

Friendship matters: How strong bonds boost mental health

A trusted friend acts as a safe space to share fears, disappointments, and even embarrassing moments without judgment. This emotional outlet reduces stress, anxiety, and feelings of isolation. According to the American Psychological Association, students with strong social support networks have lower levels of depression and better coping skills. When friendships are rooted in trust and understanding, they provide comfort during tough times, whether it's dealing with an exam failure, family issues, or self-doubt. Having someone who listens and empathizes can significantly improve emotional resilience.

Reducing stress and building confidence

Student life can be stressful—constant competition, academic pressure, and career concerns often overwhelm individuals. A strong friendship network acts as a buffer against this stress. Spending time with friends—whether laughing over a shared joke or taking a short break together—triggers the release of “feel-good” hormones like oxytocin and serotonin, which lower cortisol levels (the stress hormone). Moreover, friends often boost each other's confidence. A simple “You've got this” before a big presentation or exam can improve performance by reducing anxiety and increasing self-belief.

Academic motivation and collaboration

Friendships also influence how students approach academics. When friends study together, share notes, or explain concepts to one another, learning becomes more interactive and enjoyable. A friend's encouragement to stay consistent with assignments or avoid procrastination often leads to improved academic outcomes. Peer motivation is powerful: students are more likely to push through difficult topics when they have a support system

working toward the same goals. Some studies have even linked strong peer connections to higher attendance rates and better grades.

Healthy social skills and life balance

Friendships teach essential life skills such as communication, conflict resolution, and teamwork—skills that are crucial beyond academics. Friendships also encourage balance; they remind students to take breaks, engage in extracurriculars, and enjoy life outside academic pressures. This balance prevents burnout. A student who spends all their time isolated with textbooks may perform well in the short term but risks long-term exhaustion. Those with friends often have healthier routines and better overall well-being.

Friendships in the digital era

Today's students often form and maintain friendships online. While digital communication helps stay connected, in-person interaction is still essential for deep emotional bonding. Meeting friends in real life, even briefly, strengthens trust and provides richer emotional support than texting alone.

Building strong and supportive friendships

Creating meaningful friendships requires effort. Here are a few simple practices:

- **Be open and approachable:** Smile, start conversations, and be willing to listen.
- **Prioritize quality over quantity:** A few supportive friends can be more beneficial than many acquaintances.
- **Show empathy and kindness:** Support your friends through both good and bad times.
- **Respect differences:** Embrace diverse backgrounds and perspectives; this enriches friendships and personal growth.



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23/08/2026 ఆదివారం

చర్మ సంబంధిత వ్యాధులకు ఉచిత కన్సల్టేషన్

డాక్టర్ గారు చూడు వ్యాధులు

డా॥ జి.అజయ్ కుమార్
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కన్సల్టేషన్, చర్మ వైద్య నిపుణులు మరియు
డెర్మటాలజిస్ట్, వెనిరాలజిస్ట్, ల్యాప్రాలజిస్ట్
ప్రతి నెల 2వ, 4వ ఆదివారం

సోరియాసిస్ (బొల్లి మచ్చలు), మోటిమలు వల్ల కలిగిన గుంతలకు
చికిత్స చేయబడును. మంగు మచ్చలు ఇతర పిగ్ మెంటేషన్ సమస్యలకు
కెమికల్ ఫిలింగ్ చేయబడును, Electrocautery ద్వారా నొప్పి లేకుండా పులిపిర్లు
తీయబడును. దురదలు, దద్దుర్లు, గజ్జీ, తామర, జుట్టు రాలుట, చుండ్లు
పేను కోరుకుట, గోరుచుట్టు, వృద్ధాప్యంలో చర్మ సంరక్షణ, సుఖ మరియు
లైంగిక పరమైన వ్యాధులకు స్పర్శలేని తెల్ల మచ్చలకు అన్ని రకాల చర్మ
మరియు సెక్స్ సంబంధించిన వ్యాధులకు చూడబడును.

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ఇ.సి.జి. 2 డి ఎకో, ఎండోస్కోపి, ల్యాప్, మెడిక్లస్ ఫార్మసి సౌకర్యం కలదు