

Express with Ease: Students Speak.

What is the New Normal for Students?

Nov 06,
2020

*Main
Takeaway*


The irony of how unnatural one finds it to be spending such an unusual time with self that it takes a toll on the mental health is testimonial in this lockdown.

Introduction


Join us for a brand new episode of VUTV where we have a heart to heart with students and find out from them "What is the new normal for students?" In this conversation we will touch upon the various integral parts of the life of a student such as education, mental well-being, socializing, extra-curricular activities etc. and understand how students are adapting their lives to the new normal.

EXPRESS WITH EASE


What is the New Normal for students?




Ms. Ashlyn Nicole Moreiro
Trivandrum International School




Mr. Advait Rao
Apeejay School Kharghar



VIJAYBHOO MI UNIVERSITY
India's First Liberal Professional University





In Conversation with
Ms. Kritika Padode Bhandari
Advocate, Board Member
Vijaybhoomi University

Friday, 6th Nov 2020
5:00 PM

Karjat, Greater Mumbai, India. www.vijaybhoomi.edu.in

Takeaway **Learnings**

- Frantic lives have now found tranquil in the shift between the pre and post-pandemic eras. However, students face new difficulties in keeping up with academics with lesser physical and environmental interactions.
- People find more time to socialize and spend time with their loved ones at home. For those belonging to a socially active environment, communication primarily takes place through social media platforms.
- Life has now become static for most people- the lack of physical ice-breakers has made classmates unknown in a digital class.
- Students crave more futuristic, engaging, and interactive content through mediums such as internships in fields that promote distance learning.
- With rising anxiety on an overly thinking empty mind, supportiveness and empathy are vital for a sapling's brain. Schools are organizing counseling sessions for students to help out in any way they can.
- Social media and prolonged exposure to electronic gadgets, in general, have strains on the health of students. A dialogue has to start on making social media platforms a safe place to thrive.
- People are finding it difficult to co-relate situations with their family members due to age and generational gaps. The informality and vocalization of issues are found dilute in such conversations.
- Overall, the lockdown has been a balance of life. For some, a great time to introspect, and for the others, another form of a static lifestyle.

Speakers

Ms. Kritika Padode Bhandari,

Board Member at Vijaybhoomi University.

(<https://in.linkedin.com/in/kritika-padode-bhandari-010356129>)

Ms. Ashlyn Nicole Moreiro,

Trivandrum International School.

Mr. Advait Rao,

Apeejay School, Kharghar.

Follow us on:



[@vijaybhoomiuniversity](#)



[@Vijaybhoomi University](#)



[VUTV channel @Vijaybhoomi University](#)
