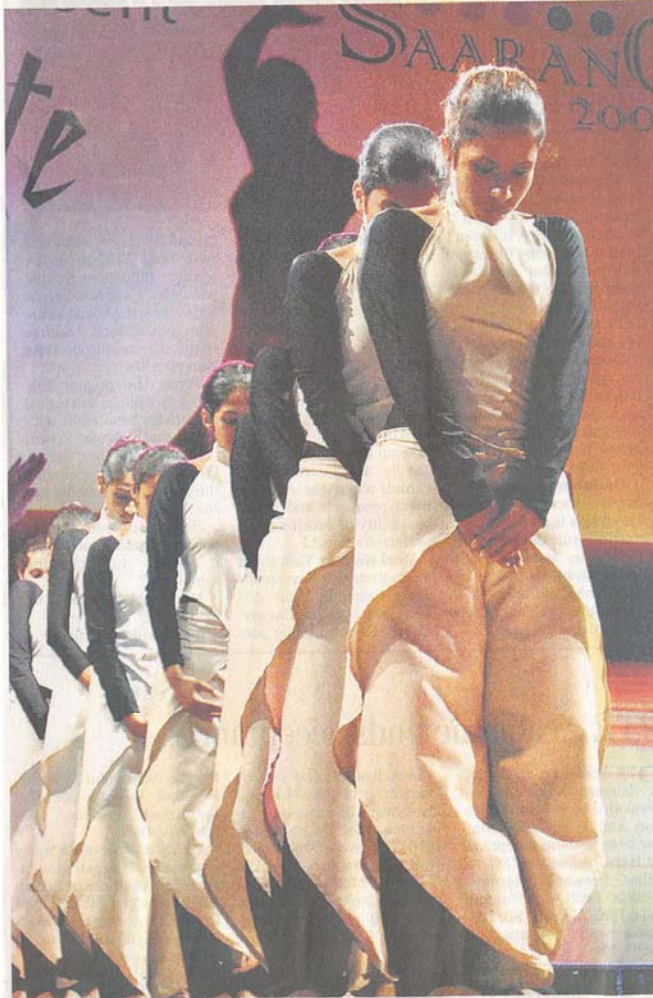


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## The right stress-buster



Cultural activities brighten up our lives, students tell **SUKRITA K.**



**LET'S LIVE:** College fests help students realise their own talents and appreciate the skills of contemporaries from other institutions

### DIFFERENT STROKES

**I**s studying the syllabus and passing examinations enough to prepare you for your professional life?

Most organisations where students seek employment do not merely look for candidates with bookish knowledge. In fact, what is preferred is the 'extra' skills. This can be developed only if students diversify their interests.

But what do the busybody college-goers in Bangalore feel? *The Hindu Education-Plus* spoke to a few students. Here's what they had to say:

**Dimple (BBM first year,**

**Sri Bhagawan Mahaveer Jain College):** Participating in extra-curricular activities really groomed my personality. Under stress our true character comes out and we can look back on it and shape ourselves.

Sometimes, before participating in an event, we might not even know we are good at it. I think everyone should participate in as many activities as possible to understand ourselves.

#### Surprised

Once I had participated in an essay-writing competition and won too. After some days I read my essay and was surprised and doubted whether I had actually written all those very sentences.

As students we need to explore ourselves and find out our true personality. Activities in college is the best way to do that.

**Hasan Faraz (B.E. Electronics and Communication second year, Kammavari Saugham Institute of Technology):** The vast syllabus and pressure from teachers and parents make it difficult for us to balance our schedule. But extra-curriculars do help us to relax our mind, take a break, freshen up and explore our talents and skills.

Sports day conducted in our college after every semester gives us an opportunity to exhibit our interests. Fests help us know people from different colleges and learn

many things from them. We get to know the level of competition that exists and explore our cultural talents. All these help us have a positive attitude and boost our confidence level.

**Deepti N.B. (B.E. Information Science second year, City Engineering College):** Schools and colleges are the best places to showcase and discover our talents. These activities pave way for students who are poor in academics and good at these kinds of activities.

#### Special quota

In Karnataka a student who is good at co-curricular activities has a special quota for admissions in professional courses.

**Karthik D. (B.Com second year, Vijaya Degree College):** It will create a secure base for the students and help in personality development. And as far as cultural are concerned, practising and participating certainly helps nurture our skills.

**Nethra Bhaskar (B.Com second year, Sri Bhagawan Mahaveer Jain Evening College):** Cultural activities play an important role. They help us to overcome our shortcomings and shape a brighter future.

Dance, drama, music, painting etc., bring better thoughts from one's mind and reduce mental pressure.

**Hari Prasad S. (B.E. Architecture second year, BMS College of Engineering):** Yes, these kinds of activities are required. We have a mountaineering club, for instance, in our college. Sports can be a real stress-buster. During our college fest 'Ulsav' the art team is given a lot of importance.