



# *The* HORIZON

VOLUME 3, ISSUE 8, AUGUST 2025

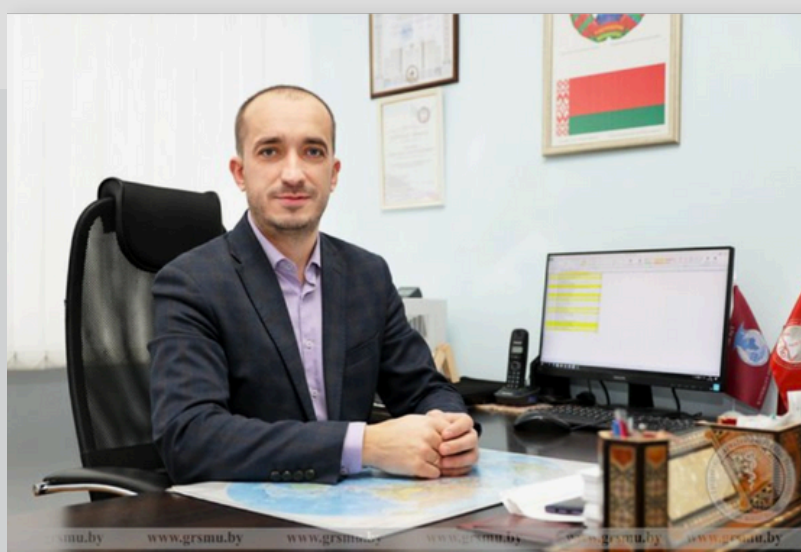
- SHEDDING MORE THAN HAIR: UNDERSTANDING HAIR LOSS AND EVALUATING EVIDENCE-BASED HOME REMEDIES
- THE JOURNEY OF TRANSFORMATION
- HOW TO BUILD AN IMPRESSIVE CV IN UNIVERSITY
- WHY FAILURE ISN'T THE END: BOUNCING BACK STRONGER



# DEAN'S DESK



Dear students, we at Grodno State Medical University strive to provide students with top-quality education, but that's not it. GRSMU is also a hub for Scientific, Cultural, and Sports related activities. We wholeheartedly acknowledge that International students are an integral part of our university, and we take immense pride in that. Grodno State Medical University is glad to work with students from different countries and provide them with a stage to represent their nation and culture.



**DEAN OF FACULTY OF INTERNATIONAL STUDENTS  
DR. ALEKSANDER ALEKSANDEROVICH STENKO**

GRSMU celebrates its uniqueness in diversity, for in its true essence our university is a junction where students from various backgrounds and cultures come together as one big family. GRSMU has always encouraged students to explore further and beyond in every field they try their hands at. I hope that you like the novel concept of 'The Horizon' - a magazine that serves as a platform for the students to voice their opinions, share their takes and present their points of view.

'**The Horizon**' is a medium of extended communication where we can learn a lot from one another. I highly appreciate this initiative and personally support it. I look forward to reading the interesting blogs written by you.

# WELCOME TO THE HORIZON



“We all have fascinating stories to share!” For the longest time, I have had this idea of starting a magazine. But not just any conventional magazine, one that shall serve as a platform for the students and alumni of International faculty at Grodno State Medical University to share their stories. A platform that enables students to share their takes on various curricular and extracurricular aspects of medicine. Thus, the idea of **‘The Horizon’**, came to life.



**DR. MEHUL H. SADADIWALA, FOUNDER,  
CLASS OF 2023**

**‘The Horizon’** will be a creative intersection where students can freely give commentaries about Lifestyle, Culture, Productivity tips, and more. Throughout the years, many individuals at GrSMU have inculcated valuable skills and gained experience with a fair share of success in various disciplines. Maybe you run a successful YouTube channel or an educational website, or maybe you are a successful student-researcher or an educator, and so much more. 'The Horizon' enables students to share their personal experiences. The insights that you share will encourage other students to take further strides and explore future possibilities.

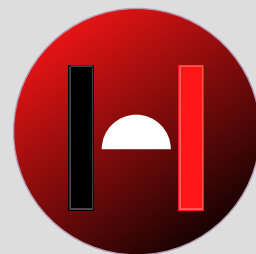
**‘The Horizon’** is supported directly by the Dean of the International Faculty, and it will operate under the supervision of the International Students' Scientific Committee. Students from 1st to 6th year, and even graduates, can submit their blogs to this magazine. The articles should directly or indirectly revolve around student life to share knowledge and the collective growth of students.

For inquiries and submissions.

📷 - grsmu\_science

✉ - grsmuscience4life@gmail.com, socialmedia3490051@gmail.com

# EDITOR'S DESK



“I'm Fathima Aysha Hafeel, a final-year medical student at Grodno State Medical University and the editor of Horizon's Summer Issue 2025. This edition celebrates the vibrant journey of medical college life, aiming to weave narratives that inform and inspire. At Horizon, we share insights on academic challenges, personal growth, and the compassion that defines healthcare. My vision is to foster a supportive community where every voice matters, exploring innovative ideas and celebrating achievements. Join me in this exciting journey, united by our passion for medicine and our commitment to making a difference.”



**FATHIMA AYSHA HAFEEL,**  
EDITOR, JUL - SEP 2025



**ERIIYANU OREKOYA**  
EDITOR, JUL-SEP 2025

“Hey everyone, it's Eriiyanu Orekoya! I'm beyond excited to step into the Editor in Chief role for The Horizon's Summer Season 2025. For me, this is all about creating a cozy corner where we can share laughs, lean on each other, and get pumped about the wild world of healthcare. Let's make this mag a safe little place that lifts us up and keeps us inspired!”

And a message to our dearest readers, we would like to invite you all, students and alumni, to share with us the blogs that directly or indirectly revolve around student life, to share knowledge and experiences that has had an impact on your growth within and outside the bounds of our university.

Concluding, let us alter the limitations of our individual efforts and collectively explore limitless Horizons.

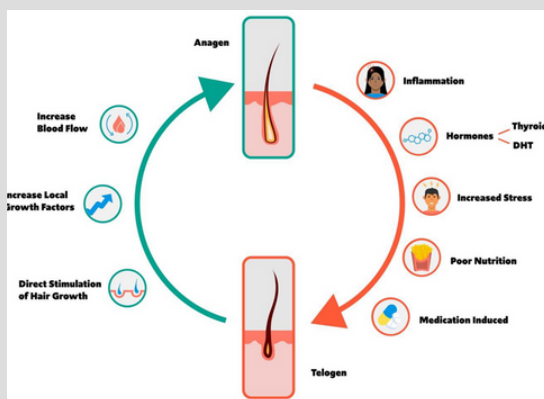
# SHEDDING MORE THAN HAIR: UNDERSTANDING HAIR LOSS AND EVALUATING EVIDENCE-BASED HOME REMEDIES

It is a known fact that we future doctors are concerned about hair loss not just because of the cosmetic aspect of it, but also for all the other reasons it leads us into. This blog explores the reasons, the effects and some of the evidence-based remedies for this burden.

WRITTEN BY  
HALAMBA OSINI  
SENARA  
RATHNASIRI  
CLASS OF 2026

## INTRODUCTION

As enthusiastic as we are to become future doctors who save others' lives, numerous side effects of being medical students have to be swallowed. The dedication, the desire, the passion we have, can be outlined with stress and often show up in unexpected areas of our life- including the scalp. This overlooked consequence: hair loss comes due to many concerns we have like high-stake exams, sleepless nights, nutritional deficiencies, negligence of our health, emotional burnouts, and physical toll of being a medical student. I believe hair loss should be talked about because of its frequent occurrence among medical students which can lead to lower self-esteem, confidence, and quality of life.



## STRESS AND HAIR FALL

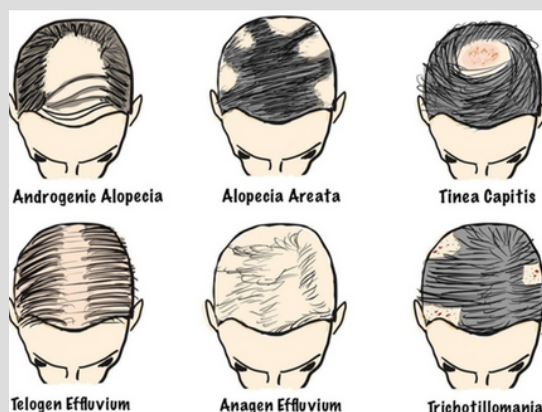
3 phases of hair growth cycle are; anagen (growth), catagen (transition), and telogen (resting). Under stress, the telogen phase elevates leading to sudden shedding of hair. Hair loss emerged due to stress as the primary culprit can be seen in disorders such as alopecia areata or telogen effluvium.

A study conducted among 300 MBBS students relating their stress levels and hair loss has revealed that 85.67% of students experienced hair loss, and most of them had moderate to severe stress. This study proves out the fact that medical students who are exposed to elevated levels of stress can be victims of hair loss despite their age and gender.

## OTHER CULPRITS OF HAIR FALL

While stress can be a main inducer of hair loss among us, there can be other factors. Other proven reasons of hair loss are, genetics, poor diet, sleep deprivation, hormonal imbalances, physiological response from covid-19 and side effects of some medications.

Recently, a trend exists where young people use modern hair styling methods including straightening and dyeing. Also, the younger population tends to use different chemicals as hair care products without giving much attention. These can ultimately lead to hair loss and damaged hair particularly, scarring alopecia, increased hair breakage, chemical burns and irritant or allergic dermatitis.





## MEDICATIONS

Oral finasteride and topical minoxidil are the currently prescribed medications for the treatment of hair loss in men. Though they do not vouch for full regrowth of hair and response differently to different individuals, they prevent additional hair fall and lengthen existing hair.



In women, estrogen and topical minoxidil are prescribed to improve scalp coverage and slow the hair loss process. Anthralin is considered safe in hair loss treatment and is used for both children and adults with severe hair loss.

## HOME REMEDIES FOR HAIR LOSS

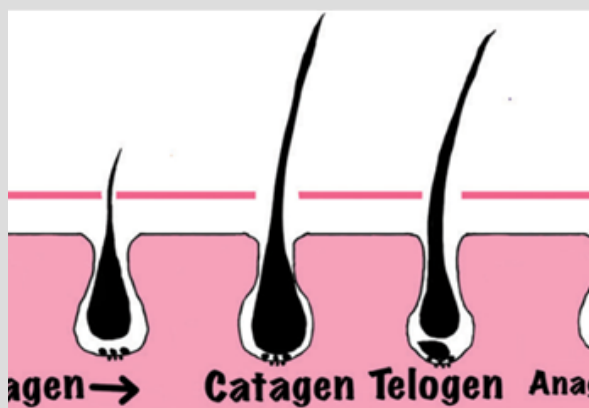
- Rosemary- Rosemary oil is a popular natural alternative for managing hair loss which is scientifically proven to have similar effects to minoxidil, lower number of side effects, and considered to have diverse MOAs which needed to be more explored.
- Saw Palmetto- Saw Palmetto also known as *Serenoa repens* is an herbal medicine. Its extract is known to be effective in increasing hair count, density, and quality in cases of alopecia.
- Onion Juice- Sulphur contained in raw onion juice helps make it a trustworthy remedy for hair loss. A Study conducted with forty-five individuals using onion juice and plain water as control group has resulted in 87% of participants successful hair restoration.

- Korean Red Ginseng- It is a renowned medicinal herb which is used as an antioxidant, anticancer, antistress, and anti-diabetic agent. It is believed that Korean red ginseng improves overall hair health by increasing nutrient delivery to hair follicles, scalp and reducing inflammation and oxidative stress.
- Pumpkin Seed Oil- This may help in promoting hair growth by adjusting the hormonal surrounding of the scalp.
- Azelaic Acid- Azelaic acid is present in our daily consummated crops like rye, wheat, and barley. This remedy helps in promoting hair density and diameter which could be used to substitute minoxidil.
- Olive Oil- Olive oil has been used since ancient times for softness, gloss and manageability of hair and variety of scalp issues, including dandruff and inflammation.
- Coconut Oil- Coconut oil is an excellent hair moisturizer providing deep hydration and preventing hair dryness and fizz. It has properties that make hair softer and more manageable. Coconut oil helps restore damaged hair and prevent damage from hair styling, heat, environmental factors, and chemical products. It strengthens both damaged and undamaged hair.
- Lawsonia inermis (Henna)- Henna has been used for a long time to treat dandruff, irritation of scalp, hair loss, and inflammation of scalp. It also enhances hair growth, density, and ability to change color of hair.
- Honey- Honey has good moisturizing and conditioning properties when it comes to hair care. It reduces scalp inflammation, fight infections and increase wound healing.

- Rice Bran Extract- According to a study, this has exhibited potential for hair growth 3% compared to minoxidil.
- Ashwagandha (Indian ginseng)- It is speculated to improve hair health due to its antioxidant and anti-inflammatory properties.
- Amla- Amla helps prevent hair fall, premature graying and helps maintain a healthy scalp.

## CONCLUSION

Rather than going straight for treatment plans, prevention and minimization of hair fall through lifestyle modifications is one key. Here stress management is compulsory. Incorporating meditation, yoga, scheduled breaks and relaxation time for ourselves is important for overall quality of life. Despite that, having a balanced diet rich in iron, zinc, biotin, protein, a good sleep schedule, and maintaining scalp health and hygiene are necessary. Let us take care of ourselves first before getting ready to save others. The journey of becoming a healer should not cost us our hair!



## References:

1. Abeer Fatima, Muhammad Danial Ali, & Mahpara Safdar et al. (2018). STRESS RELATED HAIRLOSS IN MEDICAL STUDENTS. Journal of University Medical & Dental College, 9(1), 68-73. Retrieved from <https://jumdc.com/index.php/jumdc/article/view/54>
2. Meher A, Safi A, Momo N, Zaheer A, Korrapati N, Ajesh N, et al. Hair loss – A growing problem among medical students. CosmoDerma 2023;3:113.
3. Azhar Ahmed, Azhar M. Alali, Ebtessam Abdullah, Mohammed N. Alharbi, Hamza M. Alayoubi; Herbal Remedies for Hair Loss: A Review of Efficacy and Safety. Skin Appendage Disord 2025; <https://doi.org/10.1159/000542876>

# THE JOURNEY OF TRANSFORMATION

The medical school journey is a roller coaster ride and surviving it requires a lot of effort. Staying consistent and having a purpose that drives you every second, encouragement from friends and family, and guidance from seniors can make this path smoother. While it may be hypothetical to assert that these measures would facilitate smoothly navigating the medical process, lessons and experiences learned at the same cost of effort are incontestable and they can definitely leave a positive impact. Determination, perseverance and encouragement are needed to keep the fire burning.

WRITTEN BY  
FATEHAN  
ALWAAZKHAN  
ZAHIDKHAN  
CLASS OF 2029

## INTRODUCTION

We normally believe that life would become more thrilling and fulfilling after surviving the tough entrance and being accepted in medical school. The freshmen days are the days of utmost eagerness and enthusiasm, but as the lectures go by, we realize that this is all the more challenge. It is like crossing a river when you are not even able to swim. And crossing this river demands techniques and resources.

With that, group study, creating mnemonics and analogies, keeping a hobby where you could always find your peace, engaging in extracurricular activities, and supporting each other through the ups and downs might be some of numerous steps that one might count on. Saying that it is your perseverance, determination, and motivation that make the flame burn.

## MY EXPERIENCE

The first few months of med school are typically the toughest. Adjusting into an entirely new world, with transitory lectures, syllabus, and showering with medical jargon makes it a heck of a lot more challenging to catch up with, mentally and academically. This leads to compromised performance in medical students with the onset of numerous conditions such as stress, anxiety, and inferiority complex.

A steady self-effort, correct guidance, the optimal use of study strategies and technology, and a set of friends who are always available to guide you in your every wax and wane make the experience smooth. It would be unjust to make a false statement that the two years of medical college were easy. But nevertheless, the optimum utilization of resources available, taking notes, group study, having friends who lend ears to you when you are down, and enjoying ourselves at the same time, aided us in completing the journey with some of hassles.



## GUIDANCE

Getting lost in a crowd with a highly competitive environment and thick books is what most freshmen medical students experience. Plain advice from one who has already trodden the journey helps us to get the right direction. From the orientation on which books they used, the lecture slides, to other study materials for exams, and survival strategies for the first-ever viva, we maximized their experience.



Giving academic counseling for universal issues such as poor time management, study habits, exams, and test-taking skills, and the heavy academic load has had a positive outcome among medical undergraduate students.

This counseling has encouraged us as well to establish an amiable environment to allow our future juniors to acclimatize to an entirely new setting and assist them in surviving the two years of medical college with minimal burden.

The first few days of our medical life were more like to stepping into a war zone unarmed with other unequipped trainees with us. But nevertheless, working in small groups kept the process of studies dynamic and enhanced our confidence level.



Group study facilitates students to clear the points of doubt, and encourages peer-to-peer interaction. We have practiced group study as per the time demand. On the regular days, we used to have teaching and learning sessions, so the concepts were clear and easy to remember for the long term.

But when there was an exam, we self-studied the subjects and discussed them quickly, and that surpassed our revision. Together with learning, we supported each other during our highs and lows. There were moments when the entire environment seemed too much with all those lectures, exams, and pressure but it was the constant encouragement trickling in through friends that kept us going.

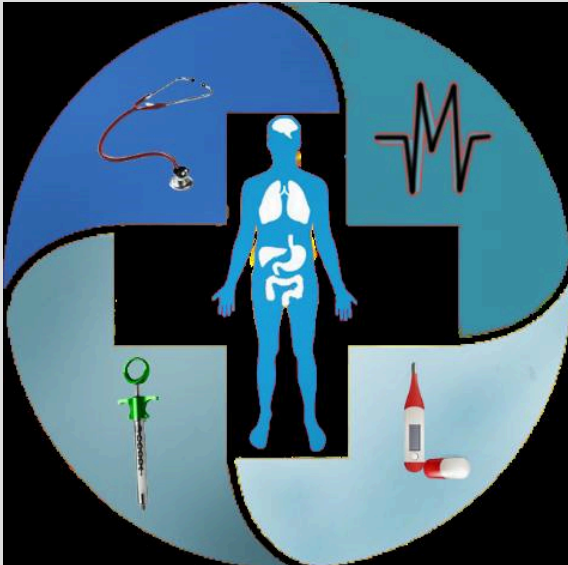
Friendship is the most significant social support and universal stress-reduction factor in the life of a medical student



#### WAY FORWARD

It just seems like yesterday when we began our MBBS life. We have traversed these days with numerous memories, experiences, realisations, and learnings. The greatest learning is that life throws challenges against you and you have to confront them in order to survive. So, intelligent hard work is what one should strive for. Forming a study group consisting of individuals who are also inclined towards a common study objective proves to be greatly beneficial. Supporting one another through each ups and downs, and never hesitating to seek assistance whether it be from your colleagues, seniors or instructors is imperative.

Additionally, balancing studies and exams, extracurricular activities and thoughtful recreation tends to fall out of the box. Engaging in sports, a hobby, and a night out for an adventure not only relieves one of stress and burnout but also makes our complete personal development and skill acquisition smoother.



## CONCLUSION

What I learned from my past 2 years is you should not just focus on study but also improve some other skills which will come help in future, also always listen to your seniors' advice that might come help and also make good friends which take you in right pathway, they should not be your distraction.

## References:

1. Silver HK. Medical students and medical school. JAMA. 1982 Jan 15;247(3):309-10. doi: 10.1001/jama.247.3.309.
2. Stegers-Jager KM. Cohen-Schotanus J, Themmen APN. Motivation, learning strategies, participation and medical school performance. Med Educ. 2012 Jul;46(7):678-88.
3. Ray I, Joseph D. Stress in medical students. JK science : journal of medical education and research. 2020 Oct-Dec;12(4):163-4.

# HOW TO BUILD AN IMPRESSIVE CV IN UNIVERSITY

In today's competitive world, a well-crafted CV (Curriculum Vitae) is more than just a piece of paper — it's your personal marketing tool. For university students, especially those just starting their academic journey, building a strong CV early on can open doors to internships, research positions, scholarships, and even job opportunities. This blog will guide you step-by-step on how to create a standout CV during your university years.

WRITTEN BY

SATHWARA

DEVANSHI

RAKESH

CLASS OF 2030

## UNDERSTANDING WHAT A CV IS

A CV is a summary of your academic qualifications, experiences, skills, and achievements. Unlike a résumé, a CV is more detailed and tailored especially for academic, research, or professional opportunities.

### KEY ELEMENTS OF A STUDENT CV:

- Contact Information
- Objective or Summary
- Education
- Skills
- Internships / Volunteer Experience
- Certifications
- Projects / Research Work
- Extracurricular Activities
- Awards & Achievements

## NECESSARY STEPS TO BUILD A GOOD CV

### FIRST YEAR:

- Join student clubs or societies
- Volunteer at campus events or NGOs
- Enroll in beginner online courses (Coursera, edX, etc.)
- Start a LinkedIn profile

### SECOND YEAR:

- Apply for small internships or shadowing programs
- Start contributing to college magazines, events, or research
- Take certifications in relevant tools

### THIRD YEAR ONWARDS:

- Take leadership roles in student bodies
- Apply for significant internships or research assistant positions
- Attend conferences, workshops, or publish papers if possible

## STUDENT CV

BY RESUME GENIUS

Detail-oriented student journalist with a track record of publishing thought-provoking articles in the university newspaper. Proficient in fact-checking, editing, and meeting tight deadlines. Aiming to hone expertise in long-form narrative journalism and documentary filmmaking.

(973) 538-5492

linkedin.com/in/your-profile

your.email@email.com

New York, NY

### EDUCATION

NEW YORK UNIVERSITY, NEW YORK, NY

Bachelor of Arts in Journalism

Expected graduation: May 20XX

GPA: 3.8/4.0

Dean's list for 4 consecutive semesters

Relevant Coursework: Media Ethics and Law, News Writing and Reporting, Feature Writing, Investigative Journalism, Digital Storytelling, Multimedia Production, Copy Editing and Fact-Checking, Narrative Journalism Workshop, Data Journalism

### WORK EXPERIENCE

THE DAILY TRIBUNE, New York, NY

Editorial Intern

May 20XX–present

- Assist in researching and fact-checking for feature articles and investigative pieces
- Wrote and published 5 news articles and 2 human interest stories for both print and online editions
- Conduct interviews with local community leaders and experts
- Collaborate with senior editors to revise and polish long-form narrative pieces

UNIVERSITY HERALD, New York, NY

Staff Writer

January 20XX–Present

- Write weekly articles on campus events, student life, and academic achievements
- Pitch and develop story ideas independently, meeting tight deadlines consistently
- Edit and proofread articles for fellow staff writers
- Participate in weekly editorial meetings to plan content and discuss journalistic ethics

## CRAFTING THE CV – SECTION BY SECTION

### EDUCATION:

Include university name, degree, and expected graduation date.



# MEDICAL STUDENT CV

Example by CV Genius

T 07123 456 789

E yourname@email.com

A 62 Jacks Road, London, NW12 9BG

L linkedin.com/in/your-name

## PERSONAL STATEMENT

Committed Student with 5+ years of experience attending to patients, developing and executing individualised treatment plans, patient education, and assessment. Seeking a position at (Hospital Name) to employ effective communication skills in establishing relationships and gaining the trust of patients during treatments.

## EDUCATION

- University of Leeds (20XX-20XX)**

MBBS (Hons) Medicine and Surgery, First class (1st)
- Relevant Modules**

Medical Cell Biology and Genetics, Clinical Procedural Skills, Ethics and Law in Clinical Practice, Biology of Disease, Health Behaviours, Respiratory and Digestive Systems
- Bishop Young Church of England Academy (20XX-20XX)**

A-levels: Maths (A), Biology (A), Chemistry (A)  
GCSEs: 10 A-C including Maths, English, Combined Science, and Geography

## WORK EXPERIENCE

**BHI HOSPITAL, Soho, London**

Medical Student

December 20XX–Present

- Communicate with 15+ patients daily and provide professional and beneficial advice to patients on various diseases and disorders, treatment options, and general healthcare
- Assist 5+ doctors in conducting 50+ patient assessments daily, and collecting patients' blood pressure, pulse, and temperature
- Interview 20+ patients to obtain information, and maintain patient charts and electronic medical records by updating reports, test results, and home care forms
- Participate in morning rounds, update patient information, observe examinations, and diagnoses and treatments

**DEBENHAMS, Leeds**

Medical Student

May 20XX–November 20XX

### SKILLS:

List both technical (hard) and soft skills (e.g., Microsoft Office, Canva, Communication).

### INTERNSHIPS / VOLUNTEERING:

Mention your role, place, duration, and key work.

### CERTIFICATIONS:

Include only relevant and recognized courses.

### Projects / Research:

Highlight what you worked on, tools used, and the outcome.

### EXTRA-CURRICULARS & AWARDS:

Student council, club positions, competition wins, etc.

## VISUAL APPEAL MATTERS

Use a clean and professional template.

### RECOMMENDED TOOLS:

- Canva (Student CV Templates)
- Zety or Novoresume
- Microsoft Word Templates

### TIPS:

- Use bullet points
- Stick to one font style
- Avoid over-designing

## KEEP UPDATING & TAILORING IT


Your CV should evolve as you grow. Keep updating every 3–6 months.

Tailor for each opportunity — a CV for a research internship will look different than one for a startup job.

## REFERENCES & REAL EXAMPLES

Reading well-made CVs helps you understand what works. Refer to:

- LinkedIn profiles of seniors or professionals
- University career services CV samples
- Free online student CV guides (Zety, Indeed, Canva)



# DONNA STROUPE

Student

### PROFILE

Business Administration student.  
I consider my self a responsible and orderly person.  
I am looking forward to my first work experience.

### CONTACT ME

123-456-7890  
hello@reallygreatsite.com  
123 Anywhere St.,  
Any City, ST 12345

### EDUCATION

**BORCELLE UNIVERSITY**  
Business Administration career, in progress.

**BORCELLE COLLEGE**  
2020-2024

### LANGUAGE

Native English.  
Advanced Spanish.

### COMPUTER SKILLS

Text processor.  
Spreadsheet.  
Slide presentation.

### VOLUNTEER EXPERIENCE

**BORCELLE COMPANY**  
Participation in collections to distribute in low-income schools.

## COMMON MISTAKES TO AVOID

- Typos and grammatical errors
- Using unprofessional email IDs
- Adding irrelevant or outdated details
- Leaving large empty sections

## HOW TO HIGHLIGHT YOUR UNIQUE STRENGTHS

Every student has unique experiences and qualities — don't hesitate to showcase them. Whether it's managing a part-time job, handling family responsibilities, or pursuing creative hobbies, these speak to your time management, dedication, and individuality.

For example, if you've participated in a cultural exchange program, organized a local event, or maintained a long-term personal blog, include it. These experiences make you stand out.

## REAL-WORLD BENEFITS OF A STRONG CV

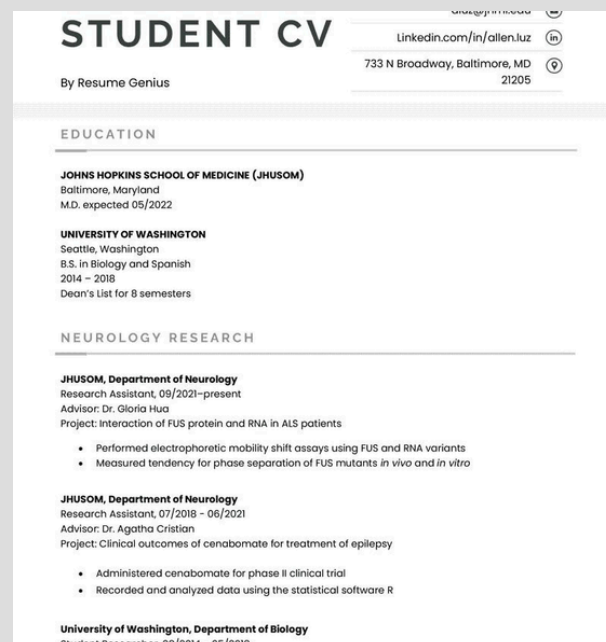
A professional CV isn't just for landing internships — it opens doors to scholarships, leadership roles, research projects, and even early job offers. Having a CV ready makes application processes easier and gives you confidence in interviews.

Furthermore, when applying for academic conferences, fellowships, or university representation, a strong CV is often a requirement.

## ADDITIONAL INSIGHT: APPLYING YOUR SKILLS IN REAL LIFE

To make your CV more impactful, it's helpful to show how you've applied the skills you list. For example, if you've mentioned communication as a soft skill, describe a time when you gave a presentation in class, hosted an event, or served as a liaison between students and faculty.

If you're good at Canva, include how you designed posters or social media graphics for a student club. For leadership, mention how you coordinated a team during a college fest or helped resolve group conflicts in a class project. These practical examples make your CV more relatable and convincing to potential recruiters or academic reviewers.



## EXTRA TIP:

When describing experiences, use action verbs like 'organized', 'developed', 'led', 'created', and 'collaborated'. This helps show your impact, not just your involvement.

## CONCLUSION

Your university life is the best time to shape your identity on paper. A strong CV reflects not just what you've done, but who you are becoming. Start small, build consistently, and never underestimate the power of each step.

## References:

1. Zety Blog – “Student CV Example & Writing Guide”
2. Coursera.org – “Career Readiness for University Students”
3. Canva – Student Resume Templates
4. Indeed – “How to Write a Student CV”
5. LinkedIn Learning – “Building Your Professional Brand”

# WHY FAILURE ISN'T THE END: BOUNCING BACK STRONGER

Failure. It's a word we often fear, avoid, and try to distance ourselves from. But in reality, failure is an essential part of growth, learning, and ultimately success. Throughout history, countless successful people—from scientists and entrepreneurs to athletes and artists—have encountered setbacks. What distinguishes them isn't a life without failure, but the ability to bounce back stronger.

WRITTEN BY  
KHUSHI  
SATHWARA

## UNDERSTANDING FAILURE

CLASS OF 2030

Failure doesn't mean you're not good enough. It doesn't define who you are. Rather, failure is an event, a temporary detour on the path to success. It's a signal that something didn't work out as planned—an opportunity to pause, reflect, and adapt.

For students, especially in competitive fields like medicine or engineering, failure might come in the form of poor test results, not qualifying for a program, or struggling with a particular subject. These moments can feel devastating, but they offer valuable lessons about your approach, discipline, and mindset.

## LEARNING FROM MISTAKES

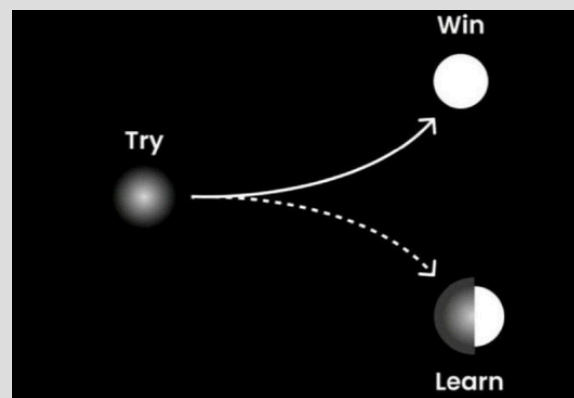
One of the most powerful things you can do after failing is to reflect. Ask yourself: What went wrong? Was it a lack of preparation, focus, time management, or something else? Honest reflection allows you to identify gaps and make a roadmap for improvement.

Thomas Edison famously said, "I have not failed. I've just found 10,000 ways that won't work." His journey to invent the light bulb wasn't easy—but every failed attempt taught him something new.

## GROWTH MINDSET: THE KEY TO RESILIENCE

Carol Dweck's concept of a "growth mindset" is essential here. A growth mindset means believing that abilities and intelligence can be developed through dedication and hard work. When you adopt this mindset, failure is no longer a dead-end—it's a stepping stone.

Instead of saying "I can't do this," someone with a growth mindset says, "I can't do this *yet*." That simple shift in language encourages perseverance and builds inner strength.



## REAL-LIFE EXAMPLES

Take Michael Jordan, considered one of the greatest basketball players of all time. He was cut from his high school basketball team. Instead of giving up, he used that experience as fuel to train harder. He once said, "I've failed over and over and over again in my life. And that is why I succeed."

Another example is J.K. Rowling, author of the Harry Potter series. She was rejected by multiple publishers and faced personal struggles before her books became a global phenomenon. Her journey shows that failure is not the opposite of success—it's part of it.



# FAILURE



## COPING WITH EMOTIONS

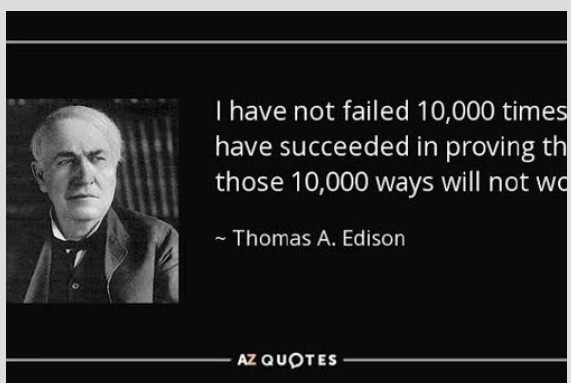
It's okay to feel sad or disappointed after a failure. Ignoring your emotions doesn't help—you need to process them in a healthy way. Talk to a friend, write in a journal, or take a break to reset your mind. But don't stay stuck. Use those emotions as motivation to bounce back.

Practicing self-compassion is also important. Treat yourself with the same kindness you'd offer a friend who is going through a tough time. Don't let failure define your self-worth.

## BUILDING MENTAL STRENGTH

Overcoming failure requires mental toughness. This doesn't mean ignoring pain, but developing strategies to keep moving forward. Set small goals, track your progress, and celebrate your wins—even if they're tiny.

Visualization is another helpful tool. Athletes use it all the time—imagining themselves succeeding in their minds. You can use the same strategy before an exam, a presentation, or any challenge you face.

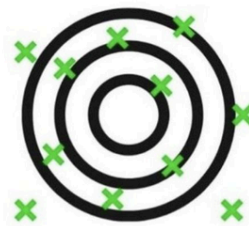


## SEEKING SUPPORT

Don't be afraid to ask for help. Whether it's a teacher, mentor, counselor, or friend—support systems are crucial. They provide perspective, encouragement, and sometimes the push you need to try again.

If you're in school, take advantage of resources like tutoring sessions, extra classes, or study groups. You're not alone, and there's no shame in needing support.

**This isn't  
failure**



**This is**



## CHANGING THE NARRATIVE

Society often glorifies success and hides failure, making us feel like we're the only ones struggling. But the truth is—everyone fails. It's a universal experience. What matters is how you respond.

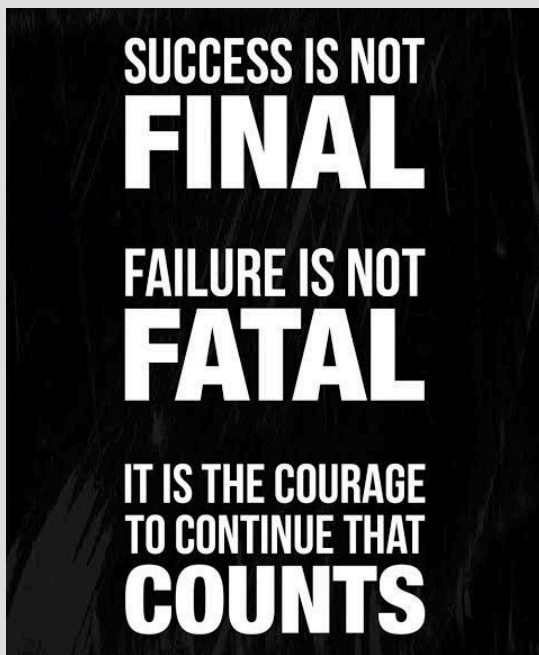
Start changing how you talk about failure. Instead of saying "I failed," say "I learned something." Share your experiences with others—it creates a supportive environment where everyone feels safe to grow.

## FINAL THOUGHTS: FAILURE IS A BEGINNING

Failure isn't the end. It's not a sign to give up. It's an invitation to grow, to learn, and to build resilience. Whether you're a student preparing for NEET, USMLE, or pursuing any dream, remember: falling down isn't failing. Staying down is.

The road to success is rarely straight. It's full of bumps, turns, and setbacks. But each time you rise after falling, you become stronger, wiser, and more prepared for the journey ahead.

So next time you fail, don't fear it. Embrace it. Use it as a launchpad to bounce back—not just as you were, but better than ever before.



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