

Letter to the Editor Regarding Pressure on Students in today's Competitive Environment

Question: You are Nitin/Natasha, a student of class XII at K.P.N. Public School, Faridabad. The student is required to cope with a lot of **pressure in today's competitive environment**. Write a letter to The Editor of a national daily highlighting the increasing stress faced by students and suggest ways to combat the same.

Answer:

K.P.N Public School,
Faridabad,
15th may, 200xx

The Editor,
The Times of India,
Bahadur Shah Zafar Marg,
New Delhi

Subject: Pressure on students in today's competitive environment

Sir,

Through the columns of your respected newspaper, I may point out that the students of today are under such pressure and strain due to the *competitive environment*. The day a boy enters an institution, he or she is pressured to some high marks. Consequently, the boys hardly get adequate time for *food, rest, recreation, sleep, hobbies*, and other *outdoor games*. when they are in secondary and senior secondary classes, the fear of tough competition, *entrance examination, voluminous syllabus*, and extra coaching go on stressing their mind, body, and *soul*. For the sake of often visible in the shape of *anger, irritation, insomnia, violent behavior* on the part of the student. In reality, it is time to develop a balanced personality.

In order to encounter this turbulent state of affairs, certain ways and means have to evolve. In this regard, it is suggested that *games and sports* should be made compulsory forever student. Some sort of creative and *vocational* work must find a place in their daily periods. Due weightage should be given to *yoga* and another common *exercise*. In the morning assembly, teachers and students should participate in news, oral discussion and think for the day, and so on.

I hope it will do a long way in combating the problem of stress and tension among the minds of the students in this competitive environment.

Yours faithfully
Nitin/Natasha
Student class XII

