



Why self-discipline and motivation matter more than ever for students

Educators believe that beyond intelligence and talent, qualities such as consistency, time management, focus, resilience, and healthy routines help students stay confident and goal-oriented. Experts also emphasise that motivation and discipline work together to encourage curiosity, improve decision-making, reduce stress, and build independence. Schools and mentors, they say, play a key role in helping students develop positive habits, emotional balance, and the ability to remain focused in an increasingly distracted world

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As rightly penned by Jim Rohn, Discipline turns ordinary things into extraordinary accomplishments and motivation is the energizing force behind it. In today's fast-paced world filled with distractions, smartphones, social media, and constant digital stimulation, self-discipline has become one of the most valuable life skills a student can develop. While intelligence and talent matter, discipline often determines long-term success. For students, especially during school years, learning self-discipline lays the foundation for academic achievement, personal growth, and future career success.

It is all about getting invested in the process of learning and mo-

tivation provides both direction and persistence. Students who are self-motivated invest more time and effort in activities that align with their values and interests, which in turn leads to stronger academic results whereas there is always a set of students who to be motivated. For students, discipline includes punctuality, focus during study time, respect for authority, and consistency in work habits. It goes beyond mere obedience to rules — it represents self-control, organization, and value-based behaviour. It is the act of going forward in life without losing hope. One needs to put in a lot of effort to develop a positive outlook on life, and adopt never-say-no attitude in order to acquire and accomplish goals faster, be it in academics, self-health or any other path of



life. Motivation does not just fuel effort — it directs it. A motivated student makes promising choices that will also yield positive results. They choose to attempt challenging tasks, ask questions rather than staying quiet, and come back to try again after a setback.

One of the most powerful things a motivated student has is Curiosity. Both self-discipline and motivation go hand in hand and nourish this curiosity and to encourage this there needs to be certain life style approaches that will create a sea amount of difference. It builds feeling of being in control of one's decision-making capabilities, helps accomplish goals and most importantly builds a Never to Give up Attitude.

Milestones towards creating a perfect balance between self-discipline and remaining motivated-

1. Know your strength and weaknesses

Time management is one of the biggest challenges students face. Between school, homework, extracurricular activities, and social life, it's easy to feel overwhelmed. A wisely planned schedule is the key to success and works wonders.

It will help students to limit procrastination and stress and be optimistic towards achieving desired goals. Time management also is required to limit screen time and be in control of that.

2. Tap and identify motivation Factor

Motivation plays an important role and one should always believe in the mantra "I am working on it, I can do it and I have done it".

3. Recognize and work on the downfalls

Accepting short comings as well as challenges and chalking out a doable plan with gradual accomplishments. Last-minute studying and unfinished assignments often lead to stress. Self-discipline helps students stay ahead of their tasks, reducing unnecessary pressure.

4. Self- Appreciation

Students feel motivated to do better when they are being encouraged and appreciated for all the small achievements and accomplishments that they achieve. As mentors and teachers, we should encourage them. When students achieve their goals through con-

sistent effort, it boosts their confidence. They begin to trust their abilities and become more independent.

5. Most importantly Stay focussed and motivated

One needs to encourage Healthy Habits

Self-discipline is not limited to academics; it also impacts physical and mental well-being.

Disciplined students are more likely to:

- Maintain a proper sleep schedule (7-8 hours daily)
 - Eat balanced meals
 - Participate in physical activities
- According to health experts, students who follow a routine are 30% more likely to maintain better concentration and energy levels throughout the day.

Role of Schools in Building Self-Discipline

Schools are critical to the development of disciplined individuals. Structured routines, clear rules, and consistent expectations help students understand the importance of responsibility. It also provides in creating a Supportive environment. We as mentors need to appreciate consistent efforts and encourage positive habit.

Self-discipline is one of the influential tools a student can develop during his/her school life. It shapes not just academic graph but also hones their character, confidence, and future readiness. In a world full of distractions, the ability to stay focused and consistent sets students apart. Self-discipline and motivation help students to make better choices every day. These small, consistent choices taken every day will lead to big achievements over time. The author is educationist at the Sanskriti Group of Schools.



Today is Medical Coder Day

The importance of medical coding

Medical coders play a crucial role in modern healthcare systems by converting complex medical information into standardised codes used across hospitals, clinics, insurance systems, and research organisations. These professionals analyse patient records, diagnoses, treatments, laboratory reports, and procedures to ensure healthcare data is accurately documented and universally understood.

The work of medical coders supports several important functions within the healthcare sector.

Accurate coding helps hospitals maintain organised patient records, process insurance claims efficiently, and reduce documentation errors. It also assists healthcare providers in tracking treatments, monitoring disease trends, and improving overall healthcare management.

Medical coding has become increasingly important with the rapid

digitisation of healthcare services and electronic medical records. Standardised coding systems help ensure consistency in healthcare documentation across different institutions and regions.

The data generated through coding is also widely used in public health studies, medical research, and policy planning.

Professionals in this field require strong attention to detail, knowledge of medical terminology, anatomy, and healthcare procedures, along with familiarity with international coding systems. As healthcare systems continue to expand and rely more heavily on digital records, the demand for trained medical coders is steadily increasing.

Experts believe medical coding is emerging as an important career option for students interested in healthcare administration, medical documentation, and health information management.

SURVEY

School study highlights growth in student self-management and collaboration skills

Experiment conducted among students from Grades 1 to 9 reveals increasing focus on behavioural learning beyond academics

- 84% of students demonstrated independent self-management skills
- 80% showed initiative and proactive behaviour
- 80% prioritised collaboration and teamwork
- 79% managed tasks without reminders
- 65% demonstrated empathetic listening abilities



A recent school-based social experiment has highlighted the growing importance of behavioural and life skills among students, suggesting that qualities such as self-management, collaboration, initiative, and emotional awareness are becoming increasingly visible within school environments.

The study, conducted among students from Grades 1 to 9 at Glendale International School, examined how students perceive their own learning experiences beyond textbooks, examinations, and academic scores. According

to observations and behavioural assessments carried out as part of the initiative, 84% of students demonstrated independent self-management skills, indicating an ability to organise and regulate their work without constant supervision.

The findings further showed that 80% of students displayed proactive behaviour and initiative in classroom and school-related activities. Another 80% prioritised teamwork and collaborative thinking over individual participation, while

79% were able to manage and complete tasks without repeated reminders from teachers or parents.

In addition, 65% of students demonstrated empathetic listening skills during classroom interactions and group activities. The study also found that 52% of students showed the ability to independently plan tasks and schedules ahead of time, reflecting the development of organisational and leadership habits at an early stage.

As part of the experiment, both parents and students

were independently asked the same question: "What is your child learning well in school?" While most parents focused primarily on academic performance and subject knowledge, students highlighted behavioural and personal development areas such as responsibility, listening, collaboration, initiative, and self-management.

Education experts say the findings reflect a broader shift in school education, where behavioural learning and social-emotional development are increasingly

being viewed as important alongside academic achievement.

The assessments were conducted using structured behavioural rubrics integrated into the school's learning framework. The initiative aimed to better understand how habits related to accountability, communication, teamwork, and leadership are developing among students in day-to-day school environments.

School officials noted that behavioural competencies are gradually becoming part of classroom learning and student engagement processes rather than being treated separately as extracurricular skills. Educators also believe that qualities such as adaptability, emotional intelligence, collaboration, and self-discipline are becoming increasingly important for long-term academic and professional success.

The findings contribute to a wider conversation in education about measuring student growth beyond marks and examinations, particularly as schools explore more holistic approaches to learning and development.

UoH & IIIT-H sign MoU, focuses on advanced technology and research innovation



Two leading Hyderabad-based academic institutions — University of Hyderabad and International Institute of Information Technology Hyderabad — have signed a Memorandum of Understanding (MoU) aimed at strengthening collaboration in higher education, advanced research, and deep-tech innovation.

The agreement was formally signed in the presence of senior academic and administrative officials from both institutions, including Prof. J. Anuradha, Vice-Chancellor In-Charge of UoH, and Prof. Sandeep K. Shukla, Director of IIIT-H.

According to officials, the partnership is expected to encourage greater cooperation between the academic departments and specialised research groups of the two institutions. The collaboration will allow reciprocal access to laboratories, high-performance computing (HPC) facilities, and library

resources, enabling students and researchers to work across institutional boundaries. The MoU focuses on promoting interdisciplinary research, joint academic activities, and collaborative innovation in emerging technology sectors. Experts believe such partnerships are becoming increasingly important as universities attempt to strengthen research ecosystems and build industry-relevant skills among students.

Under the agreement, faculty members from both institutions will be able to participate in co-teaching, collaborative research projects, and joint supervision of postgraduate and PhD scholars within the framework of AICTE and UGC regulations.

The collaboration is also expected to support joint publications, intellectual property development, research events, and competitive extramural funding proposals in advanced tech-

nology areas.

One of the major focus areas of the partnership will be semiconductor science and technology, including research in VLSI and embedded systems. Officials stated that the MoU also envisions the possibility of future collaborative or joint degree programmes in specialised technology domains.

Academic representatives from both institutions noted that the initiative aims to create stronger institutional synergy while supporting the development of highly trained and industry-ready professionals in areas of national importance.

To coordinate the implementation of the partnership, faculty members from the Centre for Advanced Studies in Electronics Science and Technology (CAS-EST) at UoH and the Centre for VLSI and Embedded Systems Technology (CVEST) at IIIT-H have been designated as official coordinators for the programme.