieving your goals. By responding positively to the mother’s question and reaching your hall ticket without sweating or pressing the panic button is said to be having an appropriate desired response. It helps in using your energy in the creative way. This energy helps to show case your talents which can lead to your happiness.

Your reaction to your mother’s call if it is negative then it is said to be Dis-stress. In such situation you eventually drain out your energy. You need to protect your energy by preparing yourself for the situation by being positive and confident. If you are not able to handle the ongoing stress then it will affect your health may be physical, emotional, spiritual and social. Acting immediately is the key to your stress management. Our body communicates to our mind quite early and picking up such signals at an early stage is the effectiveness in handling the stress.

The following are signals that get communicated to your mind that you are experiencing stress.

- Impatience
- Increased heart rate
- High blood pressure
- Elevated anxiety-anxious feeling
- Shivering
- Disturbed sleep
- Stomach upset
- Neck Pain and back pain
- Eating disorder

COMMON STRESSOR
• High expectations in academics
• Changes in relationship status
• Money matters
• New opportunities and Risk
• Home sickness for hostilities
• Quick decision making under pressure
• Coed education and sexual orientation
• Career planning
• Mental orientation; pessimistic attitude leads to depression

TAKING STRESS SERIOUSLY
For most of the students the college time is the best phase of life. They are exposed to new opportunities to learn, grow and evolve and for those staying specifically in the hostel for them it is; a greener patch. These opportunities if not handled properly can lead to depression, anxiety and stress. Most of the diseases are psychosomatic in nature and at the tender age of the college time if they are not handled properly can make a permanent dent on the minds of the students damaging their personality for good. Hence stress in us as well as our loved ones should be taken seriously and acted upon immediately.

HOW DO YOU RESPOND TO STRESS?
Stress affects us at all levels and the stress symptoms are given below which are typical reactions to stress.

Physical
__ pain in the head                   __ neck pain and back pain
__ extreme tiredness                 __ tooth problem
__ disturbed sleep                   __ uneasiness
__ increase or decrease in size     __ drug addiction
__ stomach upsets                    __ skin problem
__ muscle tension and pain          __ chest pain, irregular heart beat
__ high blood pressure              __ asthma or shortness of breath
Mental
__ memory problems            __ loss of objectivity
__ no sharpness of mind       __ laziness
__ defocused                  __ no freshness of thoughts
__ low output                 __ avoiding responsibility
__ pessimistic approach      __ difficulty making decisions
__ repetitive or racing thoughts  __ poor judgment

Emotional
__ Elevated anxiety-anxious feeling __ distracted and “on edge”
__ the “blues”                  __ depression
__ moody and hypersensitive    __ do not know when to laugh or cry
__ irregular temperament      __ insensibility
__ no boldness                 __ de-motivated
__ anger and resentment        __ feeling of overpowered

Social
__ isolating yourself from others __ losing your temper
__ persistent ill will at something __ find fault persistently
__ no confidence               __ loner
__ rough behavior              __ controlling others
__ to ask authoritatively      __ food disorder
__ sleep disorder              __ losing your mental accountability
__ drug addiction              __ getting agitated
__ tooth problem               __ overreacting to unexpected problems
__ overdoing activities such as exercising or shopping

One needs to introspect with all the symptoms mentioned under Physical, Mental, Emotional and Social categories. Find out which of your reactions are the one you need to act upon. For each of these stress reactions identify one stress coping method.
Now with this homework being done then you can design your own life style management program to address the stressors in your life. You can also take help from a professional counselor.

The following are the suggestions for reducing stress levels and increasing your learning experience in a positive way on day to day basis in the college:

- Follow Time Management tips properly. Organize your thoughts and work with total clarity.
- Try and achieve 100% attendance. Punctuality is the key to success.
- Do your home-work regularly. Submit all your assignments in time. Study regularly.
- Your personality gets enhanced when you participate in curricular and extracurricular activities. Participate in all inter college competition. This will increase your confidence.
- Priority should be given to your interpersonal relationship with friends and family members by being in touch with them periodically.
- Make use of all the available facilities in the college to enhance your career further.
- Lead a life full of positive attitude and develop your personality; physical as well as mental.
- Share all your issues with friends and family members and if required seek help from your college authorities.
- Develop positive rapport with all your faculty members.

**HOW TO STAY STRESSED – A TOUNGE-N-CHECK APPROACH**

Some student’s reason out that stress is helping them to progress further in their life. Is stress really helping them?

- VIP status.
  
  Any person who is stressed out is working very hard and gives an impression that he is doing something very important. Also communicates that he is a key player in the team / organization.
• Task Master.
  The person who is busy and a task master does not have time to invest in interpersonal relationship and in turn has less emotional attachments to anyone. Such people are more goals oriented and may not focus on enjoying the process.

• You can avoid monotony.
  Since you are already busy and stressed out; you are certainly not given any additional work. This helps you to get off the routine work expecting someone else to do the same for you.

• It helps you avoid success.
  Success calls for lot of efforts and sacrifice. You need to do a lot of disciplined and regular work for long hours. You need to maintain a high level of perfection and goal orientation to be successful and by being stressed out you can avoid all the hard work and sacrifices to be made.

• Stress also helps in being a leader and guiding others.
  Under crisis situations one is more prone to the delegating attitude. "Just do it" is generally the line of communication and mind set. If your image is that of always stressed out then you can always declare your behavior to people around you and make them accept all that you say all the time and get away with your work.

In case if you are deprived of not being stressed out and intends to experience the same the following are few of the ways to experiment to get stressed.

• Health Conscious.
  To maintain good health one should exercise regularly and that is what we have been listening since our childhood. Visiting gym can be seen as a waste of time.
• Bad Habits.
  One of the good habits is to lead a disciplined life style. Have a proper diet, eat at a proper interval, avoid junk food, and avoid tea, coffee and colas. Just do exactly the opposite and you will enjoy being stressed out.

• Personality.
  Increase your weight. This can simply be achieved by eating all types of junk food and you can disproportionately increase your weight than that is required to be maintained at your age.

• Avoid Fruit Juices.
  Regular consumption of fruit juices will help to maintain your body in good health. Not having them and taking all sorts of toxic inputs can help you to be stressed out.

• Take Risk in life.
  Take risk in your life and one can be impulsive in decision making. There is no need to follow values and principles in life. No need to follow any mind management program.

• Be selfish.
  Communicate about your selfish nature to all the people around you. Let all your well wishers know that you don’t have time for them and will never have in future also. Don’t be dependent on them. If people still do not understand or don’t want to understand what you want to say then stop entertaining them. Get rid of them as early as possible.

• Don’t acts just react?
  Any negative feedback should be taken personally. Feedback with respect to your homework, your family members, your house, your bike or any other personal belongings should not be taken lightly. Don’t think and act but just react immediately even if it is a knee jerk reaction.
• Lead a serious lifestyle.
  Cut away yourself from all sorts of jokes. You need to be serious always about stress and keep worrying about it always.

• Be He-man
  Face all eventualities boldly and not to take help from anyone. Take all actions yourself. Not to be dependent on any one for anything.

• All work and no play make Jack a Smart-Boy.
  You need to get engrossed yourself in the work so much that you don’t get time to think of your basic needs also. Work should be your only propriety and should work late hours and also if required weekends also. Keep reminding yourself as a he-man and you don’t need holidays to relax.

• Be Intuitive.
  No need to follow any schedule and plan all your activities on the basis of your intuition. Try and do as many activities as possible and that to back to back. No need to take a pause.

• Time Management.
  You need not follow first in first out. This will generate a great deal of stress to face.

• Make worry a routine habit.
  Worry about everything around you even of the things that you don’t have control like tsunami, bomb blast, terrorism, global warming etc.

• Chew more than you can eat...
  Try and keep high level of standards to achieve your goals and get hassled when you don’t achieve them. You can punish yourself on this. Go for the harsh punishment.
Self Control

The place where we live we can understand control by having a firm hold on either things or dealing with people or a firm hold on the issues. This can be termed as the world outside us and the concept of control on the same. In the world inside us which we leave most of the time is in our thoughts, feelings and emotions control may not come in terms of trafficking with our thoughts like making them disappear as and when we want.

The best way to control the world is by controlling our self by controlling our mind. Actual control happens when you are not controlling the thoughts but when you are allowing letting go those thoughts. You should be observing yourself like a third person and this also is the beginning of meditation.

Forgive, Forget, and march on. Love flourishes in giving and forgiving.

WHAT IS OUR HAPPINESS MOSTLY DEPENDENT ON RIGHT NOW?

Reflection: What is our happiness mostly dependent on right now? Imagine our self without the above and that we are quite content without the above, how do we feel?

Action: What can we do in our mind today to change our state of being from dependency to freedom from dependency?

Wealth is transient. Wealth does not remain with one individual forever. It has to move from hand to hand, from country to country. That is the law. History has proven this time and again. Time loots away all this in a split second. Relationships, following power, status all these are delusory since they have only momentary value. Often people will stick to you, when there is something available for their benefit.

Reputation, fame and following are only ideal talk in somebody’s mouth. That is all the value it has. It does not have any substance. Mindsets can change within moments. Please, therefore, not to be dependent upon these. Do not allow these imposters to get into our head!
Youth also has no sustenance. Aging is unavoidable and disease can occur at any moment. Thus, youth can go in a split of seconds. Reflect over these inevitabilities. Review it over and over again. Realize its delusory nature and thus curb the pride of wealth, kindred and youth.

Time crushes all these gradually, often in a split of seconds. Thus, for our happiness, we are dependent upon factors over which we have no control. The only thing that we have, which remains unaffected, on which we can depend, is our own Self.

We are dependent upon external wealth for inner security and are completely oblivious of our mission and purpose of life.

When one does not realize the worth of the assets present within one, one’s mind develops a tendency to live on future hopes. Hope is when your mind is lingering on future happiness in advance. Most of the time we are living on future hopes forgetting the present blessings of GOD.

**Empowering the Ambience**

Thoughts have energy and this energy creates an ambience in my home or office. As per the quality of the thoughts the ambience that gets created can be positive or negative. If I can channelize the energy in my mind in a positive manner, then I can empower rather than get empowered by the ambience around me.

My reliance on things around me will decrease and I shall get happiness, satisfaction, contentment which has its own strength. Everything that is experienced will be a positive flow of energy which will be harmonious. Everything will be smooth. I will not run away from the situation because I remain in my thoughts and I am beyond its influence.

Anything that we do in life will have a consequence. If you do the right thing, you will have the right effect and if you do the wrong thing, you must bear the consequences of that activity. This law is inviolable. Nobody can change it.

Remember you have control and mastery only over the cause. Once the cause is laid, you do not have control over the effect. The cause produces the effect. Therefore, analyze and understand
the cause of your suffering. Exercise your influence and control over the cause. Influence the cause and the effect is bound to change. That is the law.

**The Journey of Purpose**

All of us, at some point of time, in fact almost right through our life, keep different types of long term or short term goals - personal goals, professional, financial, social, relationship goals; goals related to physical well being and health, spiritual goals etc. Sometimes we are not even aware ourselves, but we are passing through the journey of life with some purpose or the other at all times, the purpose may be a higher purpose or something connected to our day-to-day living.

Whatever actions we perform then, we are aimed at fulfilling this purpose. Also these actions are full of lots of expectations, the expectations of achieving some results. These results which we desire or expect arrive at times and sometimes they don't. If they don't, which is a very common aspect of any such journey of purpose; they generate emotions of worry inside us. Even if the results are achieved, the nature of journey, prior to those results is stressful as compared to a journey which is purpose filled but expectation free, which some might argue is not possible. Worry and stress not only harm the spiritual and emotional self but even our physical body and relationships, making the journey difficult and tiring.

**It is not incorrect to be action oriented and having some clear objectives in progressing towards our purpose, but we need to be capable of aiming ourselves at our dreams without becoming date conscious and the expectation of them being fulfilled now, or on a specific date, in a particular way or form.** If not, we live in a tomorrow consciousness and tend to get upset or discouraged easily and we don't enjoy today. It is not incorrect to be happy when we achieve something, but if our happiness is dependent on our achievements, we will always delay it. Happiness is not later, it is always now. It is commonly said - Happiness is a journey, not a destination. Here we say - Happiness is not only in reaching your purpose, your destination, but also in the journey of purpose. Also, it's important to note that a carefree and detached intellect will always attract positive circumstances which serve as bridges in reaching one's purpose, much more, as compared to a worried intellect.

**Serving through Silence**
In meditation you connect to the experience of silence in which both the mind and the heart are calmed. The mental chatter or noise stops. A gentle flow of slow, clear, transparent and peaceful thought is produced. The organs of the senses and the body are calmed and your emotions become peaceful. In this state you can listen to the voice of your conscience, the voice that guides you. That way you awaken the divine intuition. On listening to that voice, you are strengthened. In this way you start to align your life with your purpose, with what you really want. You begin to have more determination to carry out the things that you really want to do, without fear preventing it.

With meditation you learn to love the silence; a tender, beautiful and sweet silence. That way you value each word more, given that to not lose that experience of the sweet silence; you try to talk less, to speak with sweetness and gentleness. When you generate the love and pleasure in going to the silence, it helps you express the best of yourself.

To help others, sometimes it is better not to speak, not to use words; to use the vibration of your thoughts and good feelings that emerge from that state of silence.

That way you will enter the hearts that are trapped in darkness. Those hearts are in darkness, they have lost hope, and they are hurt, wounded, discouraged. From your silence you transmit to them the light with which they can find a way out. To receive it, they have to be willing. But if their time has not yet come, at least they will know that there are people willing to help from a silence that does not judge, does not complain. A silence that accepts, appreciates and loves, generating an atmosphere in which one can be oneself and feel free to change at their own speed, without feeling forced, but rather from understanding and love.

**Taking Responsibility, Overcoming Guilt**

When you are guilt free you will enjoy the inner peace and this can happen only when you take total responsibility of everything around you. Taking responsibility is empowering, positive and allows a positive flow of energy. You feel relieved. If something goes wrong and if you take responsibility of the situation then you don’t feel depressed. When you feel sad for feel sorry for some past action of yours is the indication that you have acted against your own interest or that of some other person. Coming to this awareness is good because this is the base for a positive
change. Instead of punishing or feeling sorry ask for forgiveness to god and proceed further. Correct it and move on.

You cannot undo whatever is done. You cannot retrieve the words that you have already used once. You cannot change the past as it is already scripted on the either/space. Do not repeat the past act in your mind. Learn from the mistake and move on. You will not repeat this mistake again. You should never repeat the same mistake again. Repeating the same mistake is crime. It is ok to commit a new mistake but not repeat the old one. You always learn from the new mistake but remember please do not repeat them again.

You need to do your SWOT analysis here. You should know your Strength, Weakness, Opportunities and Threat. Do not repeat your mistakes and for that you need to play from your strength. Knowing your weakness is also your strength. You need to avoid getting into your past situation and if need be avoiding the people who were responsible for your failure. You are not running away from the situation but strategically keeping wrong people away in your own interest and also in the interest of all you well wishers.

By cribbing about your past experience you don’t achieve anything. You should learn the art of forgiveness. A mistake created at a particular level of mind cannot be solved from the same level of being. One needs to raise the level of their thoughts above the level from where the mistake occurred. There is no point in being at the same level of mind which leads to guilt, frustration and depression.

Every person functions from his belief system and the values perceived from the elderly members in the family. We need to be guided by these values and principles. This should not happen out of force but out of having accepted the values and principles as our guiding source. If used or acted upon forcibly or implemented unwillingly then there is an element of guilt that can crop up.

When we do not follow the instruction given to us by our elderly members in the family, friends, well wishers, relatives then we feel guilty. When we question our self in such situation about what is right and wrong then we progress in self development and gain clarity on the concerning issues. If we are clear about our values and principles and what we want to achieve without
compromising on our basic values and principles then there is no question of being guilty. Once we have our analytical and the logical mind functioning always in guiding us at the highest level of our consciousness then there is no of guilt creeping in.

The only way to stay away from the guilt is by taking responsibility of everything that is happening around us.

True Identity
Most of us and most of the time we live in the world of labels. It starts with our birth and the first label is our date of birth, followed by the family name. Then we our self are labeled with a name which is for life long. We are also labeled with the place of birth. The other label that gets automatically attached is a particular family members are that of our caste and religion. Almost everybody prefers to follow the same label of caste & religion probable reason for this could be the comfort zone that we are already in. The next label that follows is the school that we join followed by the college. The other labels which we take pride in is that of our educational qualification followed by the person I get married too and the organization I work for along with the corresponding designation is another big label we are looking forward in this materialistic world. The various products that are used at the materialistic level are nothing but the labels of various organizations that manufacture them and we call them as brands.

The true identity is the spiritual being and that is the atma (soul) who is experiencing life thru the physical body and carries all the intelligence from one life to another life. This soul is nothing but a pure form of energy using the physical body to travel. Even the other people around us are also other bundles of energies using their respective bodies to complete their journey. Keeping this in mind about yourself and that of others and leading a life of awareness about the spiritual journey that you are already in then you always experience peace and tranquility of mind. If you do not follow this identity and keep chasing and following the labels you are already attached with or tagged with then you lose your true identity. This is why we see a lot of misery, anxiety, fear and stress among most of the people around us. A lot of people from India and abroad have understood this aspect of being and are keen on perusing meditation in a more serious way by making it as a part of life. Meditation is a true essence of life, a way of life.
The more is the focus in the materialistic world the more is the misery and you lose contact of your true identity. The person who chases this materialistic life style ends up with misery and the person who follows spiritual life style ends up being happy always irrespective of whether he posses all the materialistic treasury or not. By always being attached and involved in the materialistic level will disconnect you from your spiritual being.

By being connected spiritually functions like a GPS system for you. When you travel in your vehicle fitted with the GPS system from one destination to another you feel comfortable while travelling as you get guided properly for the directions and on arrival to your last desired destination of the journey you feel happy and relieved.

Same is the case in your spiritual journey where the soul which is in the form of energy, a droplet from the universe when always in contact and connected properly with the supreme energy which is positive gets guided thru out the journey and reaches the desired destination – your goals for the day, for the moment. Always being connected and receiving the blessings from the supreme to achieve your purpose of life leads to happiness. Understanding your true identity and living a life in complete awareness of your spiritual journey is the key to happiness. It is the key to your stress management program or it is a key to your life style management program.

**Change your outlook**

The world appears to me the way I look at it. If I have a pessimistic outlook then the entire life span appears to be a platform to fight all the wars of life. Probably I become a warrior right from the beginning of the day till the night appears. The continuous shuttle between the work and family may me physically bothering and emotionally taxing. If I do not alter my life and continue all the things as they are then it will become the reason of all the worries and problems in life. The life may even appear to be blocked by huge stones which cannot be shifted and are obstacles in your journey of growth, success and happiness. We are continuously bombarded with various self created thoughts which are self limiting by nature and full of if”s and buts’ which we also relate to our loved ones. These self limiting thoughts do not bring any prosperity and takes me away from my strength of transforming self and people around me.
If I am lucky and smart enough to change my outlook which is possible with the help of spirituality then life can be a great place to acquire knowledge and grow. All the obstacles and tough incidents are opportunities to learn new lessons. In my interpersonal relationship if I make mistakes and keep repeating them again and again with the same person and again for the same issues then this is the particular area that I need to focus and work upon. Of course unless and until I don’t eradicate these weaknesses from the grass root level they will keep on occurring again and again.

We are faced with the challenges and they do come and go, and they help us to grow by making us give our best. If I am able to pick up minute changes and communication from the nature then I can learn, implement and evolve to the highest level of being.

**Leading a life full of Energy**

In our life there are many people around us who are desperately looking out for love and they end up not getting it. It happens because of the low energy; insufficient love received in life which also reduces your self-esteem and transmits negative energy there by attracting the same low energy. It works on the principle of what you give, you receive the same.

In the same fashion there are many people who are desperately looking for success but end up being a failure one after the other. Failure is directly proportionate to the kind of energy we emit; if it is a positive energy then we attract positive energy and if it is negative then we attract negative energy. Our success is linked to our positive and strong desire to succeed. We need to have our goal in place and need to make all our moves in such a way that we progress closer towards our goal by ensuring that we do not develop the fear of failure energy in our mind. In the process of achieving our goals we may not achieve the goals the way we want it to be and in the process failure creeps in without our conscious knowledge. This negative energy is attracted towards us because of the fear of failure. Even during this process we need to be positive and have a progressive approach in overcoming the failures.

We should have the courage to face the failures and still keep trying and eventually turn out to be victorious. With this as our core attitude we will be in a position to generate our creative energies which will help us to be successful eventually in our life by overcoming our failures which could
be in the perceived form or the failure as the reality. In this process of being successful, going from one failure to another it may seem to appear that we have missed on an opportunity to grow, but be bold and fearless. In this process few new opportunities will open up. We are used to function within the self made boundaries because of our comfort zone and we resist changing. We need to devote time everyday to face the challenge, not run away from it and manage your time schedule in such a way that a time slot is budgeted to face fear every day. This process will help you to re-orient yourself from within and the fear will help you to develop your inner strength to move closer to your goal. Every day allocates some time to handle your fear and eventually it will help you to overcome the same.

**True Self Image**

The more I take interest in the materialistic world then the more I get closer to my pre-destined destiny and I see and face a lot of failures and unhappiness. I feel good about my new car and if my self-respect is attached to it then what will happen when my car has become old, or met with an accident. There are chances of my car being stolen or a dent on the car occurs then what happens to my self-respect. In such situation I have an identity problem.

The same is the case with my job or business. If I am in a roaring business and doing financially well then I enjoy the financial freedom and a status in the society, I am a respectable person and enjoy the power and position that comes with it. But what happens when I financially become bankrupt! People have no interest in me and I feel as if there is no soul in the body. There is no energy in your life. You eventually lose your interest in life and are not motivated to do anything worthwhile.

These are all false self-images created in the materialistic world and even with this false self-image whatever success you achieve in the materialistic world you are not satisfied at the end of it. This false self-image does not give you a proper bearing on your self-respect and either develops an inferiority complex or superiority complex. Either of them is not true and triggers an element of insecurity in life. Even when I am extremely successful I am still not independent of the false image that already exists and there is no satisfaction, contentment and happiness.
Be Responsible

There are certain principles that we follow in our life which can also be termed as positive rules which are associated with all our actions and association. These are not the ones used in the court to pass judgments or enforced by the police man to maintain peace and harmony in the society. These are actually related to the laws of karma which goes by the saying that whatever you invest; proportionately you get the benefit. The principles of life puts it by saying what ever thought is released from your side you will attract similar thoughts only. Similarly whatever energy we release the similar energy is attracted back. If we give happiness to someone the same will come back to us. If we give sorrow to someone the same will come back to us. The time frame in this principle is not defined in can happen immediately, tomorrow, day after tomorrow or at any time in the future.

We all of us have a biased opinions of our actions and results. If our actions which improve the balance sheet of our company then we are responsible for it. We would always want to take the credit of all good results but would not like to be responsible for our bad interpersonal relationship with our spouse. The another classic example is that of we put in all our hard efforts in grooming our child and when they grow up as an individual in their life, are doing well and are successful in their own way then we would like to claim for their success and be responsible for the same. If that really doesn’t happen that way then we blame the rest of the world. We find faults with the rest of the world, with the children, with the education set up but not with us. We are biased in associating with all our actions.

We are supposed to be responsible for every action that we take and for everything that happens around us with or without our conscious knowledge. This is our true responsibility.

Since we have forgotten the basic principles that we used to follow in our life which can also be termed as positive rules which are associated with all our actions and association, which we have stopped taking responsibility for many of our steps. For every action there is a reaction and we fail to see the impact of our action on others. The best way to deal in such situation is by not reacting in a given situation but to act aptly.
Life is a sequence of choices which occur in our interpersonal association and the way we invest and give our energy the same is the quality of our returns on the same. The basic principles makes us recollect that all the events in our life, the healthy mind and body, the fortune that we have amassed and all our interpersonal relationships and all the qualities that we posses today are the outcome of what we thought and did yesterday, day before yesterday, last month, last year, last decade and also perhaps in our last birth and even before that.

Most of us do not appreciate this concept or even find it tough to associate because we are conditioned to the thought that our future lies in someone else’s hands, our fate, our luck on which we have no control.

Our principles of life have taught us that there is nothing as luck but whatever happens with us today is the result of our positive or negative actions of the past.

If we spend some time on our past and watch those videos on the memory screen of our mind, without being biased, we will see association between actions and results, causes and effects. When we understand the impact of all the effects have their causes, you will then be assured that this principles are at work in your life every time it occurs.

**The Art of Patience**

One needs to understand that to handle various obstacles in life you need to develop your inner strength and at the same time you need to increase your patience level. Patience does not mean wearing a mask. Patience is to relate to the situation, learn the exact reality and prepare you to handle it. To be patient does not mean to put up a mask at that moment and then go and fire at a later date.

**In patience you forgive and forget rather than putting up a mask.** Patience is live a full fledge river, and the river resembles a lot like being patient. A lot of garbage is thrown into the river, which is being soaked and then changed by the river. Patience is like that of a river which
is like understanding how to allow all the garbage to be with us, process it keeping with us and eventually allow it to leave you and get out of the system for good.

The effectiveness of the patience can be increased by increasing your level of patience which can be done by being bold, up right and positive self-esteem. This self-esteem gives you the strength to build up your patience which gives you the confidence to do things, acquire and prosper in life. Patience is required when you are staying together, to live together and allow others also to stay together in peace and harmony. Patience helps you to keep smiling under all the circumstances and you will always be motivated to achieve and perform. You will never get put off. Patience is not when someone praises you and you keep smiling but it is the other way round. There are many situations where you are fired for no fault of yours, you feel humiliated, disgusted and put down but there is no negative response to such inputs, there is no slightest hatred communicated thru your thoughts, actions body language then you are said to be having patience. While addressing people around, you look into their eyes and talk, you talk with total love and respect with total empathy, passion even with the person with whom you don’t have good and harmonious interpersonal relationship then you are said to be having patience.

The magnitude of the issues however big they may be, may be as big as a mountain, you need to have patience to convert the mountain into a tiny object and that to in a playful way. This also reduces the burden from your mind and makes you feel light. By losing your patience you will convert a small stone into the mountain.

Thinking about all the negative aspects in life or talking about the same is as good as formation of the mountain. Just drop all your thoughts and you will eventually grow. A person who has developed patience can manage their issues, problems and all hindrances in life by making use of their knowledge, by doing the meditation regularly and spending time in silence.

When you take the lengthy road you use a lot of resources and end by draining all your time and energy. You need to take shortcuts. Both the options helps you to reach to the other side but when you take a short cut it help you to save your time and energy and in the process are not disappointed. You continuously enjoy the process and face all the situations with a smile. That is called being patience. When you have developed the strength of patience you enjoy everything
and all the pleasures associated with it. Here one is not referring to the physical pleasures but enjoying right from the bottom of the heart, doing things whole heartedly. When you follow this you will be able to change any situation from chaos to pleasure.

All those who have the strength of patience will be always bold and will not think as why me! As they have all the strength required they will penetrate and use their knowledge and the memory of what is required in life. The one who is scared in life cannot go deeper in life. The person who leads a life in an integrated way lives peacefully, confidently and is peaceful and calm and quite from within. Where as a person who does not have all these qualities makes a lot of noise. He keeps on complaining every now and then for every small things that he encounters. He will continue doing this in his thoughts, words and actions. Eventually the end result is you get drained out and loose all the energy and enthusiasm.

Those who have patience do not have to go thru all these ups and downs of life and they enjoy this happiness, joy and the inner peace. They never crib of things that are around them but enjoy the inner peace and harmony.

Our exposure and experience in life helps us to broaden our boundaries of patience. Many of the activities in life are like our exams where our patience is checked. The exams can start by the unwanted words thrown at us and how we respond in this situation is crucial. The second can be all types of blocks, rough paths that come across as the obstacle in reaching our goals. Now there are other issues where people are involved whom you trust and the bad part is that they also oppose you. These people can be from all walks of life your relatives, friends, colleagues, family members and will create obstacles in your path because they are not happy with the things around them irrespective of their credentials.

With the intention of making others happy, assuming that they are under biased and instigated by something, having all types of discomfort with the strength of peace and patience, we can make others progress, grow and associate. We can teach others how to be patient in a very loving manner, good intentions and in the most pure thoughts and feelings. You not only help others grow but you yourself also progress and grow. You are a source of inspiration.
Try to maintain your calm and peace by using your patience. Maintain your behaviour and encourage others, understand them by seeing from their point of view and help them grow.

**Liberation from Animosity**

Violent anger has many derivatives, such as wrath, ire, madness, obstruction, craze, vogue, rave, fume, storm, domination. This is quite often seen in the situation where one wants to monitor the other person or when our hope and trust is not honoured.

Intense dislike will not allow you to focus and does not allow you to present yourself with good conduct and merit. You had some kind of anticipation in a particular situation from a person but they did not perform the way you expected them to do so. You feel hurt in the process and shaken up. You react to this with complete vengeance. You will want them to take care of all the damages associated. This is your way of being just. This will keep you connected with the person you dislike. Rather than accommodating them, instead of excusing them you keep associated with such people and keep grooming and multiplying the pain and the dispute.

Can violent anger, intense dislike or extreme aversion be justified? Can they solve the issues? Can it be positive in any situation? This dislike for others affects your general well being, disturbs your emotions, you lose your peace of mind and it exhausts you of all the warmth and joy; you become a loner with total dislike for others filled in you.

Take a pause and recollect the last time you disliked someone. You are the one responsible for your own dislike towards someone. One may observe that the response of the other person is the root cause for your emotional disturbance but the reality is that the dislike is your reaction. Every reaction that is being given can be seen as a choice made in total awareness. You just seem to ignore that you have a choice to respond in any given situation but dislike seems to be the automatic response which comes from your old past habits, which are associated with your way of thinking, your understanding, your upbringing, your environment, your education and your thoughts, emotions and actions.

This is because of not being in an alert state of mind; and in this situation your mind is not actively involved in making a conscious effort to take a positive step. Anger and laughter are the
two sides of the same coin but cannot be practiced simultaneously. You have the choice to take one of them. Every time you choose the hatred because of the other persons trigger you strip him from choosing happiness as their choice.

Forgive and let go should be your mantra to overcome this hatred qualities that has been developed within you unknowingly since your childhood.
**Problem on hand**

Today’s students at various levels, face a great amount of stress, sometimes causing physical-psychological problems to them. If the students have to be successful in their studies and have a very fulfilling successful career then they have to adopt some strategies and measures to cope with the stress. They need to be creative in their approach and positive in their thinking. The nature and the type of strategies they adopt in coping stress are crucially important. Hence the study focuses particularly on the methods and types of strategies that the students adopt in coping with their stress.

**Importance & Scope of the project**

- Realize the reasons of stress among the students.
- Understand Nature of stressors.
- Understand the consequences of stress on students’ study and life.
- To study the methods and strategies, they adopt in coping the stress.
- The sample size is focusing only on student’s community and that to in Mumbai city.

Most of the students face tremendous stress in their studies at some stage or other, which may result in their physical and mental problems. Students have to adopt some strategies/measures for coping the stress effectively. Otherwise they remain the victims of the stress and as a result under-performer. Stress is inseparable part of modern student life and study-stress may be more in the metro cities. Successful students adopt better stress coping strategies than the underperformers.

However as study is based on a comprehensive field data, it reflects some of the fundamental practices of stress-coping strategies, among the students in Mumbai city, which helps in understanding stress in any location/context in India.

The importance of this project is that it will help creating awareness in handling stress among all the students community. The entire research directly or indirectly is useful to all the stakeholders of the society at large and education community in specific. All the stake holders of the society will be benefited from this research.
If one wants to be stress-free one should not develop mere money-oriented personality and one should focus on happiness and enjoy the journey of the purpose rather than being at the destiny.

The importance of this research on stress coping methods and strategies amongst students shall have multiple benefits to whole education field particularly useful for coping stress in the students. Even the teacher’s community including the trainers and mentors can use this significant data in their counseling process; also useful for parents in understanding the stress of their children and handling them.

The importance of this research can be further enhanced when the educationists uses this data and information for planning the zero stress curriculums. At school level and also at the college level lot of students commit suicide due to the excess load of the curriculum and the number game. This data eventually can be a pointer for the entire educationist community in revising the syllabus and useful for overall community in understanding the students and their stress creating problems.

The significance of this study or the importance of this study is to understand that stress cannot be avoided and the student’s community should be trained in a professional and structured way by undergoing soft skill training programs.