



The HORIZON

VOLUME 3, ISSUE 10, OCTOBER 2025

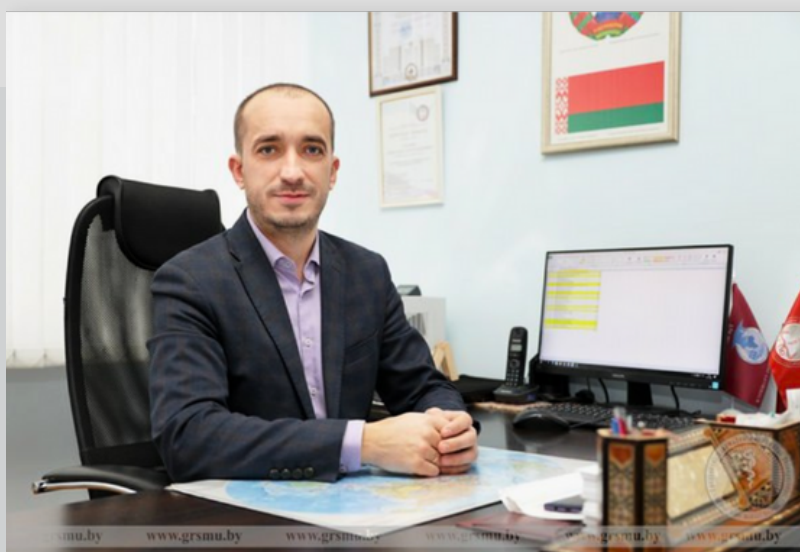
- THE PSYCHOLOGY OF PROCRASTINATION AND ITS CONSEQUENCES
- THE WORLD CAN NEVER BE AI: WHAT IS LIFE WITHOUT WARMTH, HEART AND SOUL.
- WHAT MAKES YOU BEAUTIFUL?
- TAKE THE RISK OR LOSE THE CHANCE? THE YOUTH PERSPECTIVE ON LIFE'S BIGGEST BETS.



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.

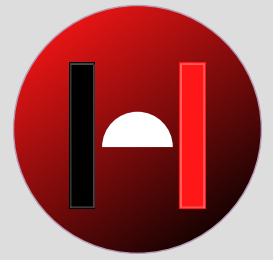


**DEAN OF FACULTY OF INTERNATIONAL STUDENTS
DR. ALEKSANDER ALEKSANDEROVICH STENKO**

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.

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EDITOR'S DESK



“Hello, I’m Osini. I’m a final year student at Grodno State Medical University. After reading countless articles on The Horizon about many interesting and inspiring topics which shape our lives as medical students, I’m very excited to be the editor-in-chief of The Horizon’s Autumn issue 2025. I’m looking forward to continuing the legacy of this platform with more engaging and insightful content that boost our confidence, creativity, and knowledge.

”



**OSINI RATHNASIRI,
EDITOR, OCT-DEC 2025**



**MAHA IBRAHIM MOHAMED
EDITOR, OCT-DEC 2025**

“

Hello, I’m Maha Ibrahim Mohamed, a final year medical student at GRSMU. I have long admired The Horizon Magazine for all the incredible passion, dedication and hard work that The Horizon team pours into it. I’m truly excited and very thankful to have been offered a chance to contribute to this wonderful experience as an editor. I hope to help make this issue as interesting, informative and thought-provoking as every previous issue has been.

”

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.

Cover Credits

Thisarani Kavindya

For enquiries and submissions.

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THE PSYCHOLOGY OF PROCRASTINATION AND ITS CONSEQUENCES

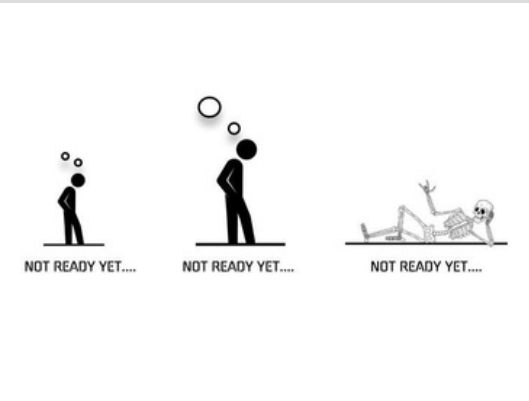
This blog delves into the psychology behind why we procrastinate, explores its consequences, and offers practical strategies to break free from this common, yet often debilitating, cycle.

WRITTEN BY
KUNJAL
MAHENDRA
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INTRODUCTION

Delaying or postponing tasks is a common human behaviour known as procrastination. Even though delaying tasks occasionally might seem harmless, persistent procrastination can have detrimental effects on our success, productivity, and general well-being. Developing successful strategies to overcome procrastination requires an understanding of the psychology underlying the behaviour.

“Students tend to procrastinate but never manifest.”



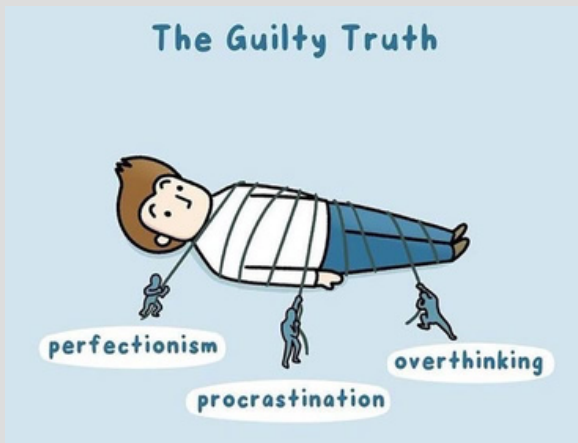
THE ROOTS OF PROCRASTINATION: IT’S MORE THAN JUST LAZINESS

Procrastination is more than just being lazy or having bad time management skills, despite what many people think. Emotional regulation is frequently at the heart of this intricate psychological behaviour. We frequently put off doing things that make us feel anxious, bored, frustrated, or afraid of failing. We can momentarily avoid these unpleasant emotions by postponing the task, which provides a brief sense of relief.

However, this relief is misleading and feeds the cycle of procrastination.

This complex behaviour is caused by a number of important factors:

- **Fear of failure:** The worry that one won't live up to expectations or perform badly can be crippling. We use procrastination as a coping strategy to keep ourselves from facing the prospect of failure. The irony is that procrastination frequently results in sub-par work, which only serves to confirm the initial anxiety.
- **Perfectionism:** Although aiming for excellence is a noble goal, procrastination can be encouraged by perfectionism. Avoidance and inaction can result from the fear of failing to meet an impossible standard.
- **Low self-efficacy:** We are more likely to put off doing a task if we don't think we can finish it. Negative self-talk or failed past experiences can be the cause of this lack of confidence in our own abilities.
- **Task aversion:** Some things are just boring or unpleasant. We tend to put off less appealing activities because we are drawn to the more pleasurable ones.
- **Ineffective time management:** Procrastination can be caused by a lack of organisation, planning, and prioritisation. Avoidance can occur when a big task seems insurmountable due to feelings of overwhelm.



- **Poor time management:** Procrastination can be caused by a lack of organisation, planning, and prioritisation. Avoidance can result when a big task feels overwhelming and unachievable. **Impulsivity:** People who are highly impulsive may find it difficult to avoid distractions and put long-term objectives ahead of short-term satisfaction. Frequent interruptions and trouble focussing on tasks may result from this.

THE VICIOUS CYCLE AND ITS CONSEQUENCES

A vicious cycle is created by procrastination. When deadlines draw near, the initial sense of relief from suppressing negative emotions is soon replaced by feelings of guilt, shame, and increased stress. The cycle is maintained as procrastination is further fuelled by this elevated stress.

Chronic procrastination can have serious repercussions:

- **Decreased performance and productivity:** Procrastination invariably results in missed deadlines, lower-quality work, and decreased productivity all around.
- **Enhanced stress and anxiety:** Chronic stress and anxiety are brought on by the ongoing strain of incomplete projects and approaching deadlines, which negatively impacts mental health.
- **Impact on physical health:** Procrastination-related stress can have a negative physical impact, resulting in immune system weakness, trouble sleeping, and other health problems.

- **Damaged relationships:** When procrastination results in unfulfilled promises and commitments, it can cause tension in relationships with friends, family, and coworkers.
- **Diminished self-esteem:** The procrastination cycle and its detrimental effects can cause low self-esteem and feelings of inadequacy.

BREAKING THE CYCLE: STRATEGIES FOR OVERCOMING PROCRASTINATION

It takes deliberate effort and a variety of individualised techniques to overcome procrastination.

Here are a few successful strategies:

- **Self-compassion:** Be kind to yourself and acknowledge that procrastination is a common struggle. Steer clear of self-criticism, which can feed the cycle even more.
- **Determine the things that make you procrastinate:** It's critical to comprehend the fundamental causes of your procrastination. Do you fear failing? Is perfectionism a problem for you? By recognising your triggers, you can deal with them head-on.
- **Divide up big tasks:** One of the main causes of procrastination is overwhelm. Large tasks become less intimidating and simpler to approach when they are divided into smaller, more manageable steps.



- Establish reasonable deadlines and goals: Establishing attainable objectives and reasonable due dates improves the chance of success and prevents feelings of overwhelm.
- Time management strategies: You can increase focus and productivity by using strategies like time blocking, the Pomodoro Technique, and task prioritisation.
- Establish a happy workplace: Reduce outside distractions and establish a specific area for work that encourages concentration and focus.
- Treat yourself: Honour your successes, no matter how minor. Motivation and momentum can be sustained with the aid of positive reinforcement.
- Request assistance: In order to address the underlying emotional problems that lead to procrastination, speaking with a therapist or counsellor can offer helpful support and direction.

Although it is a challenge, procrastination is not insurmountable. You can escape the procrastination cycle and accomplish your objectives by comprehending the psychology underlying it and putting useful strategies into practice.



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THE WORLD CAN NEVER BE AI: WHAT IS LIFE WITHOUT WARMTH, HEART AND SOUL.

What is the sum of a human life? If we were to ask AI, it might give an answer based on data points: years lived, accomplishments, connections, knowledge. Yet it would miss the entire picture. It wouldn't quantify the warmth that is human emotion, the courage found in a beating heart, or the silent language of the soul. To AI, they are of no values. This is an article about how those values make a difference in the world we live in, especially in the medical field.

"The world can never be AI." This is not a rejection of progress, but a celebration of our essence."

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INTRODUCTION

The world isn't the same as compared to years prior, we have evolved greatly. What took days, months, even years to do, now takes hours, minutes & seconds. What happened? It isn't that we became supernatural or developed super abilities, that we can do things faster & better; we simply made something that can do it for us, faster & better... But do they really do it better though?

So, we took our intelligence & decided to make it "more advanced, accurate" as some would say. Basically, we made Artificial Intelligence.



ARTIFICIAL INTELLIGENCE

This is the ability of computational systems to perform tasks usually associated with human intelligence such as learning, reasoning,

problem-solving, perception, and decision making. AI was done so greatly that many believe the creation will one day take over the creator. The creation will become superior.

IS AI REALLY SUPERIOR?

To prove the superiority of AI, many have tried to show that what humans do, AI can do better because, they are rational. They use logic & facts to get the right result; that humans are "irrational," our decisions are biased, self-centred, emotional, influenced by others, in summary not reliable.

A couple tests were done to prove the authenticity of AI; it was said to prove that all the best parts of humans have been put into 0's & 1's so it is without flaws. Test like the Turing Test which explains AI has all human characteristics:

- Natural language processing
- Knowledge representation
 - Automated reasoning
 - Machine learning

- But with additions:
- Computer vision
 - Robotics...

Making it fail-safe, near perfect.



AI IN MEDICINE

Thanks to recent advances in computer science and informatics, artificial intelligence (AI) is quickly becoming an integral part of modern healthcare. AI algorithms and other applications powered by AI are being used to support medical professionals in clinical settings and in ongoing research.

AI links the medical sphere together helping with disease diagnosis and treatment. It is used in the monitoring of patients, their vital signs and to detect some risk factors in patients. From the term “AI never sleeps, unlike humans.” we can say that AI is less likely to make errors when it comes to patients charting.

Yes, we can say that AI fixes the flaws that humans tend to make. That it is the brain without the gullibility, pride, ignorance, evil, wickedness etc.

It is full blown fact laid out accurately based on the most efficient data collected all over the world for years, with its own cognitive database. It is used in almost every aspect of life including the medical field.

So why don't we put our lives in the hands of machines, surrender the medical field fully to AI?

Why don't we have AI roaming around the hospital; labs, procedure & consultation rooms, operating rooms, and wards?

Why don't we have AI consulting patients, taking their case history, doing blood work, cleaning up bedridden patients, bathing and washing them, giving medications, talking with relatives?

Why don't we have them doing operations and even to the trivial things as giving feedback on the turnout of a treatment or an operation?

Why do we still desperately seek “manpower” in our hospitals?

Why do we go far & beyond just to get the “human touch”?

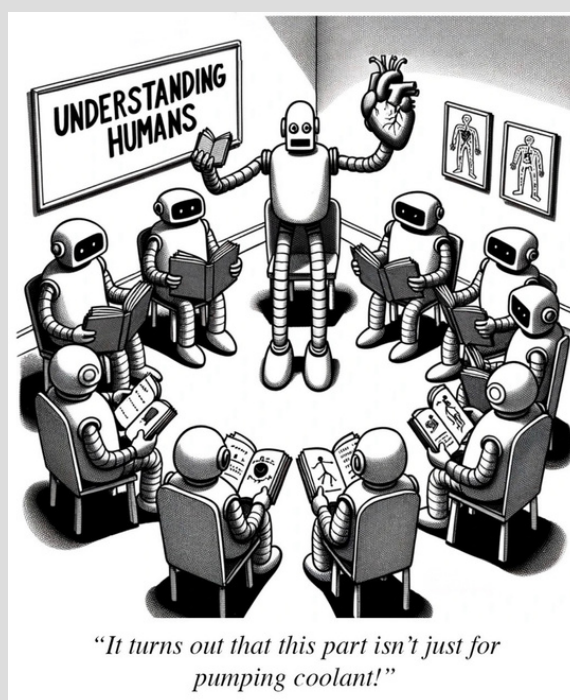
Why are healthcare providers needed all over the world?

Why, Why, WHY!!

With all that AI is; why isn't it the answer to these questions?

Simply put, it's because of this “human touch.”

WHAT HUMANS ARE & AI IS NOT



“AI surpasses the human brain in computational power, but it falls short in emotional, social, creative & tactile intelligence. AI can do a lot of things shallowly while humans are better at going deep & being experts.”—Computer scientist, Lydia Chilton.

A brain cannot work in its maximum capacity without the blood it gets from the heart. “The heart pumps, the brain works well.”

AI here is the brain without the blood, works but in its entirety lacking. So where is AI heart?

The heart right here is consideration, empathy, love, genuineness, sympathy, optimism; It is sadness, hesitation, curiosity, ambition etc. Everything a human is & a machine is not. We might call AI overly authentic, but it can't mimic these peculiarities, talk more of replicating them. AI can never have the heart that is needed to be classified as “human touch.” AI is vast knowledge without soul.

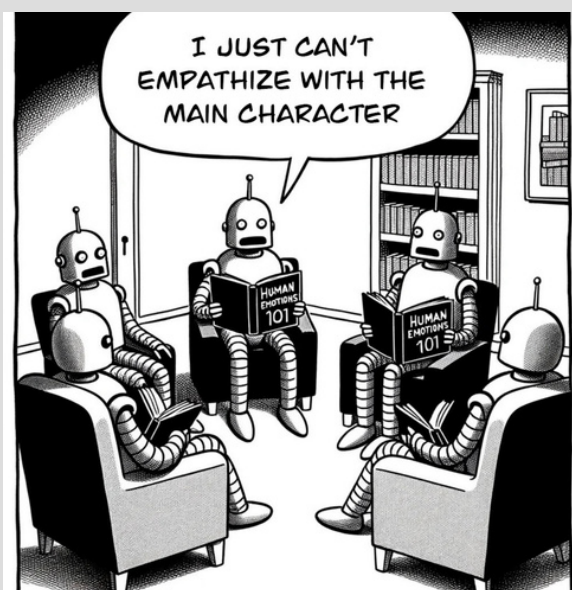
Artificial Intelligence (AI) mimics specific cognitive abilities but lacks the depth of the human mind. Human intelligence encompasses cognitive abilities, emotions, creativity, and adaptability.

CONCLUSION

“AI is still far behind human brains”
-Computer scientist, Christos Papadimitriou

AI can't beat the human brain, I mean it can never even fully mimic it, how do you replicate something that is not fully understood. The human brain has been studied for years and years and still nobody can say they fully understand why it acts the way it does or the reason behind how it works. How then can you make something to surpass what years' worth of resources and hard work have not been able to comprehend 100%. It simply isn't done.

AI ISN'T OUR FUTURE, MANKIND IS.



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WHAT MAKES YOU BEAUTIFUL?

Beauty is not merely just the superficial appearance but a radiant reflection of one’s mind, emotions, and personality, which is hidden inside. Our ideals of what constitutes beauty are mostly influenced by social terms, media portrayals, and culture. Throughout history different cultures have defined unique beauty standards, which are accepted even today. One can always get confused by questions like “Why do we want to place such significance on beauty and our physical appearance?” What drives our obsession with looking a certain way? So, what really matters is how we can sharpen our self-perception by defining beauty and our attractiveness in a healthy manner without harming mental well-being.

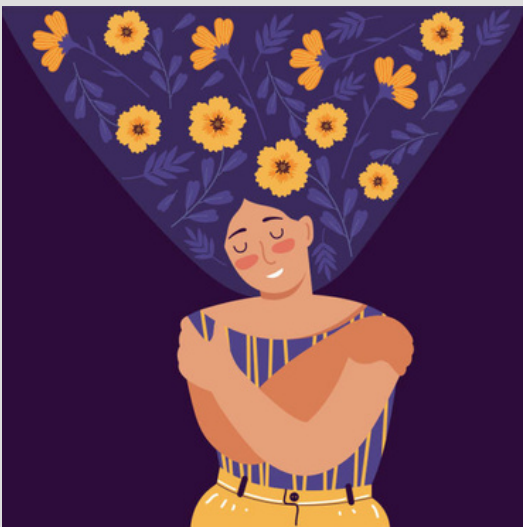
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BEAUTY - A BIOLOGICAL SIGNAL

Beauty is a biological marker of one’s fitness and health; furthermore, symmetry, clear skin, and proportionate features are considered to be a few hallmarks presented to define one’s attractiveness. In modern days these are termed 'beauty standards,' which may change based on the culture, places we have been brought up, and so on. Nowadays, as fast as our world changes, the beauty standards have taken a leading role in the society, making people become overly invested in keeping up with the bizarre alterations.



These alterations have made the people judge, bully, and criticize each other when someone goes against or does not follow them, as this has become a major issue among people, affecting his or her mental well-being. One has to realize chasing after external appearance is not what is important but seeking the beauty within.

INNER VS. OUTER BEAUTY



When we think of or hear of beauty, the first thing our mind grasps is that it should be an ideal physical appearance. But the definition of real beauty is much deeper; it is a fine blend of personality, kindness, confidence, and self-love, in addition to his or her dreams and resilience. Each and every person has a unique charm that is owned by them, and we can frame this as an aura as well.

Finding that very own aura is quite difficult because it should be found or built within. Focus on what makes you happy and what boosts up your confidence, and love yourself a little more than yesterday; this will do more than a few shades of concealer or a drizzle of hairspray can do.

THE IMPACT OF SOCIAL MEDIA

Living in a digitalized era, individuals globally have access to connect with each other through social media; this has also become a tool to set standards of appearance for both males and females. This has affected the self-esteem of a person in his or her body image, body modification, and how they see themselves. Social media comprises different image-sharing sites, videos, blogs, and various other promotions, which eventually lead to comparisons and imitation—in simple words, trying to become someone else. People blindly follow the trends, thinking they will belong somewhere, forgetting how cruel they have become to themselves to get there. There are also body modification trends in society where people deliberately alter the natural body structural parts. This may alter their appearance, but how can one be so sure about who he or she really is?



THE EROSION OF KINDNESS

With the evolution of mankind to the present, we notice how drastically human nature has changed. This nature never has progressed in a good manner; instead, people have become more and more inhuman in nature. Selfishness, jealousy, anger, and sarcasm have corrupted the minds of people; even in public no one stands out in need of help. Instead, now they point out their phone to capture that moment to get more views in their social media accounts. People have gotten used to ignore and let go of the human nature which was cherished back in the days.

CONCLUSION

As the title questions what makes someone beautiful, in simple terms, is that one should learn how to embrace his or her inner beauty, which would ultimately create a beautiful and pleasant human from both inside and outside. Building up one's personality, confidence, courage, and fearlessness to face any challenge and treating each other equally defines what your real beauty is. Understanding this pathway makes one's life more contented, peaceful, and meaningful. As our society is full of polluted minds, making a strong and unshakeable mind amongst them is the real success. Embracing your uniqueness, strengths, and positivity and chasing your dreams to become the best version of you is really what we call beauty collectively.



"Beauty may be the rawest form of energy, an evolutionarily preserved force that communicates health, wellness, and genetic fitness."

-Steven Dayan.

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TAKE THE RISK OR LOSE THE CHANCE? THE YOUTH PERSPECTIVE ON LIFE’S BIGGEST BETS.

This article explores the inseparable link between risk and reward, arguing that a life without risk is a life of guaranteed loss. It posits that what we often perceive as the “safe” choice, avoiding vulnerability, passion and commitment, is actually the riskiest path of all, as it forfeits our chance for profound love, purpose and self discovery. By exploring modern dating, lifelong marriage and challenges of parenthood, this blog posits that true fulfilment is found not in comfort, but in the courageous embrace of life’s uncertainties, ensuring we live without the shadow of “if only”.

WRITTEN BY
RONESH
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WHAT IS RISK TAKING?

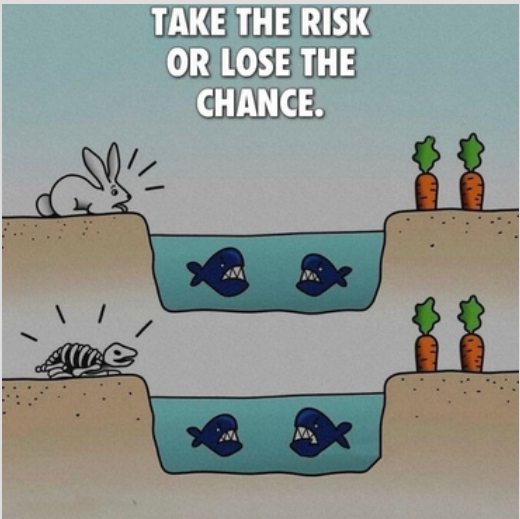
Risk is always a challenge that comes our way in multiple different forms with or without our knowledge and understanding ultimately leading to a positive or a negative outcome depending on how well the person is able to handle the risk. Identifying the risk and acting accordingly in order to overcome the risk, would enhance the chance to thrive in the positive outcome of it or to minimise the negative outcome of failure upon undertaking a risk. This could be in the form of a person, place or an experience. In our 20s we are constantly alert about the Risk of failure, risk of an unknown path, risk of financial and professional instability, risk of being misunderstood.



THE CHANCE: WHAT AWAITS ON THE OTHER SIDE.

A chance is an opportunity to chase the potential to become the person you want to be or meant to be and achieve things you have always dreamt of.

This gives you the ability to be bold, learn lessons, be adventurous, make new connections with the right people and take the right paths. The key to drive yourself towards chances is having the courage and building confidence to take upon the chances that come your way and to discover the hidden chances.



THE CROSSROADS : THE ‘SAFE’ CHOICE IS THE RISKIEST ONE.

Life is inherently risky, thus if we don’t take a risk we won’t be living to our full potential. In other words choosing to play it safe is the riskiest move of all. By deliberately avoiding the risk of failure we are actively choosing the guaranteed loss of the chance. For example; when we choose not to apply for that dream job or dream destination, we have 100% guaranteed we won’t get it; when we choose not to speak up in a meeting we have 100% guaranteed our idea

won't be heard; when we choose not to tell someone we love them, we have 100% guaranteed the answer is 'no'. This way we are trading temporary discomfort of 'what if', for a lifetime of 'if only I had'. Hence it is better to try and fail, than to beat yourself up over not trying at all.

DATING AND THE MODERN DILEMMA

The youth nowadays have the chance to find a potential partner in a world of swipes and superficiality. The risk is when vulnerability comes into play as it is always a gamble to showcase a self independent perfect image, suppressing the true messy self, upon the fear of rejection, heartbreak or the dreaded 'ick'. It is also a risk for us to waste the time on a wrong person when the illusion of a better option is perpetually available. To not take this risk? We lose the chance for a love that is real. We trade potential profound happiness for the temporary comfort of a curated, low stakes existence. We might avoid pain, but we also forfeit joy. The risk of a broken heart is real, but the chance for a whole heart is worth it.



THE ULTIMATE RISK: LOVING THE SAME PERSON FOR A LIFETIME

To love for an eternity is to share a love that evolves from passionate fire to a warm, enduring ember, with the chance to have a shared story to look back on and a deep understanding. It is the intimacy of growing old together with our lover. Nevertheless we risk growing apart, facing boredom, or weathering betrayals.

The person I marry will not be the same in 20 years and neither will I. We risk choosing every single day, to love the evolving stranger across the dinner table. We risk the haunting question of 'what if?' we had chosen differently.

To not take this risk – to bail at the first sign of difficulty is to lose the chance for a love that has been tempered by time. It's the difference between a snapshot and a feature film. Marriage isn't about finding the perfect person, but about building a perfect-for-you life with an imperfect person, relentlessly.



THE PROFOUND GAMBLE: MARRIAGE AND A "CHALLENGED" CHILD.

We are given the chance to experience a selfless, unconditional love. To see the world anew through a child's eyes and leave a legacy of values and kindness. The risk that comes along with marriage and having a child is the ultimate surrender of control. You are responsible for a fragile life. What if the child is "challenged", whether with a physical disability, a neurodivergent mind or a chronic illness? The risk feels exponential. It's the risk of our energy, our plans, our heart breaking daily for their struggles. To not take this risk? – we lose the chance to discover a strength we never knew we had. We miss the unique lessons a "challenged" child can teach, about patience, about different ways of seeing the world, about what truly matters. The risk is immense, but the chance to be that child's champion is a privilege beyond comparison.

CONCLUSION

The world is shaped not by those who did what was expected, but by those who dared to do what felt true to them. The safety of a guarded heart is a poor substitution for the magnificent chance at a love that lasts a lifetime and a family that defines it.

We are almost always innately risk averse, but Status quo, while not particularly fulfilling, seems like a softer option. It is for us to opt for complacency or regret.



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