

In the contemporary digital age, one of the most formidable challenges face by aspirants is the pervasive influence of digital distractions that have emerged as a silent academic killer, diverting aspirant's focus away from meaningful preparation. First, the excessive use of social media consumes variable hours that could otherwise be invested in focused studying, fragmenting attention spans and fostering procrastination. Moreover, the constant influx of memes, reels and short form content overstimulates the brain, making it increasingly difficult to engage in deep, sustained reading - a skill crucial for competitive examinations. Furthermore, the overreliance of AI tool, while initially productive, often leads to passive learning and declining cognitive resilience, as candidates outsource critical thinking to technology rather than developing it themselves.

In sum, these digital distractions collectively undermine discipline, diminishes concentration and leaves aspirants mentally fatigued, ultimately ~~undermining~~ sabotaging the aspirants ability to excel in competitive exams.