

# Inspirational

Episode 8

## Yusara Shaikh

*Vice President, Biz Tech Club at NMIMS*

*Summer Intern at Dell Technologies*



*This episode of **INSPIRATIONAL** features a “True Story” from the life of **Ms. Yusara Shaikh** (Vice President – Biz Tech Club at NMIMS, Summer Intern at Dell Technologies)*

*“Pandemic has disturbed our lives in many ways. While it was initially sort of relaxing to take the time off from our busy schedules and spend that time with our families, it became much more complicated as it got stretched for more than what we expected.*

*I, like many other students, had to switch to a completely different mode of learning. Peer to peer learning was hampered and there was rising pressure to fare well in academics as well as to grab best job offers amidst all the uncertainty. Frequent health issues were another prevailing challenge.*

*It was during this time that I realized the importance of mental health.*

*We have been ignoring our mental health all this while until we realize it’s the most important thing for our overall well-being. Simple steps like mindfulness, meditation and taking time out for a short stroll in the neighborhood really helped me to keep my mind off the anxiety.*

## “INSPIRATIONAL”: EPISODE 8

*It has helped me to be patient and the develop the ability to face situations with a smile!  
Sometimes, small steps pave a long way!”*

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***INSPIRATIONAL isn't it?***

***Website Link of this Story: <https://livingvirtuously.in/inspirational>***