

Happy Campus: How to Make Universities a Better Place to Work and Study in INDIA

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Abstract

Campus can be stressful. The transition away from home, the financial and academic pressure, conflicts with peers, and post-graduation planning can all contribute to stress among college students. When managing an increase in responsibilities and changes, many students might forget to contribute intentionally to their own self-care and well-being. Health and happiness go hand in hand. Since the body and mind are so connected, taking care of physical health is helpful for mental health. Making intentional healthy changes to our lifestyle can boost our wellness in meaningful ways. Good friends bring fun in the good times and support in the bad times. They share in your joys, celebrations, hardships, and sorrows, and help keep your happiness quotient and spirits high. Having meaningful connections with others significantly reduces stress, boosts self-confidence and a sense of belonging, and can even improve the immune system and physical health. Friends see, understand, and accept us for who we are. College is a time of immense personal growth. It's also a time where you can make genuine best friends. We all know that the obligations that come with being a college student can be difficult, so it's good to have a helping hand when you're dealing with that exhausting research paper or are having a bad day. We all need someone to lean on from time to time. And, students who make an effort to form relationships in college are more likely to succeed academically and graduate on time. This paper highlights what makes a campus a happy campus and what the universities and Higher Education Institutes should do to make it a better place to study and work.

Keywords

Happy Campus, University, Higher Education Institutes, India