

## VIDYAPOST

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# Mumbai Pre-Schools A Tribute To Maria Montessori Methods!

Mumbai Pre-Schools continue to use Maria Montessori methods, a leader in early childhood education. This information gives parents a clear overview of "The Montessori Method." It is especially useful for those looking for a sensible alternative to an education system based on a philosophy of irrationality and collectivism will shape a certain kind of individual and society. On the other hand, a system grounded in thought and individualism will create a completely different type of person and society.

To choose a sensible education for your child, you must first understand the philosophical basis of an education method. This understanding will help your child reach their full potential. First and foremost, it is crucial to recognize that to help your child develop their mental abilities, you need to understand what those abilities are. Only after



identifying this potential can you effectively support its growth. The ability in question, the one that helps us understand our surroundings and is central to our nature, is reason. Humans, unlike other animals, are

conceptual beings. Our ability to think sets us apart.

In 1907, Montessori established the first Casa dei Bambini (Children's House), where she applied her methods to children with normal

intelligence. Her success led to the opening of more Montessori schools. While many intellectuals have opposed her methods and the philosophy behind them, her innovative approach received widespread support from the public. The Montessori Method thrives because it aligns with the true nature of humans. Dr. Montessori did not begin with a fixed educational theory and try to mold children to fit her vision, as others like John Dewey did. Instead, she listened to the "inner dictates of the child" to support their natural development.

She understood that humans are conceptual beings and that young children work to enhance their thinking abilities as they grow. Her method works because it promotes the development of a child's reasoning skills as its core principle. Ayn Rand's philosophy of Objectivism, which values reason as the sole path to knowledge, provides a

theoretical basis for the Montessori Method. Rand often praised Maria Montessori's brilliance in education.

To see the situation, one only needs to look at the majority of the current generation of high school and college students in the area, who are almost completely illiterate. However, a word of caution before you rush to enroll your child in the closest Montessori school. No one can legally prevent his school from being referred to as a Montessori school. As a result, there are numerous so-called Montessori schools that lack qualified instructors, Montessori supplies, or instructors who even vaguely understand the Montessori teachings.

Therefore, it is essential that you become well-versed in both the Montessori Method and the Montessori school you are considering for your child. Nevertheless, we strongly recommend a quality education for every child.

## "Parents' Top Choice! Cubs Gurukul's Fun-Filled Approach to Early Childhood Education"

Where Joyful Learning Meets Holistic Growth — Thane's Most Happening Early Education Hub Nestled in the heart of Thane, Cubs Gurukul Preschool has carved a reputation as more than just a school—it's a vibrant learning ecosystem where every child is celebrated, nurtured, and inspired. With its unwavering commitment to Indian cultural values, child-centric education, and community engagement, Cubs Gurukul is proudly recognized as the most happening preschool in Thane—and it's easy to see why.

**A Certified Center of Excellence** Cubs Gurukul recently earned prestigious certifications from both Healthy School India and the Quality Education Assessment Council, setting a benchmark for safety, wellness, and quality learning experiences. These acknowledgements aren't just plaques on the wall—they're testaments to the school's thoughtful curriculum, hygienic environment, and holistic child

development practices.

**Where Learning Feels Like Play** The preschool blends Montessori-inspired methods, Indian cultural storytelling, sensory play, and value-based instruction to create a joyful atmosphere. Children don't just recite lessons—they dance with ideas, explore textures, laugh through rhymes, and build confidence through creative expression. From yoga mornings and puppet storytelling to art weeks and festive celebrations, there's never a dull moment at Cubs Gurukul.

Here, learning is interwoven with life—respecting traditions, encouraging curiosity, and preparing children to become empathetic, expressive, and resilient individuals.

**A Nurturing Environment Rooted in Values** True to its name, Cubs Gurukul offers a Gurukul-inspired ethos tailored for the modern world. Teachers embody the roles of mentors, guiding children with compassion and wisdom. The

preschool places deep emphasis on foundational values such as kindness, respect, gratitude, and discipline—infused seamlessly into everyday activities and classroom dynamics.

Whether it's celebrating Raksha Bandhan with handmade rakhis to support students from the Anchal NGO or organizing cultural fairs that unite families, Cubs Gurukul proves that education can be both inclusive and impactful.

**The Most Happening Place—And Not Just for Kids** What makes Cubs Gurukul the most happening preschool isn't only its child-focused approach—it's the way it engages families, educators, and the wider Thane community.

- Parent-Teacher Meets are more than routine updates—they're collaborative forums for shared growth.

- Annual Day Celebrations are vibrant showcases of talent, tradition, and teamwork.

- Social Cause Campaigns, such

as donation drives and awareness workshops, make the school a civic role model.

Add to this the excitement of themed learning weeks, storytelling carnivals, and music-and-movement sessions, and you get a campus buzzing with energy, empathy, and excellence.

**Operational Excellence & Visionary Leadership** Behind the preschool's success is a robust backbone of well-crafted SOPs, communication protocols, and a leadership team that balances creativity with compliance. Cubs Gurukul prides itself on running an institution that's as professionally managed as it is lovingly curated—setting an example in early education across the region.

Its alignment with national standards, proactive administration, and strategic documentation make it a preferred choice not just for parents, but also for educators seeking a fulfilling career in



early childhood teaching.

**What Parents Say** "Cubs Gurukul is a second home for my child. She's not just learning—she's thriving."

"Their cultural connect is amazing. My son now explains the meaning of Diwali with such pride!"

"From safety to learning, every detail is thoughtfully managed. Truly the best preschool in Thane."

**Join the Cubs Family** If you're searching for a preschool that offers joy, structure, values, and vibrance—Cubs Gurukul awaits you. It's not just a place where children learn—it's where they bloom, laugh, lead, and love.



# Internet : A Dangerous Environment for 7-14 Year Children!

The internet is not a safe place for your children. Don't even start thinking your child is safe. There are more dangers than you can even comprehend out there waiting to lure children to their destruction. You'd better be keeping up with what's going on and doing something to protect them from the threat. If not, your child's sanity and well-being are in grave danger.

## Sounds alarmist?

Well, I really cannot emphasize this fact enough. You need to be as cautious with your 8-12 years old on the web as you would be in the worst red-light district back alley in the darkest corner of town. If you would not give your twelve year old free rein to wander round a drugs den or go to the shops in high street, then why on Earth are you releasing him or her onto the internet unsupervised? Let us consider some of the risks that are out there on the internet.

The most glaring problem is pornography. You can find dirty photos, film, sounds, movies and whatever else you can think of everywhere on the internet. Even better, it's sometimes hard to surf without encountering a



pornographic site every now and then.

And it's not even your average run of the mill pornography, no, there's much worse out there if people want to look. Your kid can get photographs that will make your toes curl with the depravity of the shots. Intelligent individuals

may argue whether or not any of this content should be available, even to grownups, at all, but no one with any conscience and glimmer of goodness can say it is acceptable for kids to have access to this material. Not only is porn a threat, but the world online is full of other sickening things (like the real world). With

very little effort, your child can just surf on over to sites that preach hate, nazi ideologies, and page after page of really graphic, real violence.

I even know parents who were appalled to discover that what they had believed were innocuous Anime (a form of Japanese cartoons) websites proved to be hard core, graphic animated sex galleries. Of course, I'm sure you've all heard of the perils of unsupervised chat rooms. I have heard that

older men hang out in them, waiting for trusting, innocent children. They start up conversations, and before long your child might attempt to travel to meet a nice man - and never come back. You've got other, more insidious, threats too. Your kid may surf the web and discover some neat website that requests personal data. Being uninformed, he or she may provide your social security number, address, phone number or even your credit card numbers.



## It might indeed put not only your kid but your whole family in jeopardy.



I could just go on and on about the risks, but what can you do about it? Is there anything you can do at all, short of turning off the stupid computer, to keep your kids safe?

The first, and most crucial, thing that you can do is communicate with your children. Believe it or not, children are intelligent humans, and they will realize if you

communicate the risks using words and ideas that they comprehend. Explain the risks, being patient and kind and compassionate.

It will take a few attempts, but they can learn, understand and comply. Just make sure you don't depict the dangers as something in any way appealing, and don't prohibit them from venturing, just tell them what's

happening.

The second, and no less significant, thing to keep in mind is that even if your kids do know and understand what you say - you must shield them. Don't allow them to browse the internet alone if you can avoid it. Monitor them on the internet and make certain you are aware of where they are headed.

Every once in a while, check over the computer that your child has been using to see what they've been doing. Look at the cookies, the browser history and at images and such stored on the hard drive. I know it sounds like spying, but it's important to know what they are up to before they get into trouble.

If you happen to discover something, just hold out for a chance to do what they are doing without revealing that you are peering over their shoulder. Then utilize this as a vehicle to get into a conversation with them. Take utmost advantage of any and all parental controls that you have.

Make sure the parental controls of your browser and the major search engines (most have a means to screen out adult content) are set.

## Closed Spaces, Closed Minds: How Poor School Environments Crush Creativity in Hyderabad's Corporate Residential Schools

A growing number of corporate residential schools in Hyderabad, often marketed as "elite institutions," are failing to provide basic natural light, ventilation, playgrounds, and activity-based learning—leading to increased psychological stress and stunted cognitive development among students. Education experts warn that such environments prioritize rote learning over critical thinking, leaving children ill-equipped for real-world challenges.

### The Dark Side of 'Premium' Education

Many high-fee residential schools in Hyderabad operate in congested buildings with poor airflow, no sunlight exposure, and zero outdoor spaces. Psychologists report alarming trends among students from such institutions:

- 42% higher anxiety levels (National Institute of Mental Health study, 2023).
- Decline in creativity and problem-solving skills due to lack of free play.
- Increased dependency on memorization rather than analytical thinking.



Dr. Shivakumar, a child counsellor, states, "Children in windowless classrooms with artificial lighting show 30% slower cognitive development compared to those in sunlit, open spaces. Their brains need nature to grow."

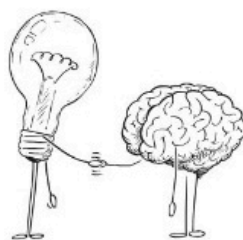
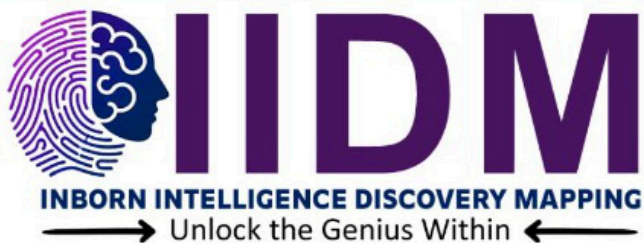
### How Corporate Schools Kill Natural Learning

**1. No Play, No Development** – Without playgrounds, kids lose out on teamwork, motor skills, and stress relief.

**2. Artificial Environments = Artificial Intelligence** – AC rooms with no fresh air reduce oxygen flow to the brain, lowering concentration.

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World's First scientific  
Technology to map  
inborn intelligence!

# 5 Ways to Prepare your child for Better Future

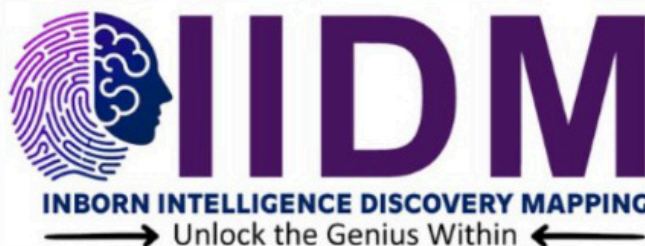
Know your child  
Inborn Talent

Identify best  
learning style

Activities based  
on their innate  
potential

Maximize Your  
Child's Growth  
and Development

Build Stronger Bonds  
with parents and  
children



## IIDM REPORT

1-154/2/5, Beside Maruthi Laptop Hub, Near PSR  
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# 8 Possible Reasons Why Your Child Hates Reading?

Do you have a reluctant reader at home? Are you wondering why your child dislikes reading?

Are you worried about your child's lack of interest in reading? Perhaps you have a young child just learning to read, and you try to encourage them by reading together. However, each reading session feels like a battle. Your child avoids it like a disliked vegetable. Or maybe your child can read but simply doesn't want to. They may even tell you outright, "I hate reading."

How did it come to this? Why does your child dislike reading? Basically, it boils down to one thing: the love for reading was never sparked or has been extinguished.

**Here are 8 ways to kill a child's love for reading:**

1. Reading sessions feel more like drills: Don't quiz and test children while reading. It's okay to point things out and ask questions to promote thinking, but keep it fun. Don't turn it into a stressful teaching session. You may hope they learn something, but don't make that your main goal. Read to enjoy the story. Learning often happens when the teaching isn't so obvious.

2. Television, video games, and computer games take the spotlight: These distractions can pull children away from reading.

It's important to limit these activities if you want to show them that books can be entertaining, too.

3. Reading books that are too hard for them: It's discouraging for children to open a book and struggle with many words. Where's the joy in getting stuck on one page? Know your child's reading level and choose books that match.

4. Sessions turn into shouting and belittling: Parents need to have realistic expectations. Keep your frustration in check when your child doesn't learn as quickly as you'd like. Watch your words and avoid negative comments like, "Can't you remember that

word? We just read it," or "I've told you many times already. What's wrong with you?"

5. Reading books that don't interest them: How do children see these books? Boring! To a young boy, a book on dinosaurs might be more exciting than one about Dick and Jane. Get your teens involved by offering books they can relate to. When I was younger, I loved books about love, romance, and friendship. Focus on your child's hobbies and interests.

6. Forced reading: Sometimes, homework involves assigned reading, which often requires a report at the end. While the intentions may be good, a child can easily see

reading as a chore. Plus, the assigned book might not be of their choice, making it even less enjoyable. Reading in this case feels like trudging through mud.

7. Peer pressure: This affects older children as well. Kids can be mean with their teasing and labels. The terms "nerds" and "geeks" often get tossed around for those who enjoy books. Your child might choose to avoid reading just to fit in with the "cool kids."

8. Limiting what children can read: Imagine if you loved sci-fi books but were told you could only read classics. That

would be frustrating, right? Be open to what your child wants to read. They might seem past picture books, but if they want one, let them. You may think comic books are less valuable than classics, but remember, it's still a book in their hands. Whether it's fiction, non-fiction, picture books, comic books, or magazines, be supportive.

If you want your child to read more, first show them that reading can be fun and enjoyable. Don't push too hard for them to learn to read or to read to learn. Only when they love reading can the learning truly begin.



## Parent Teacher Relationship in Schools?

Behind each successful public school student is a terrific public school teacher. And terrific teachers create terrific public schools. But teachers can't do it by themselves.

The studies are unequivocal: Children excel in school when their parents are involved in their education.

"Teachers assist students to fly and make their dreams and aspirations realities," said Quality Education Assessment Council President Mr. Prashant. "And when parents are engaged in their children's schooling, they will go further - and the schools they attend are improved."

QEAC, with 1.5 million teachers, education support professionals and other educators, suggests five simple ways for parents to become more involved in education throughout the year:

1. Regularly check in with teachers. Proactively get involved and don't wait until something goes wrong or becomes challenging before stepping in.

2. Meet the guidance counsellors and other school



staff. Education support professionals usually are familiar with all of the students in the school, and their contact with your children will be ongoing as they progress from grade to grade.

3. Show up at school events. Open houses, parent-teacher conferences, dances or other school activities are good places for parents to get to know teachers and school staff.

4. Be a volunteer at the school. Carve out time in your calendar to assist with school plays, serve as a classroom aid or chaperone field trips.

5. Keep the lines of communication open. Whether they are your children's classmates, friends or neighbors, meet the other people - particularly parents who have kids attending the same school.

Create support groups in order to work on problems and issues of mutual concern.

"The house is a continuation of the learning that occurs within the classroom," Dr. Deepthi explained. "When parents become involved with their child's education, everyone benefits."

## Indian Schools Focus on Developing Your School Brand

A school brand starts as a positive image that attracts people to enroll their children. For example, high teaching standards or a strong list of sporting achievements can create this appeal. Many school administrators do not take a systematic approach to building the school brand. They often believe that word of mouth will be enough.

**Alumni Feedback** A great way to begin is by holding a feedback session with alumni. They have experienced the school culture for years and can share what they think are the school's strengths.

**Teachers' Expertise** Many school administrators do not realize that the school's unique teaching materials and methods can be legally protected as intellectual property. This helps prevent other schools from using them. It is also important to foster an exchange and collaborative research with other schools.

**School Website** Another cost-effective strategy is to develop the brand through the school website. Hosting online forums to discuss various aspects of the school can help with this. Teachers, current students, and alumni can use these forums to interact and share new ideas and strategies. A

feedback section can also be included to improve school operations.

**Individual School Email Address** One simple way to create a sense of ownership and branding is to give stakeholders a personalized email address from the school server. This provides free email storage and increases online visibility for the school. It is important that users understand privacy and confidentiality rules and remember not to misuse these email addresses.

**White Papers** A school struggles to gain credibility without providing accessible research and white papers to the public. These documents can quickly set your school apart and showcase your research strengths. A logical step forward is to create a school press and publish materials from your teachers. This gives teachers a chance to be recognized for their specialized work and helps build loyalty within the teaching community.

**Contributing To Society** Every school should find innovative ways to give back to the community. In terms of branding, schools can offer free talks in areas of expertise or provide free tuition for families in need.



# Teaching Students 3 Ways To Help Overcome The Fear Of Success: M Vekatesham, Admin Principal!

Imagine telling a significant role model in your life something new and exciting. An idea or event that has stimulated you both mentally and physically. It can be anything from trying out for a dramatic play, joining a sports team, beginning a new career, starting a new business, losing weight, developing a new outlook, changing your image, or continuing your education. Instead of receiving an encouraging comment, what you hear instead is: "That's ridiculous," "You're always daydreaming," or "You'll never make anything out of yourself."

Negative statements such as "That's ridiculous," "You're always daydreaming," or "You'll never make anything out of yourself" create fear of failure and fear of rejection within a person. This situation can leave an individual on the receiving



end feeling helpless. Negative attitudes create barriers toward individual accomplishment. The implicit, or unspoken message, is: "Whatever gave you the idea that you are motivated enough?"

Do you remember a time when you or a friend finally made the team but the coach left you sitting on the bench? What kinds of feelings did you experience? Humiliation? Insecurity? What will it take for you to get off of the bench and become the athlete, the person, you truly want to become. What's preventing you from

speaking up and letting the coach know that you're one terrific person, and given the chance you'll prove just how unstoppable you really can become.

**Here are three ways to overcome fear of success:**

Hyderabad-based education reformist Mr. Mallam Venkatesham Goud, Administrative over 2 decades of experience in running school and principal in a corporate said "True education isn't about 4 walls and a rank card—it's about light, air, and free thought." He explains teaching students these three ways to overcome fear of success:

**1. Continually tell yourself that you welcome challenges:** Stand ready and willing to challenge yourself to your maximum capacity. Move forward in your communication

by deleting all negative self-talk.

**2. Believe that whatever you set out to accomplish,** you will give it one-hundred percent. Stop providing excuses to blame yourself, becoming disempowered from achieving your goals and increasing your self-esteem. Believe that your "pride of accomplishment" motivates you to eliminate all the "shoulds," "oughts," and "musts," from your vocabulary.

**3. Be the best you can.** Continually "see" yourself in an evolving way. Stretch every mental, emotional, and physical fiber within you. Believe and feel that you are one dynamite, ecstatic, and powerful person. Remember, your beliefs impact the way you feel and act.

Sitting on the bench, and not asserting yourself, is like being in a play without acting out the part. Do you go through life



without getting involved one-hundred percent? Maybe it's because you believe you might fail, or even succeed, at what you set out to accomplish. Do you set yourself up for failure and sabotage your success by telling yourself that you can't perform well? Is it possible that you allow unproductive and negative vocabulary to dominate your thoughts? Negative self-talk takes away your motivation and is an inner barrier that must be eliminated.

## Career Development What You Can Do To Further Your Career!

Almost every human being wishes to develop in his or her chosen profession. Nobody wishes to just remain stationary; everybody wishes to get somewhere else. But very few individuals actually know how to bring about their own advancement.

Career development is not very complex—which is not to say that it is easy to accomplish. On the contrary, it requires a tremendous amount of discipline to be able to maximize the resources available to you, i.e., your time, money, and energy.

But once you get skilled at doing it with what you have to the best of your ability, you will be doing great towards personal development and professional growth.

**Below are a few things you can do in pursuit of career development:**

Read widely. For most subjects, reading is among the best activities you can do to learn. A frequently-quoted study reveals that Americans on average read a single book annually after graduation. Of course, in a fast-moving world, one book per annum is not sufficient. If you want to make it anywhere in the world, you will do your part of research and study, if only in the field which bear on your profession.

Most self-improvement professionals claim that if anyone wishes to be a leader in their field, they need to read for a minimum of thirty minutes every day. But, as they claim,

reading is to the mind as exercise is to the body. By remaining on your toes and by being in touch with the progress in your line of work, you will find that you have a distinct edge over the person who does not even bother.

Supply what is needed. No matter if you are employed by a company or run your own business, a basic rule is to provide your customers with what they need. If you work for a company, "providing what the customers want" means providing your boss with what he desires. If you are a businessperson, the rule does not need an explanation.

Try to know what is being asked of you, and what is desired to be given by people. As an entrepreneur, this will involve carrying out market research. As an employee, this will involve studying your company and identifying the department where your special skills are guaranteed to make their presence felt.

Go the extra mile. Napoleon Hill, the renowned self-help writer, recommended that everyone should "go the extra mile" in all that they undertake.

As Hill says, if you take one hour out of your day to do something you don't need to do to make someone else happy, that one hour will be more valuable than the rest of your day. If you do this consistently over time, a culture of going the extra mile will yield you immeasurable rewards, and your career will flourish.

## Demand for Life Coach in Business School to mentor MBA professionals!

Regardless of how successful you're currently doing in your career as a salesperson, I guarantee you that a life coach will assist you to reach an even higher level of achievement – a life coach might even double your income this year alone. That is a strong statement, perhaps, but I have seen exactly that kind of difference time and time again. So, if you've never heard of a life coach, or have heard of it but aren't quite sure how they can assist you in becoming a better sales professional.

How well you're performing in your academics, I promise that a life coach will be able to bring you to an even higher level of success – a life coach could even double your income this year alone. That might seem like a strong assertion, but I've witnessed results exactly that dramatic time and time again. So, if you've never heard of a life coach, or are aware of the general concept but aren't quite sure how they can assist you in developing as a sales professional, let me bring you up to speed.

A life coach is an expert at helping you exceed the normal, to lift your standards and definition of success to a place that you're actually capable of attaining. Most individuals will never realize what they're actually capable of, just because they haven't had the right partnership to make it possible. A life coach is precisely that – a genuine partner in your success.

These are three more specific reasons why all sales professionals can benefit from partnering with a life coach:

A life coach not only cheers with you through your triumphs, but teaches you to learn from your failures. Let's be realistic, as sales people we have to become desensitized to rejection. But it's what you do with that rejection and learning from it that is a significant determining factor of how successful you will be. A gifted life coach puts things into perspective for your success and failures so you can gain from both.

A life coach does not judge you. I am not saying a life coach is just going to give you a sugar-coated vision of where you are going. That would be untrue and it's not how I work with my clients. What a life coach should do, though, is hear what you are saying without sitting in judgment, and without over-analyzing you.

A life coach comes to know your values, your passion and purpose for life ...and keeps you accountable to those. It's easy to get distracted, lose sight of what's really worth it for your life and career. A life coach's role is to keep you on track so that you don't get distracted. Merely keeping you heading in the direction of your ultimate goal is one of the most effective services a life coach can offer. Make use of it.

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**Closed Spaces, Closed Minds: How Poor School Environments Crush Creativity in Hyderabad's Corporate Residential Schools**

**3. Marks Over Mindset** – Schools focus on test scores, not curiosity, producing "book-smart but life-dumb" students.

**4. Sleep & Mood Disorders** – Lack of sunlight disrupts circadian rhythms, leading to insomnia and irritability.

**Parents, Rethink Before You Enroll**

While corporate schools promise "top ranks and discipline," the hidden costs are severe:

- Emotional burnout by middle school.

- Zero social skills due to restricted interactions.

- Fear of failure replacing love for learning.

**The Way Forward**

Education activists demand:  
✓ **Mandatory outdoor spaces** in school approvals.  
✓ **Ventilation audits** by the Telangana Education Department.

✓ **Parental awareness campaigns** on holistic development.

Parents must **question glossy brochures** and choose schools that nurture **minds, not just marks.**



# How SWAPA (Student Well-Being & Academic Pressure Assessment) test helping students in schools!

## "New Study at RVV International School Highlights Alarming Academic Pressure Among Students in Mumbai"

Mumbai, July 30, 2025 — Academic pressure is emerging as a critical public health concern in India's education system, and a recent study conducted at RVV International School, Mumbai, reinforces this reality. The research, which focused on the development and validation of the Student Well-Being & Academic Pressure Assessment (SWAPA), reveals disturbing trends in student mental health and academic-related stress.

The study aimed to construct a scientifically validated tool, SWAPA, designed to assess the psychological distress and academic strain experienced by students. Conducted across a sample of 2,500 students from both State Board and CBSE-affiliated schools in Mumbai, the study provides in-depth insight into the intensity of academic challenges faced by school-aged children.

The SWAPA tool consists of 50 questions, categorized under two main areas: **Academic Pressure (25 items)** and **Psychological & Emotional Well-being (25 items)**. Researchers applied advanced statistical tools such as descriptive statistics, correlation analysis, and hypothesis testing to draw conclusions from the collected data.

The findings are both significant and concerning:

- **61%** of students reported experiencing a **high level of academic pressure**.
- **23%** suffered from **psychological stress caused by parental expectations**.
- **9%** faced **moderate levels of academic stress**.
- **4%** were diagnosed with potential **emotional disorders**.
- **2%** of students showed **reluctance to express their worries**.

### QEAC Approved SWAPA (Student Well-Being & Academic Pressure Assessment)

The SWAPA Assessment Tool, approved by QEAC, evaluates emotional health, stress levels, and academic pressure among students. Institutions gain data-driven insights to improve student support systems and promote holistic learning environments.

As per a research paper published in the "International Journal of Advanced Research & Innovative Ideas in Education"



+91 7995466366

www.qeac.org



SWAPA  
Student Well-Being & Academic Pressure Assessment Report



help us measure the invisible burdens children carry. What we now need is not just awareness, but action — including curriculum reforms, emotional counselling programs, and regular well-being assessments."

The study concludes by advocating for **organizational and systemic interventions** aimed at reducing workload pressure and enhancing emotional well-being in schools. Implementing stress management workshops, offering personalized counselling, promoting open communication between students and educators, and revisiting exam-centric evaluation systems are just a few of the measures proposed.

In a world where student success is often measured solely by marks, the SWAPA study reminds us that **mental well-being is as vital as academic achievement**. It underscores the necessity for educational institutions to strike a balance between performance and personal growth — for the holistic development of the next generation.

For further information or to implement the SWAPA assessment in your school, contact the the research team leading the project in other schools implementations.

• **1%** were at risk of **academic burnout**.

One of the most notable observations was the strong **positive correlation ( $r = 0.68$ ,  $p < 0.001$ )** between academic pressure and psychological distress. This implies that as academic expectations rise, so does the emotional burden on students.

The SWAPA tool was deemed valid and reliable, offering educators and institutions a credible screening mechanism to **identify at-risk**

**students early** and initiate timely interventions.

Education experts believe these findings should act as a wake-up call for schools, parents, and policymakers alike. With over **three out of five students grappling with intense academic pressure**, there is an urgent need to adopt comprehensive support systems to safeguard student mental health.

Dr. Sharma, a leading child psychologist, remarked, "We often underestimate the

psychological cost of academic competition. Tools like SWAPA

