

Degrees and Distress: Ancient Lessons for Modern Learning

The India-Afghanistan relationship is more than just strategic; it is human at its core.

Yet, despite the mounting data and the lived experiences of students, institutional response remains limited. While a handful of elite institutions have established counselling centres and wellness programs, the vast majority of colleges – especially in rural and semi-urban areas – lack even the most basic mental health infrastructure. Where coun-

A thoughtful glance at the ancient Gurukul system reveals timeless insights for contemporary higher education. Far from being archaic, the Gurukul tradition embodied a deeply humane pedagogy—one that nurtured the emotional, moral, and spiritual growth of students alongside academic learning. Shishyas lived with their guru not merely to acquire knowledge, but to internalize values, discipline, and life skills through shared living and mentorship. Education was not transactional; it was relational, experiential, and anchored in care and dialogue.

Third, dedicated Centres for Happiness or Anandam: The Centre for Happiness-such as the pioneering one established at IIM Jammu-can be developed as institutional hubs to cultivate holistic well-being. These centres go beyond occasional workshops by offering structured and research-informed programs in yoga, meditation, nature therapy, expressive arts, and reflective dialogue. At IIM Jammu, Anandam has evolved into a vibrant ecosystem of innovation in the field of student well-being, introducing a spectrum of initiatives that combine traditional wisdom

As the Gītā reminds us, "Karmayevadhikarameṣuphalebhukadḥ cana"-we are entitled to action, but not to its fruits. Perhaps this wisdom, understood not as resignation but as freedom from paralyzing anxiety, is what Indian students need most today. Not just to survive education, but to thrive through it.

(The writer is Chairperson,
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More than lessons and exams, a classroom captures laughter, discipline, curiosity, and quiet shaping of young lives

Afternoons bring a different mood—slower, more reflective. Fatigue shows, but teachers know how to hold attention. History lessons turn into stories, science becomes a hands-on experiment, or sometimes, the class enjoys a guest lecture. A sudden quiz or a teacher's anecdote can transform a dull hour into an unforgettable one. These moments break the monotony and create memories that outlive the school years. It is often in the afternoon that students discover how knowledge

A day in a classroom may seem routine, but it is far more than that. It is a microcosm of life itself—filled with struggles and triumphs, failures and

Even in an age where technology and online learning are rapidly gaining ground, the traditional classroom still holds a magic of its own. The physical presence of peers, the human connection with teachers, and the shared atmosphere of a learning space cannot be replaced by screens and headphones. A classroom teaches not only the syllabus but also empathy, cooperation, patience, and respect. These lessons, though unlisted in textbooks, are the ones that stay with students for a lifetime.

Thus, a day in a classroom is more than just a routine. It is a living story, written anew each morning and concluded each afternoon, only to begin again the next day. Every chalk line drawn, every question asked, and every laugh shared contributes to the making of individuals and the shaping of society. Within those four walls, futures are quietly being written, one lesson, one friendship, and one day at a time.

(The author is a senior analyst)

Through this effort, students will conceive, design, and develop prototypes (STEM and Non-STEM) under four focus themes of national importance : (1) Atmanirbhar Bharat-for

A team of 5 to 7 students will participate in the Buildathon and submit entries in the form of videos. There will be no limit on the number of teams from a school. All the team of

Following the event, students will submit their final entries (photos and videos of their innovation activities)

The Outcomes expected from Buildathon are - (i) Engagement of students in the world's largest live innovation activity, (ii) Development of lakhs of grassroots prototypes aligned with national priorities, (iii)

The Buildathon provides a unique opportunity for young individuals to identify real world challenges and devise sustainable solutions through collaboration and technology. It will not only showcase India's young innovators, but will also create a global record-setting platform for innovation, self-reliance, and national pride.

(The author is an engineer and educationist)