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Physical and Mental health issues.

Lack of exercise.

(a) Unhealthy junk food/eating

Your understanding is fine but substantiate your argument with proper evidences

A sound body nurtures a sound mind. One of the major problems faced by IIT aspirants is the decline in their physical and mental health.

The main reason behind this is the lack of exercise. Many aspirants develop a habit of sitting for long hours in the same place, without walking, or breathing in fresh air. Their entire routine revolves around study, tests, and revisions.

As a result they feel lazy, tired, and isolated, often suffering from headaches and weak eyesight due to late-night study sessions.

Secondly, unhealthy eating habits also

contributes to their poor physical condition. Those

who live in hostels

often rely on junk food

on a daily basis. Such

food not only weakens

the body but also

causes stomach problems

and fatigue, further

reducing study efficiency.

Last but not least,

almost every aspirant

experiences stress and

anxiety. The fear of

vast syllabi, frequent

tests, and uncertain results continuously haunts them. Many withdraw from social gatherings and family events, believing such occasions are a waste of time. This constant pressure gradually destroys their peace of mind.

In conclusion, when the body becomes weak and the mind remains burdened with stress, aspirants fail to perform well in the examination.

Their physical weakness and mental distress ultimately lead to poor performance and sometimes even depression.