



SAMPLE FORMAT FOR CASE STUDY

Subject Name	Universal Human Values	Subject Code	BUHK408
Candidate Name	Dr.NAVEED	USN	1WT23CS000
Branch	CSE	Semester	Fourth
Newspaper Case Study (with Hyper Reference)	Rising student stress and mental health issues in India due to academic pressure. Source: https://www.thehindu.com/news/national/rising-student-stress-and-mental-health-concerns/article67210236.ece		
Assignment Question	Analyze how lack of right understanding about success and happiness can lead to stress among students. Suggest value-based approaches to address this issue.		
Date of Submission	06-03-2026	Date of Presentation	06-03-2026
Candidate Signature		Maximum Marks	25
Staff Incharge (Name & Signature)	Dr.NAVEED	Marks Obtained	

Abstract from the Newspaper:

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Vulnerable students and India's need for an inclusive academic system Premium

Genuine care, integration, and collective action can help build a compassionate educational system wherein students can thrive and face life without fear of failure

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RAJEEV KUMAR

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'The key to prevention lies in keeping students integrated, and free from stigma or fear' | Photo Credit: Getty Images/Stockphoto



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Description:

Students invest immense efforts in securing admission to premier educational institutions. While many are able to turn their dreams into reality, others get left behind. There are times when both students who are unable to get admission and those who join these institutes take extreme steps. A victim's mother once said, "I gave him an IIT dream." Despite various preventive measures, students ending their lives is a tragic loss.

In 2024, around a dozen suicides were reported from the Indian Institutes of Technology (IIT); there have already been over 100 cases in the decade, 2014 to 2024. In 2025, there have been incidents reported from IIT Indore, IIT Kharagpur, and the Indian Institute of Management Bangalore, and six cases of admission-seekers in Kota in Rajasthan, which is famous for its coaching institutes. According to the 2022 National Crime Records Bureau (NCRB) data, there were 13,044 student suicides in India, or 7.6% of all suicide cases. Among these, 2,095 were linked to examination failure.

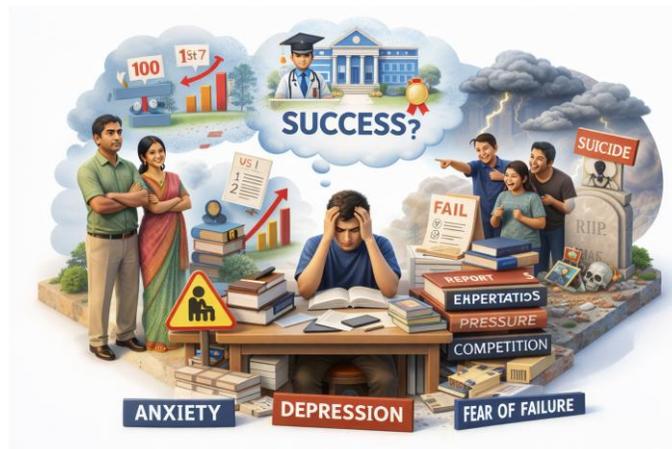
1. Observations:

1.1 Analysis:

Lack of right understanding about success and happiness can significantly contribute to stress among students. In many cases, students are made to believe that success is measured only by high marks, ranks, and admission to prestigious institutions. This narrow definition creates intense competition and pressure to perform academically. As a result, students often associate their self-worth and future happiness solely with academic achievements. When expectations from parents, teachers, and society become excessively high, students may feel anxiety, fear of failure, and loss of confidence. Studies show that academic pressure and societal expectations are major contributors to mental health issues among students, leading to anxiety, depression, and even suicide in extreme cases.

[\(IDEAS/RePEc\)](#)

In India, the problem has become serious, with thousands of student suicides reported each year and exam failure being one of the contributing factors. [\(PMC\)](#) This situation shows that when students lack a balanced understanding of life goals and happiness, they may focus only on academic performance while ignoring emotional well-being, personal interests, and overall development.



1.2 Value-based approaches to address the issue:

To address this issue, value-based education should promote a broader understanding of success and happiness. Students should be guided to recognize that true success involves personal growth, learning, ethical values, and balanced living rather than only academic achievements. Educational institutions should encourage self-exploration, emotional well-being, and the development of life skills such as resilience, time management, and positive thinking. Parents and teachers must create a supportive environment where students feel valued for their efforts rather than only for their results. Introducing counseling services, mental health awareness programs, and activities that promote creativity, sports, and social responsibility can also help reduce stress.



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By promoting right understanding about life goals and happiness, students can develop confidence, maintain mental well-being, and pursue education in a healthy and balanced manner.



2. Concluding Remarks:

In conclusion, student stress due to academic pressure highlights the need for a balanced understanding of success and happiness. When success is defined only by marks and ranks, students may experience anxiety, fear of failure, and mental health problems. Value-based education can help students develop right understanding, self-confidence, and emotional well-being. Support from parents, teachers, and institutions is essential to create a healthy learning environment. By promoting holistic development and balanced living, students can achieve true success and maintain mental well-being.

Note: All matter should be in times New Roman with 10 size, justified single line spacing.