

CENBOSEC

Quarterly Bulletin of the Central Board of Secondary Education

Vol. 48, No. 1, January-March 2009

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Published by the Secretary, Central Board of Secondary Education, 'Shiksha Kendra' 2, Community Centre, Preet Vihar, Delhi - 110 092 and Printed at Chandu Press, D-97, Shakarpur, Delhi - 110 092, Ph.: 22424396, 22526936.

CONTENTS

From the Chairman	3
Feedback Forum	8
Interact with the Chairman	11
Articles	
Smile your way through the exams - <i>Dr Jitendra Nagpal</i>	13
It's that time of the year again ! - <i>Bri. Pavitramrita Chaithanya</i>	21
De-Stressing for Students - <i>S K Young</i>	23
How to Overcome Exam Blues? - <i>Mathew C. Ninan</i>	27
Relieving Stress :Why and how? - <i>Rumna Mitra Lala</i>	31
De-Stressing Society: De-Stressing Examination - <i>Hemant Kumar Sharma</i>	34
Study skills to Empower Learners - <i>K Uma</i>	38
Observations on Examination..... - <i>S Dutta Gupta</i>	42
Delinking Stress from Exams..... - <i>Mrs Archna Sharma</i>	44
Career Mapping after School - <i>Rama Sharma</i>	46
परीक्षा जन्य तनाव : एक दृष्टि - <i>अल हिलाल अहमद</i>	52
What other Principals say on Stress.....	55
What other teachers say on Stress.....	56
CBSE's Comprehensive School Health Programme	61
Schools Share Best Practices	64
News Paper Clippings	66
Events Update	68
News from Schools	75
Sahodaya Activities	86
Green Page	96
Academic Update	100
Sports Arena	107
News From Administration	110
Events Alert	112
CBSE Circulars	114

From the Chairman

Your children are not your children.
They are the sons and daughters of Life's longing for itself.
They come through you but not from you,
And though they are with you yet they belong not to you.
You may give them your love but not your thoughts,
For they have their own thoughts.
You may house their bodies but not their souls,
For their souls dwell in the house of to-morrow, which you cannot visit, not even in your dreams.
You may strive to be like them, but seek not to make them like you.
For life goes not backward nor tarries with yesterday.

Kahlil Gibran

I remember with fondness and joy my early days at a primary school at Allahabad (Annie Besant) and the time spent with my favourite teacher Ms. Shobha Majumdar. I remember how she kept pace with differential learning in the classroom by thinking '**out of the box**' encouraging peer learning, creating meaningful activity driven classrooms replete with peer interaction and peer motivation.

Much water has flown under the bridge and I am a father now to a young learner who is more excited about school when there is a match to be played or a game to be won. I am glad that atleast some schools are not adding to the stress of young children by insisting on end of the term exams which is often times a source of stress for kids and parents both.

I have often wondered why examinations cannot be a time of celebration and of joy in sharing the learning one has acquired over a period of time with others which would include examiners, teachers, peers and parents. However the system is unfortunately so complex and driven by so many different undercurrents both from within the society and the world that there seems to be no escape from end of the term exams, the stress related to writing an exam and the days of preparation that invariably precede it.

I have numerous friends whose children face the Board exam every year and I know the kind of trauma that parents go through for the years that the children are in the **hot seat**.

This raises many questions for me and makes me wonder about the real learning and testing techniques. As far as the Board is concerned it has taken numerous steps to de-stress learning. For the first time it has introduced no failures upto class V and no home work and no school bags for classes I & II. The Board has also formulated a scheme of Continuous and Comprehensive Evaluation because it believes that holistic education lies in the development of a whole individual with a dynamic personality. We believe that schools should groom young people who are enriched with in values and character and finally become good human beings and good citizens of the world. I firmly believe that this is not possible by focusing on cognitive domain alone but we must also measure the psychomotor and affective domain. I always have had faith in the goodness of human beings and feel that it is imperative that the emotional skills of an individual are nurtured and developed through the years of schooling. If we can help our children acquire the skills of '*coping with emotions*' and '*coping with stress*' we will definitely be able to make *emotionally balanced people*, which is more essential than scoring a high percentage in any exams whatsoever.

This issue of Cenbosec has numerous articles on de-stressing before, during and after an examination but I think that it is more important to enjoy examinations and parents have an important role to play in this regard. It is the parent who can ensure that the atmosphere at home is not conducive to raising stress, anxiety or concern. If we as parents do not drive our children towards getting more grades, getting better marks, being top of the class, being the best children, but let them '*be*' we would be doing a great service to our children.

Children live in a very exciting world which is colourful, expressive, funny and filled with laughter. Let us not trample upon their little joys and cut them down to size by telling them to sit and study for long hours in back breaking conditions, placing them into the atmosphere of coaching institutes and tuitions and making them go through the grind of online and other preparatory tests. Testing has a limited purpose and must be kept at bay. I want all of us to allow our children to breathe, to grow, to experience the joys of childhood once again, to play, to be relaxed and carefree at school and at home and finally to grow into good human beings.

VINEET JOSHI

Chairman and Secretary
CBSE

I have learned.....

that everyone wants to live on top of the mountain, but all the happiness and growth occurs while you're climbing it.

Andy Rooney

अध्यक्ष की कलम से

आपके बच्चे केवल आपके बच्चे नहीं हैं ।

वे जीवन की अपने लिए अभिलाषा की संतान हैं ।

वे आप के माध्यम से आते हैं, आप से नहीं,

और यद्यपि वे आप के साथ है किंतु वे आप के नहीं हैं ।

आप उन्हें अपना प्यार दे सकते हैं किंतु अपने विचार नहीं,

क्योंकि उनके अपने विचार हैं ।

आप उनके शरीर को तो वश में कर सकते है किंतु उनकी आत्मा को नहीं,

क्योंकि उनकी आत्मा भविष्य के घर में निवास करती हैं,

जहां की कल्पना आप अपने सपनों में भी नहीं कर सकते,

आप उनकी तरह होने का प्रयास कर सकते हैं लेकिन उन्हें अपने

जैसा बनाने का प्रयास नहीं कर सकते ।

क्योंकि जीवन पश्च गामी तथा बीते हुए कल के साथ रुकने वाला नहीं है ।

खलील जिब्रान

मैं इलाहाबाद में एक प्राथमिक विद्यालय (एनी बेसेन्ट) के बिताए दिन तथा वहां मेरी प्रिय अध्यापिका श्रीमती शोभना मजूमदार के साथ बिताए गए समय को स्नेह एवं हर्ष के साथ याद करता हूं । मुझे याद है कि उन्होंने कैसे छात्र अन्तः क्रिया तथा छात्र अभिप्रेरणा से परिपूर्ण कक्षा में अर्थ पूर्ण क्रिया –कलाप की रचना करके शिक्षण के निर्धारित प्रारूप से बाहर जाकर कक्षा में भिन्न प्रकार के शिक्षण को जारी रखा ।

काफी समय बीत गया है और अब मैं एक ऐसे युवा छात्र का पिता हूं जो स्कूल के बारे में अधिक उत्सुक रहता है जब वहां कोई मैच खेला जा रहा हो या किसी खेल में जीतने की संभावना हो। मुझे इस बात की खुशी है कि कम से कम कुछ विद्यालय सत्र परीक्षाओं पर जोर न देकर तनाव को कम कर रहे है जो प्रायः बच्चों तथा अभिभावकों के लिए तनाव का कारण होता है ।

मुझे प्रायः जिज्ञासा होती है कि परीक्षाएं उत्सव एवं आनन्द का अवसर क्यों नहीं हो सकती जिसमें छात्र एक निश्चित समय में अर्जित ज्ञान को एक दूसरे के साथ बांटे जिसमें परीक्षक, शिक्षक, छात्र तथा अभिभावक भी इसमें शामिल हों। तथापि दुर्भाग्यवश व्यवस्था इतनी जटिल है और समाज तथा विश्व की अनेक अन्तर्धाराओं से संचालित है कि सत्र परीक्षा की समाप्ति, परीक्षा देने से संबंधित तनाव तथा तैयारी से बचने का कोई रास्ता संभवतः दिखाई नहीं देता है।

मेरे बहुत से मित्र हैं जिनके बच्चे प्रत्येक वर्ष बोर्ड की परीक्षा देते हैं और मुझे मालूम है कि उनके माता-पिता किस मानसिक तनाव का अनुभव करते हैं क्योंकि उनके बच्चे “हॉट सीट” पर होते हैं।

इससे मेरे मन में कई प्रश्न उठते हैं और मुझे वास्तविक अधिगम और परीक्षा तकनीको के बारे में आश्चर्य होता है। जहाँ तक बोर्ड का सम्बन्ध है तो बोर्ड ने अधिगम को तनाव रहित बनाने के लिए अनेक कदम उठाये हैं। पहली बार कक्षा-5 तक किसी को फेल न करने तथा कक्षा-1 तथा 2 में गृहकार्य तथा स्कूल बैग को प्रतिबन्धित किया गया है। बोर्ड ने सतत् तथा व्यापक मूल्यांकन की एक योजना का भी सूत्रपात किया है क्योंकि हमारा मानना है कि सर्वांगीण शिक्षा का उद्देश्य परिवर्तनशील व्यक्तित्व वाले व्यक्तियों का विकास करना है, तथा विद्यालयों में युवाओं को ऐसी शिक्षा दी जानी चाहिये जो कि मूल्यों तथा चारित्रिक गुणों से युक्त हो। ताकि वे अन्ततोगत्वा अच्छे मानव तथा विश्व के अच्छे नागरिक बन सकें। मुझे यह पूर्ण विश्वास है कि इसे केवल संज्ञानात्मक क्षेत्र पर ध्यान केन्द्रित करके नहीं प्राप्त किया जा सकता बल्कि शारीरिक प्रयोगात्मक तथा भावनात्मक क्षेत्र पर भी ध्यान देना होगा।

मुझे हमेशा से मानव मात्र की अच्छाई में विश्वास रहा है और मैं यह महसूस करता रहा हूँ कि छात्र विशेष के भावनात्मक कौशल का परिष्कार तथा विकास स्कूल में बिताए गए वर्षों में ही अनिवार्य रूप से होना चाहिए। यदि हम अपने बच्चों में “भावनाओं से जूझने” तथा “तनाव का सामना” करने का गुण विकसित कर सकें तो हम सांवेगिक रूप से संतुलित व्यक्ति बनाने में सक्षम होंगे, जो किसी भी परीक्षा में अंकों का उच्च प्रतिशत प्राप्त करने से कहीं अधिक महत्वपूर्ण है।

सेनबोसेक के इस संस्करण में परीक्षाओं के पूर्व, मध्य तथा पश्च अवस्थाओं में तनाव कम करने से संबंधित अनेक लेख हैं किंतु मैं सोचता हूं कि यह ज्यादा महत्वपूर्ण है कि बच्चे परीक्षाओं का आनन्द लें और अभिभावकों को इस सम्बन्ध में महत्वपूर्ण भूमिका अदा करनी चाहिये। यह केवल माता-पिता ही सुनिश्चित कर सकते हैं कि घर का वातावरण ऐसा रहे कि जिसमें तनाव चिन्ता तथा भय उत्पन्न न हों। यदि एक अभिभावक के रूप में अपने बच्चों को अच्छी श्रेणी प्राप्त करने, अच्छे अंक प्राप्त करने कक्षा में श्रेष्ठतम होने तथा कक्षा में सर्वोत्तम छात्र होने के लिए प्रेरित करने की बजाय वे जो होना चाहते हैं उसे होने दे तो यह हमारे बच्चों की सबसे बड़ी सेवा होगी।

छात्र एक बहुत ही चकाचौंध वाली दुनिया में रहते हैं जो विविध रंगों से युक्त, अर्थपूर्ण, मजाकिया तथा हास्य से परिपूर्ण है। हमें बच्चों की छोटी-छोटी खुशियों को कमर तोड़ने वाली दशाओं में घण्टों बैठकर पढ़ने के लिए कह कर, कोचिंग इंस्टीट्यूट तथा ट्यूशन के वातावरण में रखकर, पूर्व परीक्षा ऑन लाइन टेस्ट सीरीज की चक्की में पीस कर, रौंदना नहीं चाहिये। परीक्षाओं के सीमित उद्देश्य होते हैं। अतः उन्हें बहुत महत्व नहीं देना चाहिये। मैं चाहता हूं कि हम सभी एक बार फिर बच्चों को बचपन की खुशियों को महसूस करने, उसमें बढ़ने तथा सांस लेने का मौका दे, वे स्कूल में खेलें, तनावरहित तथा आराम से रहें और अन्ततोगत्वा उनका विकास एक अच्छे व्यक्ति के रूप में हो सके।

विनीत जोशी,
अध्यक्ष / सचिव
सीबीएसई

मैंने सीखा है

प्रत्येक व्यक्ति पर्वत के शीर्ष पर ही रहना चाहता है किंतु सारी खुशी तथा विकास तभी होता है जब आप उस पर चढ़ रहे होते हैं।

एन्डी रूनी

Feedback Forum

D.A.V. Centenary Public School, Shimla acknowledges the receipt of the CENBOSEC

In reference to letter No CBSE/ACAD/2009 dated 1st Jan 09 mentioned as circular 1. We are much grateful to the Board and to the entire team associated with Advisory Committee, Editorial Board and specially the nice printing work of the last four issues of the cenbosec and Higher Order Thinking Skills.

We really find these books to be of great use not only to the institution (i.e. Principal or Teacher) but also to the parents as well. The approach of the advisory committee is really very creative, constructive, futuristic and praiseworthy.

Once again I, on the behalf of my management, teachers, parents and students extend my sincerest thanks to all the members associated with composition, compiling and printing work.

Hoping that CBSE will send such more new editions as and when published.

Thanking you,

*Principal
D.A.V. Centenary Public School
Shimla, H.P.*

Feedback on Principals Programme at IIM, Bangalore

I thank you very much for selecting me to attend the Training Programme for Principals in Strategic Leadership at Indian Institute of Management, Bangalore. The course was theory-oriented and the resource persons were highly knowledgeable. Every session was well-planned and co-coordinated by Prof Malathi Somaiah.. It was a privilege to

attend this programme and it was possible due to the initiative taken up by CBSE. The knowledge gained will help me to execute my duties as a Principal more efficiently. We look forward to such programmes in future also

Thanking you once again.

*Shipra Sarcar
Principal,
Air Force Golden Jubilee Institute,
Subrata Park, New Delhi.*

Translam Academy International, Meerut, comments on Principals Programme at IIM, Bangalore

Thank you for allowing me the opportunity to attend the Strategic Leadership programme for Principals at IIM, Bangalore. It was a great learning experience to meet and interact with the IIM faculty, students and fellow principals and relearn the vision, mission and objectives which cater to the needs of 2025.

I was most impressed by Professor Srinivas (Strategy) and Professor Mithileshwar Jha (Marketing & Brand). I believe my experience of this programme will go a long way in helping the students and staff to achieve the desired goals and I also look forward to more of such learning opportunities in future.

Thank you again for your kind consideration.. I hope that my association with you would grow in the coming years.

With warm wishes.

*S. Shekhar
Principal
Translam Academy International
Meerut*

Delhi Public School, Meerut, writes back about the Principals Programme, IIM, Bangalore.

Kindly accept my heartfelt thanks for giving me an opportunity to attend the "2nd Strategic Leadership Programme" at IIM Bangalore. It was indeed a very enriching, informative and educative programme and all the arrangements at IIM Bangalore were excellent.

I look forward to other educational programmes from CBSE in future.

Thanks & Regards,

Meenu Kanwar,
Principal,
Delhi Public School, Meerut.

Modern School, Vasant Vihar, New Delhi, annotates the quality of Principals Programme at IIM, Bangalore

Esteemed Sir,

I wish to express my gratitude for selecting me to attend the workshop on 'Strategic Leadership for Principals' at I.I.M., Bangalore. The entire workshop was very thoughtfully scheduled and the various aspects of leadership in the field of management, financial control, institution building, importance of I.T., people management, communication skills and institutional evaluation were very professionally dealt with. The entire team of professors of I.I.M., the visiting faculties and experts on GAT and human relations from Infosys and Wipro were extremely competent, experienced and impressive.

Apart from learning the innovative methods from these experts, the entire experience of sharing day to day challenges with the other colleagues from various schools was a unique experience in itself. Your selection of principals from varied schools with very different background added to the knowledge on institution building. I am highly impressed with the arrangements at I.I.M., Bangalore as far as their hospitality is concerned and Prof. Malathi Sumaiyah's personal interaction with all of us in playing the role of a guardian

was highly appreciable. She remained with us throughout the programme and made it a point to see that everyone was given the material and well looked after at the time of presentations.

All this would not have been possible without your expert planning and Dr. Sadhana Parashar's concern in making this workshop a success. The only way we can show our gratitude is by implementing the entire learning to make CBSE proud of these schools in every sphere of education.

With warm regards,

Yours sincerely,
Goldy Malhotra,
Principal,
Modern School, Vasant Vihar, New Delhi

Strategic Leadership Programme For Principals

This is to thank you sincerely for organising the 5 day programme with IIM Bangalore. I am aware that such an intense programme as this is extremely difficult to pack in five days.

However, I must admit that it was truly an enriching experience.

We look forward in participating in more such training courses to enhance our skills further.

Mrunmayee Bhawe
Principal,
Gurukul, Pune

I thank the opportunity to thank CBSE and especially you for shortlisting me and sending me for the Leadership Programme at IIM, Bangalore.

Regards

Amitava Ghosh
Principal,
Chinmaya Vidyalaya, NFPC, Unchahar

Silver Bells Public School, Shamli, Expressed Gratitude for a Visit by CBSE Chairman

Respected Sir,

We feel indebted to you for your benevolence in accepting our invitation and presiding over the Annual Function of Silver Bells Public School. Your visit and illuminating speech has highly inspired the students and all faculty members of our school who perceive you as a role model and now they seem to be filled up with a new vigour and zeal to touch new heights in the school education. Under your judicious guidance schools will flourish even more and students will be better understood by the teachers and parents. We express our heartfelt gratitude to you for giving your valuable time to us.

Thank you very much for your generosity.

*Dr. Arun Kumar Goel,
Principal,
Silver Bells Public School, Shamli.*

Amritsar Sahodaya Complex wrote to Chairman CBSE expressing gratitude for giving them an opportunity to host CBSE National Judo & Hockey Tournament

Esteemed Sir,

I wish to express my sincere thanks and deep gratitude on behalf of Spring Dale Senior Sec School and Amritsar Sahodaya Complex for your gracious presence on the occasion of CBSE National Judo & Hockey Tournament held at Amritsar from 29th Dec, 2008 to 2nd Jan, 2009.

Your visit to Spring Dale Senior School and your encouraging words have been a matter of great inspiration and motivation for all of us. We are really humbled by your benign support and feel

rejuvenated to carry on our efforts towards all around excellence in education.

With deep regards,

*Manveen Sandhu,
Principal,
Spring Dale Senior School, Amritsar.*

The CBSE sent condolence message to Springdale School, Amritsar, on the untimely and tragic demise of its Principal (Ms Manveen Sandhu) and Manager (Dr. Shivinder Singh Sandhu). The Director of Springdale School, Amritsar, replies.....

This is to express my heartfelt thanks to you for standing by us to share in our grief at this difficult hour. In Dr. Shivinder Singh Sandhu and Mrs. Manveen Sandhu we have lost two glorious souls who in a short span of time endeared themselves to one and all and made a huge contribution to the welfare of the society.

I wish to reassure you that with blessings of the Almighty and with your benevolent support, their efforts will not go waste and all the values and dreams that they cherished will be carried forward to their logical conclusion.

Once again I am deeply grateful to you for your gracious gesture of coming forward to share our grief.

*Surinder Singh Sandhu,
Director,
Spring Dale Senior School.*

Thanks very much for the wonderful seminar on urban eco sanitation drive which we attended. We will be in regular touch with you. Do let us know when you conduct any programme dealing with important issues. We will be grateful.

With best wishes,

*Anjali Dewan
Principal,
St. Bede's College, Shimla*

Interact with the Chairman

Some Excerpts....

Respected Chairman Sir,

It is a well-known fact that to change is difficult, yet, at the same time we need to make drastic changes to keep pace with the needs of tomorrow. This has been also emphasized in almost all the presentations presented at national Conference of Sahodaya School Complexes at Bhopal. I would like to suggest that we may slowly do away with printed text and start using audio/ video lessons as the impact of audio-visual exposure is much more effective and permanent. The present way of learning from printed texts does very little in helping students understand the concepts well. Earlier the Gurus and mothers used more of audio/ visual exposure for teaching their wards. A preschooler learns better because he uses all these modes of learning. Today when technology is within our reach and economically cheaper too, we should make audio/video material. It is not an ideal suggestion; I would love to take up such a project under your support and guidance. I am interested to discuss the matter further.

*Rashmikant Makwana,
Adani DAV Public School,
Nanakapaya, Mundra.*

I would like to thank you for a valuable interaction at Bhopal during National Conference of Sahodaya school complexes. Please take an initiative to e-mail your presentation slides. I want to motivate my teachers and students.

Regards,

*Samarjit Jana,
Principal Heritage International School,
Daltonganj*

Dear Mr Joshi,

Thanks for an encouraging reply. It proves that where is there is a determined will; sure there is a way out for every kind of problem. I am pleased to learn that the Central Board is keen to introduce Thinking Curriculum in its schools. In fact I am of the opinion that in the present scenario where globalisation and economic recession has been affecting the people all over the world, we as a largely populated state have to shoulder a bigger responsibility to produce the best of Human resources to lead the world. When the whole world is reeling under the economic crisis, we can work out to achieve an

edge over our counterparts in the rest of the world.. Yes, I will definitely like to be part of a team for chalking out the methodology to implement the changes. I would be glad to contribute. I shall shortly be sending my CV to the concerned person for necessary consideration. If there is a change from your side, I would like to hear about it.

With regards,

*Gurdip Singh Bhamra
Jalandhar.*

It is really heartening to know that the e-learning kit for economics has been developed successfully. I found all the information provided there very worthy to know. In this regard I express my sincere thanks to all concerned. Also it is a wonderful thought from CBSE to provide a feedback platform and consensus building on various issues. Kindly include the tips for scoring higher marks in economics and the mode of answering required for it..

*Kamal Deep Ranghu
Hyderabad*

Respected Sir,

I feel that the students are not involved enough in the syllabi making process. We are a democratic country, however our torch bearing education system still remains non-democratic (those who are influenced by it the most, have no say in its formulation). It is time the CBSE changed its conservative ways. CBSE members and others have written so much about tackling stress and about students being too weak to study, perhaps it is time to realize that most of the school syllabus is utterly useless and the objective of education has gone haywire. The main reason why India is not able to develop is because the education system in the country stamps out all creativity and learning ability and replaces these with greed for money and a general disability. The students are either too dumb to realize that they are losing their spark or are too afraid to complain about it. So the bunch of so called educators are complacent and think that everything is falling into right place. Why can't changes in the syllabus be started now?? Things need to change with time. You probably will not even read this and even if you do you think I am some weak student who is unsatisfied with his marks. Such prejudice will take this country no where and all that is going to happen is that one day India will rot. Think about it. Many students want a change but are too scared to voice it. Help us help yourselves!

*Venkat Raghavan.R
A Student*

Sir, You Are Doing A Great Job

Shibin George, A Student From Bhilai

Smile your way through the exams

Dr Jitendra Nagpal*

Four Phases (Ps) necessary for accomplishment

Plan Purposefully
Prepare Pertinently
Proceed Positively
Pursue Persistently

Life, the most precious gift of god to mankind, is the unfolding of new hopes and desires. Each moment weighs heavy with the expectations to achieve. The struggle to succeed with intensity and activity thus forms the very essence of life. As Charles Darwin also suggested that there is a natural process of selection in every field all the time. Examinations also play an important role in the process of selection of people. **As challenges are a part of one's life at different stages, one of the challenges during school years is learning to handle examination pressure.** Surveys have shown that large majority of school going students experience tension, worry and stress during examinations. **Therefore, equipping oneself to face these emotions in simple ways is the wisdom to move ahead in life with a healthy competition.**

Competition is a healthy part of life and cannot be eliminated. Our success depends upon our attitude. When we are positive and take a positive outlook at what confronts us, we are successful. When we harbour doubts, we buckle. In the same way, it is important that we learn to be positive whenever we are preparing for examinations. **To counteract the tension linked with examination, one needs to develop the correct attitude towards examinations and understand how to deal with them more pleasantly.** Our attitude and confidence will take us towards success along with our awareness of our own strengths and limitations.

When we say "STRESS", it means.....

Any interference that disturbs a person's healthy mental and physical wellbeing may be due to stress. It occurs when the body is required to perform beyond its normal range of capabilities.

The Stress Realities.....

- Too much change too quickly can be a cause of stress.
- Stress can be caused by pleasant and unpleasant events.

*Programme Director-Expressions India (The Life Skill Education and School Wellness Programme) and Senior Consultant Psychiatrist-Vimhans and Moolchand Medcity, New Delhi

- The cause of stress may not always be apparent.
- Usually stress is a result of build up of 'related and unrelated events.'
- Often your stress is more apparent to others than to yourself.
- Reactions to stress can be emotional, physical and behavioral.
- There is no magical formula for a stress free life but there are easy techniques for minimizing stress.

Healthy Lifestyle and Living.....some points to ponder during exams preparation

- There exists a strong relationship between nutrient intake and the mental state of a person.
- Stress and anxiety leads to inadequate and wrong eating habits which disturbs delicate biochemical balances in the body thus causing micronutrient deficiency.
- The right foods can help your levels of concentration, ensure that you sleep more soundly and lower your anxiety level.
- In one of the recent studies conducted by National Institute of Nutrition, Hyderabad, it has been found that good nutrition ensures smooth functioning of the nervous system, which gets strained during examinations and makes children sharper. The study also points out that proper nutrition helps in managing examination stress and maintains alertness during examinations.

What to eat and drink

Well balanced diet, including health beverages may aid your child beat the examination blues. It boosts memory and improves concentration – all of which are associated with good academic performance.

Students should avoid drinks like tea and coffee which contain caffeine, which according to studies, lessens the process of grasping.

Instead, go for health drinks fortified with micronutrients and vitamins, which according to NIN's Study helps relieve examination stress.

Appropriate fortified beverages consumption rich in fiber and micro-nutrients like vitamins and minerals help in giving children that extra edge while preparing for their examinations as they help not only to manage stress but also to improve concentration.

Foods rich in carbohydrates, proteins, vitamins and minerals should be included in the diet. Ideally, whole grain cereals such as oatmeal containing soluble fiber and beta-glucan, pulses,

nuts, milk and milk products, fresh fruits, green leafy vegetables and a fortified health drink like Horlicks may be included in a day's diet.

Eating the wrong kind of food can make them sluggish or lead to infections all of which have a direct impact on their performance

Recommended Dietary Allowances

	<i>AGE (years)</i>	<i>ENERGY (kcal/ day)</i>	<i>PROTEINS (g/day)</i>
<i>Males</i>	<i>11-14</i>	<i>2,800</i>	<i>45</i>
	<i>15-18</i>	<i>3,000</i>	<i>56</i>
<i>Females</i>	<i>11-14</i>	<i>2,400</i>	<i>46</i>
	<i>15-18</i>	<i>2,100</i>	<i>46</i>

Good nutrition: It's a Juggling Act



Nutrients	Examples of food items
Carbohydrates: These are the energy foods and provide energy to carry on daily tasks.	Potatoes, grains, bread, wheat
Proteins: They are required to build and repair the body cells, bones, muscles, organs and blood. Regular intake of protein is required especially during the growing years. Certain foods such as eating dry fruits, almonds are good for brain	Beans, fish, soy, egg, peanuts, tofu, cashew nuts, almonds, egg yolk, green peas, yoghurt,

<p>Fats: A small amount of fat is required in our daily diet. They provides essential fatty acids, helps regulate bodily functions. However, low fat diets are recommended</p>	<p>Butter, eggs, cheese, nuts, oil</p>
<p>Vitamins and Minerals: They do not provide energy as carbohydrates and fats do. They help the enzymes that release energy from carbohydrates, proteins and fats. Natural foods are best sources for vitamins and minerals.</p>	<p>Spinach, green peas, tomato juice, watermelon, sunflower seeds, lean ham, lean pork chops, soy milk, broccoli, red bell peppers, meat</p>

Remember, '**You are what you eat**,' the old saying goes – and it's true. Food gives you the fuel you need to concentrate, to study and to do your best.

Healthy Eating Habits

- Balancing food choices over time is what counts..
- Breakfast provides the energy needed through an active morning, skipping breakfast may cause trouble concentrating.
- The golden rule for food safety is to keep hot foods hot and cold foods cold.
- Fast foods do not supply good nutrition but if taken in moderation won't ruin a healthful diet, especially when consumed with green salads.
- Add roughage to your diet – Dalia, Corn etc will help prevent stomach discomfort and you will feel lighter.
- Drink plenty of water, it keeps the brain hydrated. A hydrated brain can remember more than a dehydrated brain.

Can a person improve his memory through use of certain drugs and medicines? This is a thought that lures many youngsters. Some pharmaceutical companies are marketing preparations that make such claims. The truth is that lack of certain nutrients in the food does affect one's receptivity of knowledge. A certain amount of tension builds up during the learning process. This tension can be controlled through a positive attitude and the use of mind medications that help users physically and psychologically.

However, rather than rely on drugs, the best option is to ensure a balanced diet with lots of green, leafy vegetables and fruits that supply the necessary vitamins and minerals. When one eats a balanced diet, there is no need for additional supplements.

Exercise and Rejuvenation

Research shows that kids who play sports or who are physically active do better in school. It is advantageous to do regular exercise since it makes various organs of the body stronger.

Through regular exercise heart muscles become stronger; there is an impact on the respiratory system as well. Digestion becomes efficient. Skin also gets a glow since the pores open up.

Consider the exercises that enable you to build skill related and health related fitness. Choose exercises that you enjoy so you'll have fun. If exercising is fun, you'll be more likely to stick with the program for life. If you feel any significant pain while exercising, stop immediately. Consult your health care provider before resuming your exercise program.

Exercise to enjoy.....

- Walk or cycle 15 minutes a day at least thrice a week.
- Swim or play any sport once a week
- Go for a jog in the evening for 15 minutes thrice a week

Exercise and sports

- One should always take a break amidst long hours of study and should go for physical activities or exercise in form of sports.
- This is because studying for long hours without a break is not very productive as after a certain period of time stress levels go up and concentration levels come down. Also, the mind gets defocused and hence the knowledge gained or the idea generated during that period doesn't sink in. Taking short breaks helps refocus. It gives time for relaxation, rejuvenation and assimilation.
- Studying regularly for more than 50 minutes leads to receding concentration levels. Sitting continuously at the study table for long hours is, therefore, a waste of both energy and time. In short, it is unproductive.
- The message is clear – ***“Take a break in the midst of study”***. However, these breaks should not be too long as they may then affect the tempo of studies. Taking a break and going for physical activities like sports for around 10-30 minutes after every 45-50 minutes of continuous study rejuvenates your body, mind and soul.
- Physical Exercise and Sports help improve general circulation, facilitate increased blood flow to the brain, and are instrumental in raising the levels of norepinephrine and endorphins - all of which may reduce stress, improve mood, induce a calming effect, and perhaps as a result improve achievement.

Sleep

- Taking short breaks and maintaining adequate sleep routine help you feel fresher for longer. This helps you learn more.
- Try to leave enough time in your revision for some fun to stay in a good mood.
- A regular seven hours of sleep is mandatory for the body to function well.
- Provided you remain alert and responsive, studying till late or getting up early is immaterial.
- Try to do some muscular relaxation before bedtime.

Remember.....

Help is generally around the corner....!

If you don't understand something, get help right away.

- **Ask your teacher:** That's a teacher's job! Most teachers are required to offer extra help. It may be before or after school. Let your teacher know you are coming for extra help. Make a list of concepts that you find confusing. This will help you use the time wisely. Bring your notes and books. Go over your notes, so your teacher can see if you copied something down incorrectly.
- **Review the books and your notes:** After you go for extra help, reread the textbook and your notes. Summarize the information in your own words. Reviewing the material this way helps you remember it.
- **Ask your parents:** Some parents remember a lot of what they learned in middle school. They may even be experts in the field. Even if they are not getting their ideas helps you look at the information in a new way.
- **Ask your older brothers and sisters:** If you are lucky enough to have older siblings, ask them to go over confusing problems with you. After all, they took the same classes a few years ago.

Points to Ponder

Few days before the examinations

Do's	Don'ts
<ul style="list-style-type: none"> • Prepare a revision time table. • Make your books, notes and essays more user friendly with summary notes, headings, subheadings, highlighting and revision cards. • Find out what way of revising suits you- alone or with a friend, morning or late at night, short, sharp bursts or longer revision sessions. • Take notes of important points when revising as an aid for future revision. Look at past examination paper and try answering some of the questions. • If you feel stressed out, talk to someone you feel comfortable with. 	<ul style="list-style-type: none"> • Collect new notes and materials from friends, read and learn them till the last minute without time for revision. • Sit for long hours continuously to read by not taking breaks for bath, food, relaxation and sleep. It makes you feel more tired, reduces concentration and makes studying boring and anxiety producing. Or keep awake whole night and reading for few days before the examinations. • Excessive use of Coffee or Tea to keep awake the whole night. • Give up studying totally. • Spending time to trace the 'question papers' or teachers who are probably involved in paper setting.

On the day of the examination

Do's	Don'ts
<ul style="list-style-type: none"> • Have a light but adequate breakfast. • Check whether one has taken all the necessary things – pens, pencils, geometry box, and hall-ticket – a checklist of all items is essential. • Leave for the examination hall well in advance. • Avoid people who panic, wait in a place where people are calm. • Go to the toilet before entering the examination hall. • Take deep breaths, making a suggestion or a prayer to do well and keep you relaxed. 	<ul style="list-style-type: none"> • Don't skip your breakfast, feeling hungry during the middle of the examination can be distracting. • Avoid negative thoughts, for example 'I have not prepared well', 'I may fail in this examination' or 'I have not covered all the portions'. • Avoid revising things just before entering your examination hall.

Tips for Parents

- Avoid nagging. Gentle reminders are welcome from time to time.
- Stop comparing your child with other students and their achievements.
- Have realistic expectation from your child as per his capabilities and interests.
- Don't black-list activities that your child enjoys, like watching TV, playing games and sketching etc.
- Encourage sleep patterns and some form of regular exercises.
- Providing a healthy, positive and empathetic emotional environment, which parents often forget, is crucial.
- Highlight your child's strengths. Encourage a dialogue to move ahead from past failures.
- Acknowledge that it is normal to be supersensitive and impulsive from time to time. Family members are usually the first targets. Try not to overreact to such outbursts.
- Don't panic when they announce just before the examination that they don't remember anything. Reassure them, even if you think they could be right. You can say something like this - '**Just do the best you can. We know you're giving it your best shot**'.
- Encourage help from teachers or the school counselor in case of any difficulty with subjects, or anxiety about examinations.

- During an entire day of 24 hours try to spend at least 15-30 minutes with your child, when you can indulge only in pleasant humored talk. Remember, the magic of an **“occasional hug”** or an endearment like **JADU KI JHAPPI!!!**

The 5 “A’s” for Smiling your way through the Exams

***Acknowledging
Appreciating
Alleviating
Altering
Avoiding.***

Acknowledging the stress and strain - In everyday life, stress manifests as mental or physical tension, which you would rather not have. Recognize that stressors of various kinds are inevitable and in the preparedness of life, one needs to learn to handle them. Examination is one of them.

Appreciating what causes your stress -Then, instead of blaming yourself or failing to cope, you enumerate and end up pinpointing the sources and then tackling that.

Alleviating the pressures is all about resorting to simple stress-busting techniques. Perhaps you have calming vision to look at when you need a mental escape from your surroundings. Or you may relax your muscles before you go to sleep.

Altering your lifestyle is the next step towards Exam Stress. Once you’ve seen the benefits of relaxation, it will encourage you to develop more permanent ways of reducing stress. If stress continues to be persistent, either you haven’t tried the major stress alleviating formulae or alternately you haven’t kept them up long enough to deliver the needed result.

Avoiding – This last step is the toughest but also the most beneficial. You have to start avoiding stress increasing habits and burnouts. Completely avoid sleeping pills, smoking and “memory” pills etc. Avoid irregular eating, sleeping and sedentary habits which may compound the levels of stress.

Success doesn’t mean the absence of failures; it means the attainment of ultimate objectives. It means winning the war; not every battle.



It's That Time of The Year Again.....

Bri. Pavitramrita Chaithanya*

It was past 2.a.m. However much she tried, Bharathi could not sleep. Nor could she concentrate on her studies. Her mother came up the stairs and peeped in, curious to know why her daughter had not gone to sleep, even after 2.a.m. She entreated Bharathi to end her studies for the night and to take rest. Bharathi nodded. Soon her mother left. But how could she understand Bharathi's predicament?

Bharathi had been putting in her maximum effort during the study vacation. She had started with the subject that she did not know so well. It had taken half the vacation. The rest of the time, she had spent on her other subjects. Only a few days were left until the exams. Her aim was to score the highest mark. But how could she?

For the first and second year exams, Bharathi had not fared well. She was studying for the sake of her father who wanted to see his daughter become a doctor. That goal had to be changed when she lost the medical seat. She opted for the Commerce stream in spite of her interest in Biology and Chemistry as her father thought that Commerce was a better option for girls on graduation. Commerce was a new course for Science students and the college had arranged special coaching for them. Bharathi, as usual, pulled on with her studies for the sake of her father.

Things changed drastically during her third year. For no apparent reason, somehow, Bharathi got a new direction in life. She started to work focusing on the goal. This made a tremendous change in her attitude, as well as her output.

But then what happened? She had almost finished her revision when she suddenly started worrying. She thought to herself, "See, you've to score a minimum 80% mark to become the overall topper. But the present topper must also be trying hard, so how can you defeat her? Furthermore, if you don't score well, your father will be upset too."

She had tried to answer one sample question paper. She had gone through the whole question paper. The subject was her favorite, and had been thoroughly revised. However, she could not answer a single question!

She had wept bitterly, lying on her bed. After a long time, somehow, she had plunged into sleep.

Her mother had woken her up with a comforting cup of tea but she had been inconsolable. She had opened up her heart to her mother explaining her inability to proceed with her studies. She informed her parents of her decision not to write the third-year degree examinations. The whole family got very worried and tried to counsel her with inspiring thoughts.

*Co-ordinator, Amrita Vidyalayam, Kerala

It was then that her grandfather told her the story of Arjuna on the battle field of the Mahabharatha war. Arjuna was reluctant to fight with his own family members — the Kauravas, his teachers and other respectable people. But even after several reconciliation attempts, war had come as the only way to get back the Pandava's rightful property. Lord Krishna removed the despondency of Arjuna by his wise counsel (a series of advice). He even showed Arjuna his cosmic (universal) form to help him understand (make things clear and transparent). Arjuna saw the whole of Kaurava army flowing to the Lord's mouth just like rivers rushing into an ocean. The Lord was swallowing everyone up. Showing this wonderful form, the Lord commanded Arjuna that he is the all-consuming time. Thus, the Lord had already killed the Kauravas and Arjuna should just act as a witness. Pausing here, Bharathi's grandfather looked at her sharply and continued. "Think in this manner.

You have successfully completed your duty of studying all the subjects (the portions). Let the Lord take up the responsibility of success or failure. Your anxiety about the result is the cause of your worries. Do not be pulled down by the outcome. Do your duty well and the results will be taken care of. Try to cultivate this kind of a 'witness' attitude." This was a revelation to Bharathi. She had smiled at him and touched his feet as a mark of respect. She felt quite relieved.

This incident was the turning point in Bharathi's life. She slowly started practicing the 'witness' attitude. This made her attempts at sample papers pass very smoothly. In the examination hall, she did not feel any tension or stress or anxiety. Therefore, she was able to concentrate on the questions totally and answer accordingly. In one subject, even after answering all the questions to the best of her satisfaction, there was ample time left. The centre superintendent directed her to use the spare time to answer the choice questions. No wonder, for this paper, she scored an A+, which was a rarity those days!

On declaration of the results, Bharathi was the topper for two subjects out of five! She was the top scorer for the third year too. All her friends were pouring praises. Her teachers also complimented her for her meritorious performance. In spite of this, she did not feel so elated. She kept her equipoise. She even commented to her close friends that it was not merely her efforts that had born fruit but the culmination of many factors, had led to her grand victory.

How we perceive a situation and how we react to it is the basis of our stress. If you focus on the negative in any situation, you can expect high stress levels. However, if you try and see the good in the situation, your stress levels will greatly diminish.

Catherine Pulsifer



De-Stressing for Students

S K Young*

Experts maintain that stress is a result of the human perception that a particular task and/or situation cannot be coped with. This, in simpler words, means that it is not the task/situation itself that is stressful. It is human response to the task/situation that inspires and aggravates states of stress. Stress, according to Dr. Richard Lazarus ***“arises when individuals perceive that they cannot adequately cope with the demands being made on them”***

In the field of education, for instance, the numerous and recurrent cases of exam related stress would be cases in point. And it is this particular form of stress that is at the centre of this article for the most part. The idea is to help recognize destructive patterns of behaviour that induce and intensify stress; because to recognize the problem is halfway in the direction of the solution. In identifying the issue we will find ways to ascertain the best possible resolution to the problem.

By the end of each academic year the pressure on students escalates manifold. Besides peer pressure they are faced with classroom and familial pressure as well. The onus of getting good grades and the pressure to do well, becomes not just a driving force like it should be, but an obligation, and in some cases an obsession – neither of which is healthy. It is in such circumstances that stress levels go through the roof.

Role of Teachers

It is very important to sensitize teachers to the various symptoms and consequences of stress so that they can competently guide and instruct their students through stressful times. Lack of attention, depression, and sometimes even aggression are symptoms of stress and should therefore be handled sympathetically and with a great measure of tact and understanding. If a child starts staying aloof from friends it should be taken as a signal for alarm and proper professional help must be sought.

Teachers and parents alike must also bear in mind that it is never a good idea to compare one student/child with another. Comparisons between students and even siblings deal a huge blow to a child's confidence and self-image. It is very important to remember that each child is unique and different and must therefore be handled as such.

Dr. Hari Singh who specializes in health management and is with a Delhi-based NGO says, ***“The symptoms have to be detected and identified well ahead of time. After initial counseling,***

* Principal, People's Public School, Bhopal

teachers should advise guardians to seek medical help for such children”. He also goes on to add that *it would be a smart thing for teachers to have a fair knowledge of the child’s family background and friend circle*. The important thing is to create and maintain an atmosphere of exchange where free dialogue is possible between teachers and students.

Peer pressure is an established factor behind stress, and a very major one at that. It is then essential that teachers and guardians alike have some inkling of what kind of peer group the child hangs out with. This will give them a fair idea of the kinds of peer pressure the child might encounter and therefore help them fight or face it, as the situation demands. Sensitivity is vital in any and all such circumstances.

Regular Parent-Teacher meetings can enable a productive exchange which will work towards benefitting the child. Schools must include as many of these meetings in their academic year as their schedule allows. The thing to remember here is that these meetings are meant to facilitate a better understanding of the child and his situation, so they must never become a platform for finding fault with the students. Hiring a counselor to help the students with the many issues of adolescence and stress would also be a good idea for schools.

Role of Parents

Anxiety is a common precursor to examinations. The problem escalates when parents exert excessive pressure on children. Performance anxiety is a common thing, but it is very important for parents to refrain from adding to it by making a big deal out of examinations. It is vital that the child be told the importance of life. More than anything it is imperative for the child to know that there is life beyond books and examinations.

In some cases, parents invest in and sacrifice for their child’s education to such an extent that they feel justified in pinning all their hopes and expectations on his/her result. The common conception is that the better the result the greater fruit it will bear in the professional field. While that may be true to some extent it cannot, and should not, be so important as to blur the child’s best interests in the minds and hearts of those who, by nature, are ordained to look after him/her.

Instead of creating a somber atmosphere rife with anxiety and pressure, parents should inspire within the child the need to do his best. Rather than making examinations sound like a do-or-die situation, parents need to understand that a child can only do as much as her/his abilities make room for.

Cutting privileges like television and outings is also a deterrent in the overall psychological wellbeing of children. While it is important for children to devote extra hours to studying around examination time, one must never forget that there is only so much information the mind can absorb in one go. Research has shown that the human brain can absorb information/concentrate for a consistent span of about 35 – 40 minutes. It is therefore a good idea to allow regular breaks,

music and even short naps that will help rejuvenate the mind and allow for better learning and understanding.

Adolescence is not an easy phase to go through. And the rabid rat race in today's world makes the journey even more difficult. Parenting is no easy task, but engaging with the child can make it a smoother process for both parties. Parents can help in a big way to curb the influence/ effects of peer pressure on their children. All that needs to be done is to inspire trust within the child so that she/he can honestly and freely discuss things with them. Another thing to remember is that any exchange of dialogue and/or trust cannot be one-sided. It is therefore very important that parents trust that their children are capable of honesty and responsibility. Trust is a two-way street. They'll trust you if you trust them.

It is of prime importance that parents/guardians remain calm and positive so as to encourage those very same sentiments within the children as well. An occasional prod in the right direction and minimalistic overall supervision will do in the case of most children.

Stress Busters

Having elucidated the role and importance of teachers and parents in creating stress free environment and tackling stress related problems, we will now take a point by point view of the most effective stress busting techniques.

- **Breathing exercises** help calm the mind and body in times of anxiety, panic and stress. Taking deep breaths is the quickest and easiest way to release stress.
- **Exercise** is a good way of blowing off some steam and elevating the spirit as well as confidence. Yoga, meditation, walking, jogging and cycling are great ways to induce fitness of the body and the mind.
- **Power naps** are short naps that help refresh the mind for another session of studying learning. Twenty minutes of shut-eye after every few hours of study can work wonders at releasing stress.
- **Music** is known to have a calming influence. A short spell of listening to some soothing music is another great way to relax one's mind.
- **Muscle relaxation** helps take the stress out of the body and also helps relax the mind. Just sitting down for a few minutes and focusing on relaxing the tense muscles is a very good stress buster.
- **A healthy diet** goes a long way in boosting one's mental and physical ability.
- **A clean environment** is another stress reliever. Make sure that there is no clutter at the desk where the child studies.

- **Sufficient sleep** is very important in order to get one's brain working to its full capacity. Under slept minds are usually befuddled and cannot retain information as well as a well rested mind and body can.
- **Managing time** as you study helps keep the fear and stress of underperforming in the exam at bay.
- **A positive atmosphere** ensures reduced stress levels. **Affirmation** of positive thoughts and ideas also goes a long way.
- **Staying calm** at all points keeps the mind focused on the task at hand and alleviates stress like a charm.

Steps to cope with stress

- ❖ ***Identify source of stress***
- ❖ ***Thoughtful Introspection***
- ❖ ***Avoid Negative thoughts***
- ❖ ***Healthy balanced diet***
- ❖ ***Plenty of exercise***
- ❖ ***Relaxation techniques - deep breathing, meditation, dancing***
- ❖ ***Music, Humour, Laughter***
- ❖ ***Writing a journal***
- ❖ ***Cultivating a hobby***
- ❖ ***Chating with friends***



How to Overcome Exam Blues?

Mathew C. Ninan*

Come February-March, everybody gets worked up, especially parents, teachers, and students. Who amongst them are most affected is hard to say, because it differs, based on the mental make-up of each of them. This is the season of advice, which students get unsolicited from all corners. Parents and teachers, in turn, proffer advice, admonition, caution, and even dire warnings to the youngsters. The gist of all of them is the same. ***"If you do not study well now, you will regret it later."*** Caught in the vortex of this collective frenzy, any student will be at the end of his tether. How can a student overcome this exam-phobia and face it calmly, and confidently, and come out not just unscathed, but really victorious?

A calm and composed mind

To begin with, we must all know that hypersensitivity to anything is not desirable, and that includes exams. Being too anxious, concerned or worried is not a suitable state of mind for exams. The best state of mind is a quiet confidence that is borne out by adequate preparation to face the exam. Undue anxiety is counterproductive. Fear, more imaginary than real will sap the energy that is to be used for intelligent learning. We must know that worrying is more strenuous than studying, in terms of the energy spent, and so it is better we study than worry about having to study.

Stress up to a certain level acts as a motivation to study. But undue stress can bog you down. There are cases of students who become too nervous during exams. They cut down on their sleep and food, and get into a desperate mode of study. These are likely to be dangerous. The human brain functions best when the mind is calm and the body is healthy. The brain also demands rest. Work, even intellectual work, calls for adequate rest. The human body also requires sufficient food and rest. Giving up sleep and food in the run up to the exam is a recipe for disaster. Students becoming sick during and just prior to an exam, is nothing but the manifestation of excessive stress and consequent disruption of the daily routine. Drastic changes in one's sleep and food patterns can cause havoc. A well-planned schedule and a steady routine, aided by a calm mind provide the best backdrop for effective preparation for exams.

Start and the work will be done

The very first thing to do is to ***'start'***. Start studying. Most students worry about the sheer volume of the work to be done, and do not have a mind to start at all. This again is very dangerous. No work will be done, unless it is started. Extending the same logic, we can say that any work will

* Principal, Little Rock Indian School, Brahmavar, Udupi.

be done if it is started. ***So the important first step is to start studying. Once you start, you get interested, and you become more confident, more interested and so on. Study then becomes a challenge, a thrill, and real fun.***

Do not ever look back. Do not think about what you could and should have done. Nobody, including the best student in your class, in fact has done everything he/she should have done at the right time. Now the question is what should be done. Concentrate on what remains to be done, and how best you can do it. This is pragmatism, not crying over spilt milk, but making the best of a bad situation. Do remember that the difference between those who do well in exams and those who don't is just that while the former actually started doing things, the latter always wanted to do things but never got started in time. Thus the crucial question that makes the whole difference is 'getting started'. Those who start will go on and accomplish their tasks. Those who hesitate and postpone will be left behind. Are you prepared to start now?

Planning and Organization

Those who perform well in exams do so not necessarily because they are more intelligent than the others. More often than not, it is because they have a better sense of planning and organization about their study. In other words they are better organized and have better study habits. They take into account the time available, consider the relative difficulty level of each subject, and allot a time frame for each subject. The difficulty level of each subject and the proportion of time allotted may vary from student to student. It has to be decided by the student carefully.

During 'study holidays' as they are popularly known, a timetable has to be drawn up by every student. Every effort must be made to stick to this timetable. This self-drawn timetable should be religiously observed. A student who is truthful to his/her own timetable will be successful.

Keep all distractions at bay

You need a frame of mind to study well. Effective study calls for absolute concentration. This requires a thorough cleaning up of your mind. There may be a lot of rubbish in your mind. By 'rubbish' is meant all those unwanted, unhelpful thoughts, which take away your attention while trying to study. Nobody knows them, as well as you do. Do steer clear of all of them. For instance one of them might be an addictive television viewing, be that a popular film, a cricket match or a serial. Some of the serials are bound to create this addiction in you. In fact serials are so designed to induce this addiction in its viewers, and thus exploit their credulity. While TV viewing is a good pastime, it is the most dangerous distracter for a student preparing for an exam. Every serious-minded student should keep off the television till the last day of the exam. A serial or film takes away not only the actual time of viewing, but also a few more hours after viewing, with the visual images afloat in your mind, affecting your concentration.

Every student can make a list of distracters and vow to keep them at bay. One example would be long telephone conversations with friends. With every other household having a telephone, it is said that students spend a good deal of time on telephone. Most parents are often hesitant to regulate the telephone use of their children for fear of offending their feelings. During study holidays, telephone is a handy tool to recreate the missing classroom, and that is exactly what happens during the long conversations. There is only an outside chance of their discussing something exam-related. That takes us to the next possible distracter, namely 'combined study'. Most combined studies end up as combined chat sessions. Study holidays are meant for serious individual effort. However there is no harm in seeking clarifications from friends or teachers, when a real need arises. Sharing of information and discussion of topics are certainly good academic exercises, but not on the eve of the exams when time is at a premium.

Those who own computers with an internet connection ought to be on their guard. Internet, though a veritable source of valuable information, also has an enormous capacity to ruin valuable time. Parents need to be aware of this.

Time and place for study

The time, duration and place of study are also matters of personal choice. Some may want to study during the early hours of the morning when one is fresh and when one's mind is absolutely clear. Some others, on the other hand, want to burn the midnight oil. Perhaps it is not right to be prescriptive about the time of study. We would better leave it to the individual student's preference. What is very important, however, is choosing a calm and quiet place, conducive to serious study, and absolute concentration, away from all possible distractions. Some students want to study behind closed doors. This is not a good idea, because chances are that one sleeps off, or goes on to some other distracters. In any case, even if you are in your own study room, do not lock the door. One must study for a few hours and then take a short break and relax. It is very important that one relaxes now and then, especially when one grows weary and tired.

Effective methods of study

Reading and writing should go hand-in-hand while preparing for exams. A subject like Maths particularly is not to be read like other subjects. Problems in Maths will have to be worked out again and again to revise thoroughly. A good Maths student will use sheaves and sheaves of paper while revising. In the same way, even as one reads any subject, one should go on writing down the important points in slips or in a notebook. This note making has several advantages. The notes will be of great help on the eve of the exam, when one will not have time to read the entire portion again. The points should be such that while going through them, the whole of the topic will come to one's mind. Secondly note making helps keep one's mind on track. If one goes on reading silently for some time, one's mind may switch off and go on to some distracting thoughts, without your being aware of it. Writing practice also helps acquire speed when appearing for the exams proper.

Repetition can obviously be wearisome, but necessary. Preparing for exams is basically an exercise in repetition. The more we read, the more we absorb. The more we write, the stronger our memory. Reading and writing are the only means to perform better in exams. When there is no escape from exams, the only sensible option is to face them head-on, by studying well, and repeatedly, with a self-imposed punishing schedule, till every part of the syllabus is at our fingertips. When we reach that stage, or near about it, we will become confident. Let us not forget that exams are a test of our confidence, as much as it is of our knowledge.

Determination and perseverance

“Nothing succeeds like success.” For this, the very first condition is the will to succeed. If one does not have the will to succeed, nobody can do anything about it. We need to have the determination to succeed against all the odds, a burning desire to perform to the best possible level in the exams. An unshakable determination followed up with unflinching perseverance is the secret behind the success of every individual in this world. So we must be prepared to work hard towards reaching the goals we set for ourselves. There is no shortcut to success, except hard work. Every serious student must be prepared to put in real hard work for the exams. It is a fact that the human brain can be most receptive during pressing circumstances, like exams. It can receive vast amounts of knowledge and retain them. It is as if our brain assumes new dimensions during exam time. The brain co-operates very well. Why don't you co-operate too? It is never too late, if only you start. So start now !

***Success is not built on success. It's built on failure.
It's built on frustration. Sometimes its built on
catastrophe.***

Sumner Redstone



Relieving Stress : Why and How?

Rumna Mitra Lala*

The students appearing for the first time for a major examination – be it internal or otherwise - are justifiably uncomfortable. The 'first' of anything is a little scary; agreed. However, perceptions differ – different people feel different stress levels for the same situations – one child is going to be excited to go for her first swim while another may be terrified to go near the water!

First, the child needs to know what is stress? When a situation is not acceptable to him and the body or mind reacts or responds in a particular way to that situation, she is stressed. In grown up children this is stepped up when she does not take kindly to unnecessary feedback, comment or criticism. Stress is not so much due to the 'present' moment or time. Stress in students is mostly due to - (a) Fear of the future and (b) Worry – about the past

A good part of stress is believed to be genetic predisposition, or a personality trait. Personally speaking, I feel a significant part of stress is learned. Children learn the way to handle stress by watching their parents. Certainly, the patterns that they learn in childhood are often the patterns that are carried into adulthood.

For kids today, peer pressure is a major factor behind stress. Besides, kids have diverse issues to deal with these days. They have to learn how to cope with them, and verbalize their fears and their concerns. The stressors are more significant today – especially in the urban sector. Kids now, at a very young age are starting to learn about things like drugs and alcohol. They hear about terrorism; they see it on the television.

I also believe the break up of the joint family system, subsequently followed by the one-child, two-child family syndrome where, in most cases both parents are working are factors that escalate stress or stress related issues.

Adolescent suicides are a serious cause of concern and the suicide rates have increased dramatically in the last few decades. The symptoms have to be detected and identified well in advance; parents and teachers both have to take the responsibility in identifying them. The discernible warning signs of stress are lack of attention in class, falling silent, looking depressed and staying aloof from friends. This may result in anxiety, fear, depression, anger, aloofness or sadness.

*Tagore International, Vasant Vihar, New Delhi

The CBSE mantra for distressing is '**No comparison**' and '**No competition**.' It is important for both parents and teachers to remember that a comparison of siblings or of batch mates is an absolute No! Also, there should be no undue importance given to exam grades.

Parent-teacher meetings at regular intervals should be organized to make them understand that exam grades are not the ultimate goal in a child's life. Rather, the talent of a child should be identified and allowed to be cultivated.

Teachers should have a fair knowledge of the child's background. A student from the bigger cities are open to temptations and are lot more curious about things; the parent must make it her or his business to know who the child hangs out with, where he goes, how he spends his time. The kids should be watched over to see whether they are into addictions. He should be advised to fight peer pressure. From time to time, teachers should discuss and talk about the negative impact of late night parties, drinking or smoking in the teens and early age driving. When one is faced with prolonged stress, S/he may fall prey to it. The body and mind need to be in a state of relaxation to be de-stressed. Given below are some guidelines recommended specially for high school students to help deal with examination stress and anxiety.

If the child is serious and follows them so as to create a habit, preferably twice a day, he is bound to get results. I follow them with my children and also in the classrooms. And I have met with positive results.

Muscle relaxation exercise - Sit in a chair - or you may lie down. Close your eyes, breathe in and gently breathe out. Stay calm and try to be as still as possible. Do this a few times. Start by making a really tight fist as well as making the arm muscle really tight like a rubber band as if that is going to snap! Concentrate on what is happening to your body. Take a deep long breath, open your hands and slowly relax. Go Limp! This can be done with the rest of the body, the legs, the feet, head and face. Tighten and release the muscles. Do this a few times until you can feel the tension leave your body. You will clearly understand and learn the difference between a stressed body and a relaxed one. Most importantly, you will realize that it isn't too difficult to control Stress!

This exercise helps the child to feel totally relaxed and slows down the feeling of anxiety. What's more this can be done anywhere, at any time – say in the classroom, when they are feeling nervous about taking a test.

Another stress buster that I suggest is **visualization**. This could be something like asking the child to close his eyes and spell his name backward. Or try to rewind the day's happening of a particular day. Or, think of five good or happy things that have happened to him lately. He may visualize a peaceful location –somewhere he may have visited. Visualization helps him to refocus his energy and find inner calmness that relaxes both his mind and body.

Listening to the child – both as a parent and teacher - is an important de-stressing factor. Be it a young child, an adolescent or a high school teenager, every child wishes to be heard out or be 'talked to.' As a grown up, when you listen to the child and show you have understood him correctly, you are 'friends' and you have won his trust. You always have an opening to carry on a discussion. Be appreciative. Talk about the things he likes. Talk about your own interests. It de-stresses a child to know that he can talk out his heart to someone whenever he wants to. As a parent, going for regular 'talk-and-walks' with your child positively relaxes him. You realize you are able to share incidents that in the normal course of time he wouldn't have shared with you! "When I was younger we would have regular walks, but now they never ask me to accompany!" This was from one of my high school students.

Stay connected with your child. Allow the child to help you around in the house. When the child is comfortable and surrounded by warmth, she is anxiety-free and his mind relaxes. Parents presume that once the child is in his late teens she would rather be left alone. No, not always! Children always need to be 'felt wanted' – irrespective of their age. Talking to your child and expressing your love from time to time is important. A happy bonded home by itself de-stresses the child. Whether he lives up to your expectations or not, any kind of negativism should not be allowed to enter the child's life.

The adage '**Early to rise and early to bed,**' still holds ground. A disciplined life should be encouraged at home. There is too much of impatience and aggression all around these days. Though there is a distinct difference between the 'haves' and 'have nots', most of our children are far removed from the pre and post partition days; they take things for granted. Most things are instantaneous! Taking up a hobby from an early age and pursuing it also keeps the child involved. You see capsules and crash courses for everything now – be it music, dance, painting –anything! The western world has openly welcomed the art of meditation and yoga from us obviously because they have gained out of it; it is sad our own youth remain distant from what is easily available to them. **Yoga along with daily practice of the Pranayam should be an integral part of every home.** The child is bound to see results. It will calm the mind and control their anger. This invigorates the child in both body and mind. It is when both the body and mind remain inactive, idle and aimless that stress or stress related factors enter.

Tension is who you think you should be. Relaxation is who you are.

Chinese Proverb



De-Stressing Society: De-Stressing Examination

Hemant Kumar Sharma*

Examination, possibly the worst nightmare a student experiences frequently, has now become a kind of a pandemic which is affecting, though in different ways and severity but almost, everyone in the society. Evaluation cannot be done away entirely as we need it for getting feedback to improve/update our transactional pedagogies and we also need some standard means to certify the knowledge gained by the students over a period of time, however the pattern and frequency of examination is still debatable. It is very true that the Exams put up a lot of stress on the students for demonstrating their intelligence, creativity, understanding and applications of the concepts in a very short time interval of two or three hours. It is extremely sad to see that the students are subjected to alarmingly high levels of stress, a major part of which is totally avoidable. Unnecessary premium is being placed on the end result (Particularly on Board Examination) instead of the entire process adopted to transact the curriculum.

Factors behind Examination Stress

One major reason for this needless emphasis is the non availability of other means of selection of students for further studies and jobs. Practically speaking a majority of entrance examinations to institutes of higher learning in India, except some National level tests like the ones conducted for IIT and IIM, are designed not for selecting students with right kind of aptitude and skills required for a particular course rather, because of the limited number of seats, they are designed in such a way that the majority of candidates could be kept at bay. Universities shirk their responsibility of conducting special tests for each course and treat marks secured in Board examination as their admission criterion. It is not logical as the Board tests only its curriculum and not the specific skills and aptitude required for any particular course. This entire correlation between marks scored in the Boards and admission to a desired course and college culminates into an extremely stressful situation for teenagers.

Most of the society does not think of the heterogeneity of human traits or recognize slow or average learners. Everyone loves top scorers both teachers and parents keep emphasizing the wastage of a precious year if someone drops. Peer pressure, pressure of the school, distinction, pressure to salvage the prestige of the parents in society, social stigma of not getting good marks and other personal aspirations of the students (which may be based on faulty perception of self and society) result in a terminal situation leading to a **cul-de-sac** from where there is no way to proceed. Most of the students, who are partly or totally unaware of their potential, aspire to top the examination out of sheer external motivation present in the form of higher status ascribed to

*Hemant Kumar Sharma, Principal I/C Bhartiya Vidya Bhawan's V.M. Public School, Vadodara

some top ranking colleges and may not be able to cope the unrealistic aspirations and become frustrated and miserable.

Role of the School

Schools treat students of class X and XII as machines and all the measure of quality control are administered to ensure maximum number of distinctions in the Board examinations which are showcased in National Dailies. In most of the schools, the students of Std. X and Std. XII are given different treatment than other classes.

No extra co- curricular activities, no vacations, no celebrations, no means of recreations, only extra coaching, more and more mock tests and preliminary exams. Teachers are given higher targets to be achieved through their students in terms of getting more and more 90% and above, cent percent results to be achieved etc. The life style changes affect the exceedingly delicate emotional fabric of a teenager and they may panic.

Role of Family

At home, parent expectations from their children are too high to be achieved in many cases, mainly because of community pressure. They fulfill all sort of materialistic requirements of their children and treat their children as mere machines. This is the time when fear, anxiety and stress enter many homes. No television, no computer/internet, no radio, no laughter. Parents pass on their anxiety about how their children will perform in the exams to everybody at home, increasing the performance anxiety. Sometimes it appears as if the whole family is preparing for an examination. Parents and other family members are trying to pass a "Social Examination" if their ward scores well their status is saved otherwise it would be maligned.

Many of the parents take leave from their offices for preparing their children for Board Exams. This is the fear of exams. Many parents invest everything in and sacrifice many things for the children and the return of their sacrifice is counted in terms of the marks scored. This return is assessed in terms of the child's performance on not just the Board exams but also in the entrance exams. All this makes feel a student as the first and last chance to prove her/his abilities which is certainly not the case.

Parents should take a positive attitude and tell their children that *'yes, you can do it.'* Comparing the child with other children and setting others as benchmarks should be strictly avoided. Self-motivation works much better than external motivation. A stress-free atmosphere should be maintained at home during the exams. Anxiety before and during examinations is a natural thing for children, but keeping it within limits is important.

"Teachers and parents need to first de-stress themselves and leave examinations to the children."

Stress Manifestation

'*I should perform well, I must score high marks*', becomes a constant concern and sometimes leads to physical manifestations such as tremors, sweating, lack of sleep or oversleep. Children with exam-related anxiety and stress become unduly aggressive. They may throw tantrums and revolt against parents. The stress is plaguing students to such an extent that it has started killing them. During the examination time in March and in May/June every year when the results are declared, the newspapers and TV footage are replete with reports of youngsters attempting suicide due to their inability to cope with academic pressure. The students face tremendous stress and competition.

Silver linings

The CBSE has been trying hard to implement various measures like strengthening the internal school based evaluation through Continuous and Comprehensive Evaluation. When a National body is placing so much of trust in its school, then why are schools so reckless in implementing this practice is something to be researched into. There seem to be absolutely no correlation between marks scored in external and internal examinations. ***The introduction of Grading System in place of Marking System upto Primary Level is one of the major steps of CBSE appreciated by all the sections of the society. It has reduced the stress and fear of examinations among small kids and their parents.*** It has been extended up to the Secondary Level by introducing school based evaluation. The CBSE has come out with new pattern of questions papers in which twenty percent weight-age is allocated to questions needing higher order of learning. This might reduce the emphasis on rote learning.

Some Propositions for future

- Generally various Boards conduct Examinations in the month of March/April every year and then the Compartment Examination in July/August. Instead the Board can conduct the Examinations twice a year spanned equally and the student can have the choice to opt for anyone as per their preparation. Both should be treated at par for admissions to higher professional courses.
- Many Universities have Semester System where Examinations are conducted in all the subjects twice a year and students also have the freedom to give examination in a subject according to his preparation. Semester System can be introduced at school level which will reduce the burden on the students. This will further de-stress the students.
- The internal assessment should be based on specific parameters observed throughout the year and should be more transparent. Monitoring of the schools should be stringent and deviations may result in disaffiliation.

- Even some of the evaluators are not properly trained to evaluate the Answer Sheets. More and more Workshops and seminars are to be conducted frequently on regular basis for the same.
- The marked copy of the Answer Sheets should be logistic inadequacy due to sheer number of the students after the results are declared. This would put pressure on teachers to evaluate the answer sheets properly. The marking system should be changed to gradation system, which is more rational and scientific.
- On-line Examination System can be introduced, in which a student can appear on-line in the examination at any time 24×7 during the year.

"De-stress the stress", as it is a well known fact that everybody performs better when he is relaxed."

***One should, perform karma with nonchalance
without expecting the benefits because sooner or
later one shall definitely gets the fruit.***

Rig Veda



Study Skills to Empower Learners.....

* K Uma

The month of March every year provides the most favourable conditions for the contagious examination fever to spread. The media, the family members, peers, and teachers, everyone accentuates the grim situation in their own way and reinforces the sombre atmosphere. It spreads not only to students who face the Board examinations but also to younger students. Most of the students experience some level of anxiety during examination. However, when anxiety begins to affect examination performance it becomes a problem.

In a survey, which was part of an action research conducted in our school, I found stress to be more frequent among average and above average students in comparison to below average students who do not experience any significant level examination related stress and the following factors emerged as major ones which might cause stress in majority of the children.

Internal factors

- i. Lack of confidence.
- ii. Low self esteem.
- iii. Lack of preparation.
- iv. Poor study habits.
- v. Failure to organize things.
- vi. Negative thoughts.

External Factors

- i. Parents, Peers and Teacher pressure.
- ii. Unavailability of seats in the institutes of learning.
- iii. Non availability of options after Secondary education due to failure of vocationalization of Secondary education.

Few Tips for the Students to Reduce Anxiety related to Exams

- Have self confidence.
- Recognize and accept limits.
- Reinforce positive self statements and focus on good qualities and accomplishments.
- Develop assertive behaviors.
- Remember that everyone is unique and different and avoid unnecessary competition.

* Teacher Maharishi Vidya Mandir, Hosur, Tamil Nadu.

- Exercise regularly.
- Take balanced diet and avoid fast food.
- Study and know the material well enough so that it can be recalled.
- Learn and practice good time management.
- Build confidence by studying throughout the semester and avoid cramming the night before the exam.
- Learn to concentrate on the material you are studying.
- Generate questions from textbooks and lecture notes.
- Focus on key words, concepts and examples in your textbooks lecture notes.
- Make charts and outlines which organize the information in your notes and textbooks.
- Few short breaks must be taken between study times.
- Relaxation techniques should be practiced e.g. whenever you feel tense, take a deep breath in and out for several minutes.

Stress can be avoided if students study throughout the year. The detailed study over the year provides the brain required time to process the information as long term memory. At the time of examination if you cram up facts it will be stored as short term memory and is not very reliable. Therefore the best way to avoid stress is to stick to a routine throughout the year and you will only need to revise things to fare well in examination.

Requisites for Effective Study:

1. Physical Environment

The environment in which the students study can have a big effect on the efficiency of the students. Therefore it is absolutely necessary to check the place of study for the conditions viz. Noise, Interruptions, Lighting, Temperature, Neatness, Comfort, Equipments.

Steps for creating conducive atmosphere for studying:-

- Minimize distracting noise.
- Have one desk and straight-backed chair.
- Have everything (book, pencils, paper, dictionary, etc.) close at hand.

2. Social Environment

How can parents help their children to manage examination stress?

- Parents must encourage the child; however they also must necessarily ensure that the family will always stick together with the child through thick and thin.

- Most of the parents have the tendency of comparing their children with their neighbour's children or their class mates. This habit must be totally avoided by the parents as this demoralizes the child.
- Parents must make sure that they are available to listen to the concerns and fears of their children, before they give any advice to them.
- Parents should not have unrealistic expectations from their children.

3) Success requires dogged determination as well as ability

Students must make sure that the goals are their own. Self-set goals are better motivators than those imposed by others.

- They must set realistic goals and priorities.
- Goals must be challenging but attainable. They should cause the students to stretch and grow. A challenging, attainable goal will hold the interest and keep the students motivated.
- Goals should be as specific and measurable as far as possible and should have a target date.
- Compatibility of the major goals must be checked before implementation and students must frequently revise and update goals.

Initiatives by the Central Board of Education to reduce stress

The Board has suggested various measures to reduce the stress of students through various circulars (Cir21/05 ,dated 12.04.05 , Cir 28/05 ,dated 31.05.05 , Cir 02/06 dated 31.01.01 etc)

The Board has implemented continuous and comprehensive education at primary and middle school level. It has also introduced grading system of marks.

Suggestions to schools

In order to prepare students for public examination well in advance, some schools tend to rush through the process of teaching and learning more often emphasizing on rote learning and depriving the learners of the real joy of learning.

Sometimes it develops undesirable stress as students suffer from paucity of time to cope with such quick fix transaction strategies depriving them of adequate time for assimilation and consolidation of their learning. The schools need to understand that they should give the required time for transaction of the syllabus to the students as formulated in the curriculum.

Some schools also conduct two to three other tests before the pre-board examination. The atmosphere of fear starts building up with the commencement of these examinations very often affecting the mental and psychological health of the students. In certain cases the inadequate performance of the students in these pre-board examinations is treated as a deterrent and

schools tend to hold the students from appearing in the public examinations, sometimes with a view that an adverse result might affect the institution.

Schools need to understand that the profile of the school is not built exclusively on the results produced by them in a public examination but is reflected through the quality of transaction of the curriculum and the value based atmosphere provided to the learners to develop the qualities of the head and heart. Conducting Pre-board examinations more than once is absolutely unwarranted and undesirable. They do not necessarily give the required results, rather they only add to the mental stress of the learners infusing additional fear. They sometimes tend to develop self-pity, depression and a self-defeating attitude. It is further advised that such a pre-board exam could be conducted before the last week of January providing adequate time for remedial teaching. It gives also some space to the learner for self learning.

The objective of this examination should be to identify those academic components in the performance of the students which need to be strengthened through academic guidance and counseling.

(Reference Circulars from CBSE)

***The perfect no-stress environment is the grave.
When we change our perception we gain control.
The stress becomes a challenge, not a threat. When
we commit to action, to actually doing something
rather than feeling trapped by events, the stress in
our life becomes manageable."***

Greg Anderson



Observations on Examination.....

S Dutta Gupta*

Exams are fearful but necessary , necessary because we need some kind of evaluation to check the knowledge gained by the students during a particular period of time , fearful because they stress children to show their intelligence, creativity, writing skills and all that has been learnt in a particular span of few hours.

Every year, millions of boys and girls experience stress during examination, some even to the extent which is beyond their endurance. Examination till recently has been memory focused. A larger portion of time and effort still goes into remembering all kinds of details, rather than developing skills that would be applicable in a wide variety of intellectual pursuits.

Some Observations on Examination

- Level of examination **questions should be according to the age and aptitude** of the students.
- The **semester system of examinations** can help us lay more emphasis on internal assessment based on specified parameters observed throughout the year.
- The **open book system of examinations, objective-type questions** is another way of de-stressing. It has been seen that only those students are able to answer the questions from the books who have studied thoroughly.
- The marking system should be changed to **grading system** which is more rational and scientific. Grading helps to reduce stress and raise self-esteem.
- Additional weightage to questions from **practical studies, field trips** and actual work experience could also be introduced.
- Other positive steps could be that students are allotted **examination centres in their neighborhood**, and students who fail in their pre-board should not be barred from sitting for the boards.
- One alternative could be that entire staff of the school should be sent to some other schools for taking examination instead of students going to a different school.
- Parents should adopt a positive attitude and tell the children that '**you can do it**'. **An overall supervision and giving an occasional guideline** would help the case of most children.

* S Dutta Gupta Vice Principal, DPS Angul, Orissa

Comparing the child with other children, setting others as benchmarks should be strictly avoided.

- **De-stressing the home** is another step. A stress-free atmosphere should be developed at home during the exams.
- **De-stressing the children through physical activity** is another important step. Since tenth and twelfth graders are already facing the problems of adolescent hormonal changes, **children should go out and relax for some time everyday.**
- Stress and anxiety can be controlled among students through **Yoga, meditation sessions, sports, theatre, pranic healing** and through a number of creative activities. Interactive sessions with parents and students and taking the help of counselors are other ways of de-stressing before exams.

The following activities can also be taken up by the school to help the children to de-stress:

- **Exercise:** Exercising in any form can really help one to de-stress and re-focus. It can help refresh your mind and get your body back into gear.
- **Sit down:** Take a few minutes to just sit down and relax. Find a quiet place—anywhere you feel comfortable and just relax for five or ten minutes.
- **Breathe:** Take a couple of deep breaths, slowly breathing in and out will help to calm down your body.
- **Organize something:** Organizing is also a way in which one can relax. It may not sound fun to you, but give it a try.
- **Figure out :** What's bothering you? The sooner you get it done, the sooner you will be a calmer mind with less stress.

Rich and successful people are solution-oriented; they spend their time and energy strategizing and planning the answers to challenges that come up, and creating systems to make certain that the problem doesn't occur again.

T. Harv Eker



Delinking Stress from Exams.....

Mrs Archna Sharma*

"Only a month to go for my final exams. My whole routine is changed. I do not have time for recreation. I do not spend enough time with my parents and friends. I am expected to study 24x7 till my exams are over."

"I have to cram the exact answer dictated in the class otherwise it would be marked wrong."

These two examples clearly show that the pressure a child is under to fulfil the expectations of his/her family, friends and school. This leads us to an analysis of various exam related factors which induce an inordinate level of anxiety and stress that at times results in nervous breakdown and suicides.

Instead of panicking about exams only when these are approaching, we need to be proactive. The teachers and the students have to be convinced that learning in schools should not be viewed only as exam oriented. The main focus should be more on the requisite problem solving skills than on the accumulation of knowledge. The students who develop a proper attitude to learning, study, good techniques and habits will never feel overstressed during examinations. This attitude has to be inculcated amongst the students by the school as well as the parents. But, are we ourselves prepared for this paradigm shift?

In spite of several reminders from the Board, students are still discouraged to think beyond textbooks and form solutions on their own. They are punished even for making minor changes in the answers. Instead of appreciating the efforts of a child who tries to give an answer alternative to the one dictated in the class, we disapprove his answer without taking into account the level of the child. So, will this child ever dare to use his creativity in learning? Aren't we forcing him to follow only rote learning, which is the major cause of stress? Learning is never stressful. It's only when we make learning forceful, restricted and meaningless that it causes stress.

How can we save our children from this dreadful menace? Not by recommending de-stressing techniques, but by striving to de-link the stress factor from the examination. All the educators need to understand that lowering the standards of evaluation is not the solution but upgrading the standards of learning definitely is. If evaluation is incorporated into the learning process and is focussed upon the maximisation of learning outcomes in the form of understanding and application ability and not on the recall of content then the students will love to be evaluated

* Mrs. Archna Sharma, working as Educationist in Indore.

again and again. Learning will become an exciting life long journey. True learning takes place when the environment is made challenging for the students.

Are our teachers fully equipped with the mindset, the strategies and the methods to help students to view examination as any other challenge of their day to day life? In exams, they should be encouraged to apply their knowledge in solving the hypothetical problems in the same manner as they do for the problems of life. Tests should be designed in a manner that the core competencies of the students should be checked rather than instant recall of textual knowledge. Examinations should be considered as motivation to learn further. These steps have to be taken practically. For this, our teachers require continuous exposure to the pedagogical changes and the basic focus of examinations. At school level, from the setting of papers to evaluation, we tend to forget that these should be as per the level of the students and not the teachers.

All the stakeholders need to understand that the exams are bound to be stressful and optimum level of stress always help us to produce our best performance. It is only when the stress level rises beyond this optimum level that it becomes a matter of concern and sometimes alarming too. We should consider the exams as tools to prepare us for the challenges of life without getting stressed to the level that their efficiency level is affected adversely.

CBSE has already made many changes to simplify the examination procedures. But, have we been able to understand all these initiatives in their true sense? In CCE, we are continuously assessing the students without taking any corrective measures for teaching and learning strategies. Rather, we tend to compensate the time devoted to this by cutting down on other learning activities. So, somewhere the actual aim of continuous assessment is lost. Moreover, there should be complete transparency in grading wherein a student should get the liberty to know how he/she has been graded and how to improve on that. This requires us to have a clear understanding of the indicators of assessment and guidelines for grading. Comprehensive assessment should take care of all the aspects of the child's personality but here again we are grading the students without proper diagnosis. CCE, if implemented in a proper manner can be very effective in making teaching creative resulting in joyful learning. Gradually we can start drifting from term end exams towards continuous performance-based assessment.

In current examination system, everyone is expected to take the tests in written form. We need to realise that some people are good at practical work and apprenticeship rather than theoretical work. There should be some support for such students too. We can use **alternative methods of assessment** wherein students are made to perform meaningful tasks that depict application of essential skills and knowledge. The emphasis should be more on construction of knowledge rather than on recall or recognition. Instead of forming the curriculum on the basis of pre-determined body of knowledge, it should be flexible and assessment driven. All these changes will take away stress from the assessment resulting in more productive citizens. We can follow more authentic ways of assessment where learning outcomes are associated with real life situations and the intellectual accomplishments are significant.

Career Mapping after School

Rama Sharma*

Soon after the class XII examinations, the CBSE Help-lines are inundated with calls from frantic students and concerned parents seeking information about the under graduate courses, eligibility, availability, minimum cut offs and so on.

It may not be known to many that CBSE offers an impressive 163 main academic courses at the +2 level and 31 vocational courses. It does not '**stream**' the subjects. A student is free to choose **Any Five subjects** with one language and any four electives. There is ample scope for a student to select from the basket of courses which are best suited to his/her interest, aptitude and market demands.

In sync with the emerging trends in education, in the post globalized and techno savvy world, CBSE offers language courses apart from subjects like Bio- Technology, Entrepreneurship, Disaster Management, Fashion Studies, Multi Media and Web-Technology, Financial Market Management, Health-Studies, Heritage-Crafts, Graphic-Design, Agriculture etc.

Writing a Career Plan

Choosing a course of study at the end of school is indeed a difficult task for a teenager. One of the obvious reasons is the linkage with the world of work and employability. The awareness and interest in career options is ever increasing. Besides the niche courses, a number of unconventional courses are also on offer and gaining popularity.

However it is always better to prepare a check list of the courses and related careers to know about:

1. Different jobs in each career.
2. Advantages and disadvantages of each job.
3. Emoluments prospects and growth in the particular career.
4. Work profile.
5. The physical environment.
6. The working hours and job routines.

*Rama Sharma is the Public Relations officer CBSE and also the nodal officer in-charge of the CBSE counseling program.

Intelligence as Career Indicator



A wise man once said, “If you follow the crowd, you are likely to get no further than the crowd. You have two choices in life. You can dissolve into the main stream, or you can choose to become an achiever and be distinct. To be distinct, you must be different. To be different, you must strive to be what no else but you can be”

Some times student may have a flair for music, art or interpersonal skills besides being a higher achiever in terms of marks. In such situation the predominant indicators can help a student to make a viable choice of course.

A student may possess NATURALISTIC intelligence when:

Environmental issues are important to him/her.

He/She enjoys studying biology, botany or zoology.

Spends a great deal of time outdoors, Enjoys visiting parks, zoos, hiking, camping, caring for pets.

Possible Options:

Botanists, Biologist, Zoologist, Animal trainer

Ecologist, Farmer, Orthenologist, Veterinarian, Horticulturist,

Environment scientist, Park Ranger.

A student may possess LOGICAL intelligence when:

He/She enjoys counting things, solving mathematical problems, Puzzles requiring reasoning.

Creates own codes, science experiments.

Possible Options:

Scientist, Engineer, Auditor, Economist, Physician, Astronaut, Astronomer, Accountant, Chemist, Biologist, Forensic Scientist.

MUSICAL intelligence is indicated when:

A student likes writing lyrics for songs, enjoys many kinds of music.

Remembers songs lyrics easily.

Appreciates music, rhythm, melody and patterns in sound.

Possible Options:

Composers, Singers, Musicians, Song Writer, Music Teacher, Editor, Disc Jockey (DJ), Sound Engineer, Jingle Writer

Existential/ Philosophical intelligence is indicated when:

A student enjoys questions about life, Religion and often thinks about the purpose of life.

Possible Options:

Spiritual Leaders, Philosophers

People Smart students possess INTERPERSONAL intelligence:

They love interacting with others, feel confident when meeting new people.

Enjoy company of many people and have lots of friends.

Are team players and enjoy group activities.

Possible Options:

Counselor, Psychologist, Politicians, Administrator, Social Worker, Sociologist, Retail Worker, Arbitrator, Business Leader, Talk Show Host, Travel Agent, Human Resource Specialist.

Kinesthetic intelligence or Body Smart students are those who:

Enjoy exercises like aerobics, yoga etc.

Arts and crafts are enjoyable pass times for them.

Are active persons who like working with hands and tools.

Possible Options:

Athletes, Dancers, Choreographers, Physical Education Teacher, Sports Person, Stunt Person,, Gymnasts, Acrobats, Acting, Jeweler, Magician, Sculptor, Cosmetologist, Hair Stylist, Weaver, Surgeon, Dentist.

Linguistic intelligence is reflected when:

A student enjoys reading books, and explaining ideas to others.

Is interested in foreign languages.

Participates in Debates and public speaking.

Has a good vocabulary and writes stories and poetry.

Possible Options:

Poet, Advertising, Writers, Teachers, Lawyers, Politicians,, Professional Public Speaker, Translator, Proof Reader, Public Relation Specialist, Screen Writer, Story Teller, Radio or Television Host.

Intrapersonal intelligence is indicated in a student when:

He/She is keenly aware of moral beliefs, feelings, strength and weakness.

Is concerned with Social justice issues.

Believes in him/her self, likes to meet self goals.

Possible Options:

Social Activists, Lawyers, Philosophers, Spiritual Leaders, Actors, Therapist, Counselor, Film Maker, Poet, Psychiatrist, Researcher, Personal Trainer, Consultants.

A student possesses creative intelligence when:

He/She can imagine ideas, draws out ideas well.

Enjoys drawing and painting.

Appreciates Sculpture.

Coordinates different colour schemes.

Appreciates Art.

Is good at reading maps and blueprints.

Can recall things in mental pictures.

Remembers faces better than names.

Possible Options:

Painter, Designer, Visualiser, Art Curator, Art Director, Sets Designers, Creative Directors

Career Options After +2

ACADEMIC COURSES

B.SC	B.A	B.Com
Agriculture	Anthropology	Accounts
Botany	Economics	Banking
Bio-Chemistry	English	Business law
Biomedical Science	Geography	Business Mathematics
Chemistry	History	Business Statistics
Computer Science	Mathematics	Business studies
Home Science	Political science	Commerce
Physics	Psychology	Economics
Mathematics	Statistics	Mathematics
Geology	Sanskrit	and others.....

PROFESSIONAL COURSES

Science/arts	PCM	PCB
Accountancy(CA/CS)	Architecture	Audiology
Advertising	Bioinformatics	Agriculture
Business Management	Biotechnology	Biotechnology
Computer Application	Civil aviation	Genetics
Mass communication	Journalism	Defence-NDA Medicine
Designing	Engineering	Nursing
Fine Arts	IT	Optometry
Law	Merchant navy	Physiotherapy
Social Work	Pharmacy	Speech therapy
Hotel Management		Veterinary

Academic Subjects and Career Links

ECONOMICS/ENGLISH LITERATURE

Environmental Eco Advertising (copy writing)
Political Economics Journalism

Teaching and Research Mass communication
Development Economics Public relations
Publishing
Teaching (Lang. and lit.)
Writing

GEOGRAPHY/POLITICAL SCIENCE

Cartography Human Rights
Demography International affairs
Environmental Management Government
Services
Geographic Information Systems Politics
Population Studies Public Administration
Rural Management Teaching and Research
Teaching and Research Law
Travel and Tourism
Urban and Regional Planning

BOTANY/ZOOLOGY/CHEMISTRY

MATHEMATICS

Biochemistry Acutarial Science
Biomedical Science Banking
Biotechnology Finance and Investment
Bioinformatics Civil Aviation
Environmental Science Computer Science
Forensic Science Defence Services- Air
Genetics Force and Navy (Physics and Math's)
Indian Forest Services Software Engineering
Medical Neurosciences
Hospital Management

PHYSICS STATISTICS

Applied Physics Actuary
Astronomy Biometrician
Civil Aviation (physics and Environmental
Statistician math's) Pharmaceutical
Teaching and Research Statistician
Defence Services-Air force Market Research
Statistician and Navy Government Statistician
Indian Forest Services Teaching and Research
Geophysics

COMMERCE MATHS, CHEM., PHYSICS

Banking Architecture
C.A. Biotechnology
Company Secretary Civil Aviation
Finance Engineering
Insurance I.T.
Management Merchant Navy
Cost and Work Accountancy NDA
Chartered Financial Analyst Pharmacy

PHYSICS, CHEM., BIOLOGY (PCB)

Audiology Physiotherapy
griculture and Allied Fields Optometry
Biotechnology Pharmacy
Genetics Speech Therapy
Medical Studies Nursing
Occupational Therapy

Some of the universities also offer subjects such as food and natural resource, Education Research, Test Measurement Specialist, Curriculum Developers, Instructional Media Designers, Diagnostic Services, Health Information, Therapeutic Services, Human Service, E-Marketing, Distribution Logistics, Marketing Management and Research, Marketing Communication and Promotion, Recreation, Amusements and Attractions, Restaurants Services.

Websites for further reference:

<http://studentscentre.ja.org>,
www.time4education.com,
www.ignou.ac.in,
www.education.nic.in

परीक्षा जन्य तनाव : एक दृष्टि

- अल हिलाल अहमद*

पृष्ठभूमि

किसी समाज की वैचारिक परिपक्वता, कार्यकारी कुशलता, आर्थिक समृद्धता, सामाजिक व वैयक्तिक विकास सीधे अथवा परोक्ष रूप से उसके शैक्षिक स्तर के समानुपाती पाए जाते हैं। भारत जैसे प्रजातंत्र में तो शिक्षा का स्तर प्रजातंत्र की सफलता से भी जुड़ा है इसलिए शिक्षा के प्रसार व गुणवत्ता को बनाए रखना हमारे प्रजातंत्र के अस्तित्व का भी प्रश्न बन जाता है।

आज से लगभग 45 वर्ष पूर्व कोठारी शिक्षा आयोग की एक मुख्य सिफारिश यह भी थी कि भारतवर्ष में शिक्षा पर खर्च सकल घरेलू उत्पाद का कम से कम 5% तो होना ही चाहिए परंतु यह बड़े खेद का विषय है कि हम आज तक ऐसा कर पाने में असमर्थ हैं। वास्तविकता यह है कि हम देश में स्थित कारागारों व पुलिस बल पर शिक्षा से कहीं अधिक खर्च करते हैं।

नीतिगत निर्णय लेते समय शिक्षा का प्राथमिकता श्रेणी में निम्न स्थान पर पहुंच जाना इस तथ्य का द्योतक है कि भारतवर्ष में शिक्षा से कहीं अधिक शक्तिशाली राजनीतिक, सामाजिक, धार्मिक व आर्थिक कारक कार्यवन्त है जो शिक्षा के महत्व व भूमिका को सीमित कर अपने अन्दर समेट लेते हैं।

स्वतंत्रता प्राप्ति के पश्चात्, भारतीय समाज में मध्यम वर्ग का उदय हुआ जो आज एक अत्याधिक महत्वपूर्ण वर्ग के रूप में स्थापित हो चुका है। औपनिवेशिक शासन ने भारतीय समाज पर अपनी एक अमिट छाप छोड़ी है जिसके सकारात्मक पहलू तो संभवतः कालातीत में खो कर रह गये परन्तु नकारात्मक प्रभाव ज्यों के त्यों आज तक भी कायम है। अंग्रेजों की अपने काम के प्रति अगाढ़ श्रद्धा उनका मेहनती व साहासिक स्वभाव तो अपना असर नहीं छोड़ सका वरन उनका दमनकारी व क्रूर रूप आज भी भारतीय मानसिकता पर हावी है। भारतीय मध्यम वर्ग की मान्यताएं इस असर से सबसे अधिक प्रभावित हैं। श्वेत कॉलर कार्यों को इतना अधिक महिमामंडित कर दिया गया है कि पारम्परिक भारतीय हस्तशिल्प व व्यापार का तो मानो जैसे दम ही निकल गया है। भारतीय समाज जो

पहले जाति व धर्म के आधार पर बँटा था आज आर्थिक वर्ग के आधार पर बँट गया है।

वस्तुतः सामाजिक मानसिकता ही वह कारक है जो वास्तव में शिक्षा के प्रकार व प्रणाली को सुनिश्चित करने में महत्वपूर्ण भूमिका निभाता है। आज अभिभावक बच्चे की प्राकृतिक रुचि, झुकाव व उसकी क्षमता की परवाह न करते हुए, हर हाल में यह चाहते हैं कि उनके बच्चे केवल वह कोर्स करें जिसमें कम से कम समय में अधिक से अधिक धनार्जन की संभावनाएं हों। इसके फलस्वरूप हम आज ऐसी स्थिति से जूझ रहे हैं जिसमें केवल कुछ हजार स्थानों के लिए दस-दस लाख बच्चे अपना भविष्य दाँव पर लगा रहे हैं तथा जिसमें अधिकतर के हाथ निराशा ही लगती है।

समाज का एक विशेष वर्ग, जिसकी सरकारी नीतियों को तय करने में महत्वपूर्ण भूमिका है, अपनी प्रभुसत्ता बड़ी ही चतुराई से कायम रखे हुए है ऐसा इस कारण संभव है कि स्कूल स्तर पर दो समानान्तर तंत्र बना लिए गए हैं बहुसंख्यक गरीब जनता के लिए सरकारी स्कूल तथा अल्पसंख्यक मध्यम व अभिजात्य वर्ग के लिए पब्लिक स्कूल (हालांकि बड़े शहरों में पब्लिक स्कूलों में भी हाइरआरकी स्थापित है।)

पब्लिक स्कूलों से निकल अधिकतर बच्चे सरकारी खर्च पर चल रहे उच्चशिक्षा संस्थानों में लगभग सभी स्थान पा लेते हैं ऐसा इस कारण संभव है कि इन संस्थानों में प्रवेश परीक्षा का स्तर कुछ ऐसा होता है कि उसमें एक सरकारी विद्यालय में पढ़ रहे औसत छात्र का दाखिला लगभग असंभव होता है। पब्लिक स्कूली छात्र कोचिंग उद्योग, जिसका वार्षिक पण्यवर्त कई करोड़ रुपये है, का सहारा ले प्रवेश परीक्षा तथा स्कूल शिक्षा के बीच के अंतर को पाट देते हैं। दिलचस्प बात यह है कि उच्च शिक्षा जो सारे विश्व में स्कूली शिक्षा से अत्याधिक महंगी है भारत में उसमें, बाहुल्यता उन छात्रों की होती है जो संभवतः अपनी शिक्षा के व्यय का वहन भली भाँति कर सकते हैं। भारत में ऐसे छात्रों को न केवल नाममात्र शुल्क में विश्वस्तरीय शिक्षा दी

*लेखक के मा शि बो में सहायक शिक्षा अधिकारी के पद पर कार्यरत हैं

जाती है वरन प्रवेश परीक्षा में उच्च स्थान प्राप्त करने के लिए छात्रवृत्ति भी प्रदान की जाती है।

अभी हाल ही के कुछ वर्षों में के मा शि बो ने पाया है कि स्कूलों में जीव विज्ञान जैसे महत्वपूर्ण विषय की लोकप्रियता में केवल इसलिए भारी गिरावट आयी है कि इसके पश्चात होने वाली चिकित्सा शास्त्र स्नातक उपाधि का अंतराल अधिक है। चिकित्सा शास्त्र में शिक्षा का अर्थ है लगभग दस वर्ष की कड़ी तपस्या क्योंकि ठीकठाक रोजगार पाने के लिए स्नाकोत्तर उपाधि परमावश्यक है तथा स्नातकोत्तर चिकित्सा शास्त्र में प्रवेश के लिए होने वाली प्रतियोगिता भारत में होने वाली कठिनतम परीक्षाओं में से एक होती है जिसमें सफलता का प्रतिशत अत्यधिक निम्न रहता है। अंततोगत्वा सफल छात्रों का एक बड़ा प्रतिशत दूसरे देशों की ओर कूच कर जाता है। यदि समय रहते सरकार व समाज इस ओर ध्यान नहीं देता है तो वह दिन दूर नहीं जब स्वास्थ्य जैसे महत्वपूर्ण क्षेत्र में प्रशिक्षित चिकित्सकों की भारी कमी उत्पन्न हो जायेगी।

परीक्षा जन्य तनाव के संभावित कारण

1. भारत में सरकारी तंत्र का शिक्षा पर व्यय बहुत ही सीमित होने के कारण अच्छे स्कूलों व उच्च शिक्षा संस्थानों की भारी कमी है। विश्वविद्यालयों में प्रवेश हेतु किसी प्रवेश परीक्षा आदि उपलब्ध न होने के कारण बोर्ड परीक्षाओं में पाए गए अंकों का संबंध उच्च शिक्षा संस्थानों में प्रवेश से जोड़ा जाता है। आज भी ऐसे संस्थान मौजूद हैं जो बोर्ड में परीक्षा प्राप्तांकों का प्रतिशत अस्सी प्रतिशत से कम होने पर अपनी प्रवेश परीक्षा में भी बैठने की अनुमति नहीं देते।

किसी छात्र द्वारा कक्षा दस में बोर्ड परीक्षा में पाए गए अंक यह तय करते हैं कि उसे अपने ही विद्यालय की कक्षा 11 में कौन से विषय मिल सकते हैं।

इस दशा में छात्रों को ऐसा महसूस होता है कि यदि उनके अंक थोड़ा सा भी इधर-उधर हुए तो यह उनके पूरे जीवन ही को बदल डालेगा। समाज में लोग उन्हें हीन दृष्टि से देखेंगे तथा कम अंक मिलने की स्थिति में वे संभवतः अपने माता-पिता से भी आंख नहीं मिला पायेंगे। अपने जीवन के साथ-साथ पूरे परिवार की प्रतिष्ठा भी किशोर छात्र-छात्राओं के कंधे पर आ जाती है।

ऐसे मिथ्या जीवन मृत्यु के प्रश्न पर तनाव होना एकदम स्वाभाविक मानवीय क्रिया है।

2. स्कूल स्तर व उच्च शिक्षा स्तर पर भी भारत में विश्व के अन्य देशों की तुलना में बहुत ही कम पाठ्यक्रम उपलब्ध है। केवल तुलना ही के लिए देखा जाए तो कक्षा दस के पश्चात अमेरिका के भिन्न-भिन्न राज्यों में औसतन दो सौ पचास पाठ्यक्रम मौजूद हैं। भारतवर्ष में स्कूल व्यावसायिक शिक्षा को देखें तो ऐसा प्रतीत होता है कि मानों वह अपनी अंतिम सांसे ले रही है।
- लगभग सभी छात्रों का केवल तीन ही प्रकार के विषयों को पढ़ना उच्च शिक्षा में प्रवेश को और अधिक कठिन बना देता है तथा तनाव में कई गुना वृद्धि करता है।
3. अधिकतर महाविद्यालय बोर्ड परीक्षा में प्राप्तांकों के आधार पर प्रवेश देते हैं जो तार्किक आधार पर असंगत है क्योंकि बोर्ड परीक्षाएं किसी एक विषय में अभिरूचि को नहीं मापती हैं। IIT व IIM जैसे संस्थानों की सफलता उनके द्वारा ली जाने वाली विशेष प्रवेश परीक्षा की विश्वश्रेष्ठता तथा मान्यता (Reability and Validity) पर निर्भर है। इसी प्रकार सभी महाविद्यालयों द्वारा सभी विषयों में एक सर्वमान्य अभिरूचि परीक्षा आयोजित कर उसके आधार पर प्रवेश दिया जा सकता है इससे कम से कम स्कूली शिक्षा में तो तनाव कम हो सकेगा।

क्षितिज से आगे : कुछ सुझाव

1. भारतीय मानव संसाधनों का पूल (pool) चीन से भी अधिक है तथा अंतराष्ट्रीय बाजार में सेवा क्षेत्र में अपार संभावनाओं को देखते हुए सरकार को इस पूल का सदुपयोग करने के लिए स्कूली स्तर पर भी व्यावसायिक पाठ्यक्रमों पर बल देना चाहिए।
- सूचना प्रौद्योगिकी, मेहमान नवाजी (Hospitality), प्रबंधन, डिजाइनिंग, स्वास्थ्य सेवाएं, बैंकिंग, टूरिज्म आदि को बढ़ावा दिया जा सकता है। व्यावसायिक शिक्षा में उच्च शिक्षा के विकल्प न होने से भविष्य में पदोन्नति को संभावनाएं समाप्त हो जाती हैं इसलिए अधिकतर छात्र इन विषयों को नहीं चुनते। सरकार द्वारा यह सुनिश्चित किया जाना चाहिए कि प्रत्येक विषय में उच्च शिक्षा विकल्प उपलब्ध हों तथा उच्च शिक्षा के लिए अंशकालिक विकल्प भी उपलब्ध होने चाहिए जिससे कार्यरत छात्रों को अपनी योग्यता सुधारने के अवसर मिल सकें।
2. परिवारों में नैतिक मूल्यों पर बल दिया जाना चाहिए। शिक्षा का अर्थ केवल रोजगार तक न सीमित कर उसे

मानव विकास के लिए जरूरी पथ के रूप में देखना चाहिए माता-पिता द्वारा छात्रों को जीवन कौशल शिक्षा का महत्व समझाना चाहिए।

3. विद्यालयों में बोर्ड द्वारा निर्देशित सतत व वृहद मूल्यांकन (Continuous and Comprehensive Evaluation) को पूरी तरह लागू करना चाहिए।
4. बोर्ड द्वारा परीक्षाओं को सैमस्टर सिस्टम के अनुसार करना चाहिए ताकि यह परीक्षा के 'One Shot nature' को समाप्त कर तनाव को कम कर सके। यदि ऐसा करने के लिए जरूरी संसाधनों की कमी आड़े आती है तो सरकार को उसे पूरा करने का जिम्मा लेना चाहिए।
5. परीक्षा सुधारों द्वारा परीक्षा पत्र में सामाजिक न्याय का समन्वय करते हुए छात्रों के प्रत्येक वर्ग के लिए प्रश्न होने चाहिए। परीक्षा पत्र मूलभूत योग्यताएं परखने के लिए होने चाहिए व उनमें उन कौशलों पर बल दिया जाना चाहिए जिनकी जॉब (Job Market) बाजार में मांग है।
6. अध्यापकों के लिए बेहतर (अंतः व पूर्व सेवा) प्रशिक्षण व कक्षाओं में अध्यापक छात्र का बेहतर अनुपात व अंकों के स्थान पर ग्रेडिंग पद्धति भी तनाव कम करने में मील का पत्थर साबित हो सकती है।
7. सामाजिक स्तर पर छात्रों में विविधता को समझना व इसका सम्मान करना चाहिए।

छात्रों के लिए सुझाव

प्रत्येक समय में हर समाज के सामने उसकी विशेष चुनौतियां रही हैं पचास के दशक में गरीबी कहीं अधिक थी प्रतियोगिता अधिक कठिन थी। जब परीक्षा देने/लेने में कोई भी मूलभूत दोष नहीं है तथा निकट भविष्य में परीक्षाएं समाप्त नहीं होने वाली हैं। इसलिए यह ही बेहतर विकल्प है कि इनका योजनाबद्ध

तरीके से सामना किया जाए। संसार में अपने लिए जगह बनाने के लिए सभी मनुष्यों को अत्याधिक संघर्ष करना पड़ता है तथा इसके लिए कोई संक्षिप्त रास्ता (शार्ट कट) नहीं होता है। एक प्रसिद्ध उर्दू शायर के शब्दों में

**ये जीस्त नहीं आंसा बस इतना समझ लीजे
इक आग का दरिया है और डूब के जाना है**

यह जीवन एक आग उफनती नदी की तरह है तथा हर एक को इसमें डूब कर ही पार जाना है।

इसलिए परीक्षा के लिए सावधानीपूर्वक योजना बनाएं जो जीतने वाले हैं वह पहले ही से जीत देख लेते हैं तथा जो कम जीतने वाले हैं वह वो बात ज्यादा सोचते हैं जिसका उन्हें डर है। अपने-आप से बातें करें, अपने लिए वास्तविक लक्ष्य तय करें तथा अपने समय को योजनाबद्ध तरीके से इस्तेमाल करें।

अपने छोटे-छोटे लक्ष्यों को एक तय समय सीमा में पूरा करने का प्रयास करें। एक लक्ष्य पूरा हो जाने के पश्चात थोड़ा विश्राम लें। **मन के हारे हार तथा मन के जीते जीत** कहावत में निहित सकारात्मक सोच ही कठिन समय में काम आती है। अपने ध्यान को सदा लक्ष्य ही पर केन्द्रित रखें। परिवारजनों से खुलकर बातें व आमोद प्रमोद करें।

थोड़े खाली अंतराल में संगीत अथवा इनडोर गेम्स का भी आनंद लिया जा सकता है। पौष्टिक भोजन लें।

सारे दिन की कड़ी मेहनत के पश्चात सोने से पूर्व अगले दिन की योजना बनाएं तथा कम से कम आठ घण्टे की निद्रा अवश्य लें। परीक्षा उपरांत केवल यही अनुमान लगायें कि क्या मैं वह सभी कुछ कर सका जो मैं पुनः अभ्यास के समय कर सका था। यदि नहीं तो भी आपको परिणाम सुधारने के अवसर अवश्य मिलेंगे।

**सँभलो कि सुयोग न जाये चला
कब व्यर्थ हुआ सदुपाय भला
समझो जग को न निरा सपना
पथ आप प्रशस्त करो अपना
अखिलेश्वर है अवलम्बन को
नर हो न निराश करो मन को**

मैथिलिशरण गुप्त

What other Principals say on Stress.....

ALLEVIATING STRESS.....

We often tend to forget that Examinations are an integral part of any system which requires monitoring and response. As education is the most vital and dynamic process it needs an evaluation system that should be based on sound pedagogical foundations. Now days almost everything is on stake during examination and this naturally results in unwarranted high level of stress that affects the normal performance of a student. Once we change our vision towards the examination stress and depression, it helps us to cope with it in a relaxed and positive way

Some suggestions for teachers to alleviate the stress level in students:

1. Explain the pattern and type of questions.
2. Key answers, concepts should be focused while teaching.
3. Frame direct simple questions.
4. Encourage students to give their own answers.
5. Ask open ended questions.
6. Students should learn to frame questions on topics to understand them better.

Jacob Das, Principal,
Yavatmal Public School,
Yavatmal.

The result of stress is always negative and its reflection directly on your physical and mental health. In due course of time one can become sick and lose self esteem. Stress should be avoided not only for our sake but for our ultimate progress. It pulls us back from the path of our progress. Continuous practice to take the things at their face value helps a lot in curbing frustration.

Are we able to make our students understand what really stress is and the condition which makes some one stressed? Our roles get justified if we explain this to our students. In there a need to run after a few professions even if one is not equipped with relevant skills. The need is to evaluate our worth. Society requires many professionals other than engineers and doctors.

Dr A K Pandey,
Principal,
Gyan Vihar, Jaipur

What other teachers say on Stress.....

The best method to build confidence among the children before the exams is to '**conduct quizzes and ask questions which they can answer**'. Teacher must go from easy to difficult level so that the students can understand well from the very beginning. While teaching, if the students are unable to understand difficult concepts/sums, he must insist on them to work hard to overcome these and encourage by providing positive strokes.

Mr. Harekrushna Behera,
Chinmya vidyalaya, NTPC,
Raebareli

TIPS TO SUCCEED IN EXAMINATIONS !

Time Management

Most of the stress is due to improper time management. Wasting time and deviating from main course certainly leads to tension or stress. Its better to manage time intelligently. Time is related to punctuality and one of the most valuable methods to overcome stress during examinations is to manage (maintain) time and utilize it meaningfully.

Conducive environment to study

Noise free and soothing ambience truly directs the mind towards the right constructive path. The conducive environment must be created in classroom, school campus and our homes by sharing thoughts, interaction with others and above all, coping with the stress related problems in life.

Identification of Problematic areas

It is very important to identify the areas of stress and the mode- mechanism by which it arises in one's life. Identification can purely be done at the level of self (first) and then through parents, teachers and like fields.

S.C TEWARY (PGT),
Kendriya Vidyalaya, NHPC,
Pithoragarh, Uttarakhand

Tips – to beat the examination blues for students as well as parents.

- Be organized : Think about what you do. Make a list of the most important areas. Drop some things at the bottom if you have to.
- Learn to know your own symptoms of stress so you can take action when you feel they are building up.
- Stay in contact with friends. Talking things over can help you **“keep things in proportion”**.
- Change what you say to yourself-e.g. say **“I think I can”** instead of **“I know I can’t, “I’ll try”** instead of **“I have to”**.
- Don’t try to be perfect.
- **Eat right** : A balanced diet is important, especially during examinations. Fresh fruits and vegetables provide children reserves of energy and increase their ability to concentrate. Spicy and salty food just prior to the exams can lead to a lot of sluggishness during the exams. Green, leafy vegetable, fruits, salads and pulses should be encouraged during examinations.
- Sleep is important. A short walk, a glass of water or just glancing through magazines before going off to sleep will help to de-stress.

***Generate love, compassion, harmony
and forgiveness in your life.
Seek the brighter side
When you see dark clouds,
Look for the rainbow.....
and you will always be happy.***

Ms. Parul Khanna

Rukmini Devi Public School,
Pitampura, Delhi.

The Show Stoppers

William Wordsworth said **“Child is the father of man”**. He meant to say that we learn from our children and their lifestyle and see the world from their point of view. Whether we are able to share or learn anything from our children is a question that needs to be answered. Today children are so caught up with their own trials and tribulations of examination, stress, peer as well as parental pressure etc that they are left bereft of any spare time to indulge in any method/mode of recreation.

According to recent studies it has been accepted that there are different learning needs for different students.

- learning experience could be positive, neutral or negative
- Attitude to learning could be either sequential or holistic.

- Motivation level could be either pragmatic and focused, high or low
- Approach to learning could be termed as active or reflective and it also could be collaborative independent or a combination of both
- Above all each and every child might have a different learning style like logical/mathematical, visual/spatial, body/kinaesthetic, musical/rhythmic, interpersonal, intrapersonal and naturalistic.

A comprehensive and graded syllabus would also enable a child to complete basic fundamental education and choose to further his interests whether it is to pursue higher education or any other profession of his/her choice based on financial and sociological status of his family and background.

What are the expected outcomes?

- The change in the curriculum would surely reduce the burden of stress, tension and anxiety among students.
- Learning becomes functional and is not a necessity for livelihood.
- They can be given more time and opportunity to pursue any hobby of their choice.
- A child's perspective focus and interest would change if he is given more time for recreation and to develop his special interest.
- While the performance of the overachiever is overrated and the slow learner's ability is undermined, the problem of learning disability is overlooked and in totality all children are treated in the same way.
- Some children possess a lot of latent qualities which are either overlooked, ignored or neglected because of peer pressure, sociological stigma and oversight. Such discrepancies can be reduced if the syllabus is revamped.

The show stoppers

Although it is surely a daunting task but grading the students performance and evaluating their ability based on their overall performance which includes academic as well as physical activity (in the sports field), participation on stage (dance, drama theatrics), speaking/oratory skills and other life skills should be considered.

Children need schools with good infrastructure where overall development is encouraged with de-stressing techniques introduced into their daily curriculum and a calm peaceful atmosphere where an ambience of friendly camaraderie is encouraged.

Mrs. Subhashini Ramakirshnan

PGT English

Amity International School, Vasundhra

CHECK LIST FOR STUDENTS

- **Make sure you have essential material with you**

You can't waste time in borrowing items such as pens, pencils, rulers or special equipment while in an examination.

- **Have a relaxing night before your exams**

Have a sound sleep , and a healthy breakfast also.

- **Read the entire paper and plan your time**

Where you have choices, decide which ones suit you best before answering.

- **Jot down ideas as they come to you.**

While you are answering one question, information about another may suddenly come to you. Jot it down somewhere because when you attempt that question later, you may have forgotten it.

- **Don't leave any questions unanswered.**

If you are short of time, use note form. Remember, you can only be marked on the answers you give.

- **Never leave the room early.**

If you have time at the end, go over your work, add information (eg in the margin). You can't return if you suddenly remember a fact after you have left.

- **Maintain a stable energy level.**

Eating foods such as chocolates and potato chips before an exam might give you an energy boost to begin with but your blood sugar levels will drop within an hour and your energy will plunge dramatically, making it hard for you to concentrate. So avoid it.

Rashmi Mishra

Aditya Birla PublicSchool,
Bharuch

DOWNSIZING STRESS

Stress Management is not about arranging a lecture or paper presentation or tips on winning over stress; it should be inculcated as a skill. In case of the students, it should be given as a package – with the daily schedule of lessons at school. The Life Skills of '**Coping with Stress**' and '**Coping with Emotions**' is essential.

WHAT TEACHERS CAN DO?

- Avoid sentences like, "**The Board exam will decide your life**" from the beginning of the year and repeating it every day .

- Avoid marking ***“This is important for Board exam”*** while teaching a concept or lesson.
- Allowing the students of classes X and XII to take part in all school activities.(not keeping them away from general assembly, competitions and sports)
- Art, music, SUPW, Sports & Games and other non-scholastic periods maintained in letter and spirit.
- Counselling Cell needs to offer suitable suggestions to nullify the impact of peer and parent pressure.
- Study techniques like mind mapping and games,fun activities and 'hands on' experiences need to be built in.
- Providing accurate information about exam specifications, patterns and syllabi.
- Supplying practice materials, Resource information.
- Revision according to the needs of the students.
- Emotional needs of the students to be identified and respected.
- Systematic revision plan to be implemented with feedback and remedial measures.

WHAT CAN THE PARENTS DO?

- Parents should trust the child and make the child understand and realize the ‘trust’ that they have in them.
- Avoid using words, ***“What will others think of me, if you (my child) scores poorly”***. The emotional stability of your child is more important than what others think.
- Providing healthy food and maintaining the health of the child.

WHAT CAN STUDENTS DO?

- Sit down and take a deep breath in and a long breath out. Breathe in again and straighten your back.
- Focus your mind on the positive thought ***‘I CAN DO’*** this exam' as you breathe out.
- Read questions carefully - make sure you understand what is required - and select the ones you are going to answer.
- Decide on the order in which you'll answer the questions. It is usually best to begin with the one you feel most confident about.
- Follow a planned time schedule for different areas of the question paper.

Mrs.K.V.Kamala Sundaram,
Teacher, Kendriya Vidyalaya 2, Tambaram, Chennai

CBSE's Comprehensive School Health Programme

Master Trainers Program for School Health at New State Academy Sr. Sec. School, Pitampura, Delhi

A 3- day empowerment programme for creating Master Trainers was conducted by the CBSE at **New State Academy Sr. Sec School, Pitampura** on 16,17 and 18 December, 2008. 27 participants from CBSE affiliated schools took part in this programme. The resource persons for the programme were **Mrs. Kalpana Kapoor**, CEO dps ghaziabad, Vasundhara, **and Neha Sharma**, facilitator, from Expressions India. **Dr. Sadhana Parashar**, Education Officer (L) CBSE, represented the CBSE at the Programme while **Dr. Jitendra Nagpal**, Expressions India Vimhans, Delhi was present as an Expert Advisor.

School Principal **Dr. Sangeeta Bhatia** who was the Venue Director, welcomed all. Dr. Sadhana Parashar, introduced the participants to the main objectives of the

programme and **School Health Manuals Vol.I to IV**. She emphasised the utilization of all the educational opportunities available in a school for health promotion. She illustrated through a lucid power-point presentation on how to create awareness about the **Health and Wellness Clubs** and how to develop an **action plan** for implementation of the Health Manuals published by the Board. The presentation also put up some of the methods already implemented by some schools for creating health awareness in the community.

Resource Persons conducted activities on **Knowing your Body, Food and Nutrition and Physical Fitness**. The Resource Persons gave a very interesting but difficult activity to start with. The teachers were asked to write or draw anything without using their hands. The underlying objective was to accept and encourage inclusive education in regular schools and to be sensitive to special needs of differently abled learners.

'Turncoat' was the next activity in which two volunteers presented their views both in favour and against the motion. The two topics were – '**Men are good decision makers**' and '**Women should be given a free hand while taking decisions concerning Home**'. Gender stereotypes and a conditioned mindset of the society were the main points of interaction in the above activity. A group activity based on



Dr. Jitendra Nagpal addressing delegates

'Food and Nutrition on '*Managing a School Canteen*', was also taken up.

The participants were found planning their next activity '*a Nukkad Natak*'. It was real fun as script making and acting skills were brushed up too. The three groups presented a skit each on the topics- Body Imaging; Physical Fitness and Junk Food Vs Nutritious Food.

The presentations given by all the groups were quite enlightening. Many vital aspects of security related issues came to light. The resource persons gave presentations on strong messages related to children's safety, *Internet security, how to handle e-waste, technology access to be monitored, cyber crimes, cyber-bullying, cruelty to children; child abuse and Negative and positive influence of parents and teachers on children.*

Dr. Jitendra Nagpal began his session with inspiring words "*Teachers are crusades to partner health in education*". He drew similarities between education and health and called health as a part of holistic learning. He sensitized the participants about life style



Participants performing a group activity

disorders which are major killers in today's time. The major concerns put forward by him were growing cases of obesity, diabetes, hypertension depression and road accidents- all related to children. Dr. Nagpal emphasized on the need of basic courses for teachers on counseling and first Aid. He shared his expertise on 10 common emergencies in children and the protocol to be followed to handle them.

A Health Quiz and an assignment was taken up.

The Resource Persons through another activity proved the effectiveness of visuals in learning. U-tube clippings on Life-Skills related issue were shown. The first group activity for the day was to present a short skit on different problematic situations and on how to handle them. The issues on hand were: *Children caught smoking in school; Attraction towards opposite sex; Children obsessed with internet usage, Lack of physical activities and the misuse of mobile phones.* It was also clear that it is very essential to equip the children with life-skills so that they can handle the difficult situations with élan.



Enthusiastic Participants during Master Training Program at New State Academy, Pitampura, Delhi

Healthcare Activities at Mahavir Public School, Jaipur

Under the Health Club activities under the CBSE programme, *Mahaveer Public Schools* runs various programmes throughout the year for the students.

Food and Nutrition: Healthy and balanced diet leads to a better and disease free life. Various workshops and seminars are organised in the school in which expert dieticians describe the need of healthy and nutritious food to the students. The ill effects of junk food are specially accentuated in these programmes to motivate the students not to fall in temptation for the same. The energy loaded fast food provides the instant boost to our general mood and therefore we easily become addicted to fast food, however the pernicious effects of the fast food could be discerned after some period of time. Various inter-house and class wise competitions like Salad Making, Fun with Fruits and Vegetables etc. are held to create awareness among students.



Students exhibiting samples of Salad at Salad Making Competition at Mahavir Public School, Jaipur

Personal Hygiene : Workshops are organised from time to time in the school to create awareness among the students for personal hygiene which is a prime requisite because there can be nothing better than to have a self motivated child.

Gymnastics : Gymnastics is learnt with great zeal by the young students under the expert guidance of trained professional. The students learn the perfect coordination of mind and body through this activity. This is an activity, which is carried on regularly in the school.



Students performing Gymnastic Exercises

Aerobics and Meditation: Aerobics is a regular day starter for the students in the school. With the help of an expert trainer the activity is carried on the school on regular basis. The art of meditation is taught to the children for improving their concentration level. Simple exercises are taken up every Wednesday and Saturday by the students through Mass Drill and P.T.

Schools Share Best Practices

Radio Show and a School for the Underprivileged Children at Delhi Public School Bokaro Steel City

In House Radio Show

With an aim to inculcate effective communication skills among students, **Delhi Public School, B.S. City** launched its own In-house Radio Show. The Radio Show gives a platform to the students for fulfillment of self expression. In addition, this show instills the core values like responsibility, hard work and team spirit in students.

The radio-show really helped to evolve a caring mini community in the school which is mutually sensitive. It improved the communication skills of the students by allaying their hemming and hawing while they express themselves. It enables them to

rise to the occasion with eloquent style and clarity of expression. The show proved itself by polishing up the Communication Skills of the students. The show possesses the unique ability to touch hearts and minds of the audience and contributes in boosting the spirit of students.

Deepansh Shiksha Kendra

Upholding the spirit of social justice, DPS Bokaro City started out a school, the '**Deepansh Shiksha Kendra**' for the underprivileged children in the vicinity of the school. This initiative will further the efforts made by Government of India to Universalize the Primary and Secondary Education.

The students are provided with stationery, uniforms, educational toys and all other essentials. The curriculum



Students performing as Radio Jockies for airing a local school program at DPS, Bokaro



Students performing different activities at Deepansh Shiksha Kendra, DPS, Bokaro

followed in the school is as per CBSE guidelines. Basic computer education and access to the main library are also available for the students. The Work and Art Education classes are also conducted by the teachers of DPS, B.S. City, wherein the students get an opportunity to express their talent through Vocal Music, tabla, dance and art. Special assemblies, sports activities, cultural activities and picnic form a part of the annual academic calendar of the school. Regular class- tests and class assessments are conducted.

Delhi Public School Nigahi, M.P. Organised an Event to Win Over the Negative Attitude in Students

The **Delhi Public School, Nigahi** carried out an event to teach its student how to overcome negative attitude in children. The event was symbolically termed as **'The Burial of Mr. I Can't'**.

The whole ceremony was very systematically planned. The students from Class III onwards were asked to make a list of all the things that they feel they can't do, the list of 'I CAN'T'. The teachers were also asked to pen down their own list.

Everyone then carried their list with them to the morning Assembly where some of the students and teachers shared it with the rest of the school. A funeral pyre was prepared on the stage and the class monitors collected the lists of their class and placed them on the pyre. The students were then explained the meaning of the whole activity that we were going to

symbolically cremate 'Mr. I CAN'T' who is no longer with us.

The following symbolic eulogy was read out by Ms. Seema Shukla, TGT English.

"Today we have gathered here to attend the funeral of someone who was very much a part of our lives. While he was with us he touched lives of everyone, some more than others. His name has been taken off all public buildings – schools, hospitals, government offices – everywhere.

Yes , today we have cremated Mr. I CAN'T. He is no more with us. He is survived by his brother and sister, I CAN and I WILL. They are not as well known as their famous brother and are certainly not as powerful or strong yet. Perhaps someday with the help of each one of you, they will make an even bigger mark on this world.

Let us pray that I CAN'T may rest in peace and that we may learn to live our lives without his help. Let us all move forward with our lives and befriend the brother and sister of I CAN'T whom you will find present everywhere in your school. I CAN and I WILL."

Posters with I CAN and I WILL were put up everywhere in the school while this activity was going on and students saw them on coming back from the assembly ground. We hope that the students will never forget this symbolic activity and will refrain from using I CAN'T in their lives. It would remain in their conscious or unconscious mind forever.

New's Paper Clippings

परफेक्ट नहीं है हमारी पद्धति

प्रो. यशपाल
प्रख्यात शिक्षाविद

सीबीएसई की परीक्षा पद्धति सही दिशा की ओर बढ़ती नजर आ रही है। हालांकि इसे अभी परफेक्ट नहीं कहा जा सकता और अभी भी इसमें सुधार की गुंजाइश बहुत है मेरी समझ से जिन सुधारों की जरूरत सबसे अधिक है उनमें पहला यह है कि किसी विद्यार्थी के किताबी ज्ञान की ही परीक्षा न ली जाए, जिसका परिणाम विद्यार्थियों को नित्यानवे और सौ प्रतिशत दिलाने से लेकर खराब नंबर पाने की हालत में आत्महत्या करने तक चला जाता है। इतने सालों से हमारे देश में यही होता आ रहा है। अब वक्त आ गया है कि हमें इससे सबक लेकर अपने सिस्टम को नई जरूरतों के मुताबिक बदलना चाहिए। इस लिहाज से सीबीएसई द्वारा शुरू की जा रहे हॉट्स का प्रावधान एक अच्छी पहल है। इससे छात्रों की जानकारी के दूसरे आयामों की परख भी हो सकेगी। पिछले दो-तीन सालों से सीबीएसई जिस ग्रेडिंग सिस्टम की लगातार बात करता रहा है, वह अपने में एक बहुत अच्छा विचार है। यह सिस्टम अब तक लागू क्यों नहीं हुआ, यह मेरी समझ से बाहर है। इस सिस्टम का सबसे बड़ा लाभ यही होगा कि छात्र एक एक अंक का रونا नहीं रोएंगे। बच्चों के बड़े बड़े समूह जब एक ही ग्रेड में रहेंगे, तो उनमें एक दूसरे से तुलना करने हीन भावना भी नहीं पैदा होगी। इस मायने में यह बच्चों को बहुत हद तक तनावों से मुक्त कर सकेगा।

मुझे लगता है कि अलग अलग प्रदेशों के बोर्ड को भी सीबीएसई जैसी परीक्षा प्रणाली अपनानी चाहिए। पूरे देश में परीक्षा की एक समान पद्धति सारे विद्यार्थियों के हक में होगी। इससे हर प्रदेश के छात्र को प्रतियोगिता का एक जैसा माहौल मिल सकेगा। मैं प्री बोर्ड परीक्षाओं को तनाव पैदा करने वाला नहीं मानता। इनका महत्व इस रूप में है कि इससे बोर्ड की परीक्षा का असल माहौल बच्चे के लिए कोई हौवा नहीं रह जाता और उसे समय रहते इस बात का एहसास हो जाता है कि उसकी तैयारी का स्तर क्या है। बच्चों को परीक्षाओं के दिनों में डिप्रेशन और उनमें खराब रिजल्ट की निराशा में आत्महत्या जैसा कदम उठाने की प्रवृत्ति को रोका जा सकता है। मगर इसमें टीचर्स और अभिभावकों की भूमिका अनिवार्य है। उन्हें बच्चों को समय रहते परीक्षाओं की तैयारी करवाने पर जोर देना चाहिए। अभिभावक जब ऐसा न करके बच्चों पर सिर्फ अपनी अपेक्षाओं का दबाव छोड़ते हैं, तो ही अप्रिय घटनाओं की संभावना बढ़ती है। वैसे अच्छी बात यह है कि पिछले कुछ सालों से सीबीएसई बच्चों में तनाव कम करने और उनमें आत्महत्या करने की प्रवृत्ति को रोकने के लिए कई तरह के प्रभावी कदम उठा रहा है।

सौजन्य : नवभारत टाइम्स

From Mom, with love...

*My darling girl,
Nothing I say can begin to express my admiration for the way you are handling what is turning out to be the first Event of your 16 year-old life. And I put "E" for Event in caps because I am finding out that the Board Exams now have the same event status as Births, Marriages and Deaths!! Did we adults do this to you kids ??? The other day I heard your friend's mother say she was praying that the son's team would lose the knockout match in the football tournament they have been practising the whole year for, so that he can stay home and study!! Scary??!!*

I have to confess I was a little alarmed when I first saw you holed up in your room for 10 hours a day -studying!! I seriously thought I had failed miserably as a parent. That all my lectures on Real Life being about being happy were all lost on you. I really hit rock bottom when I heard you being ungracious because someone beat you by half a mark!! But I should have kept my faith in you because I know how hard it is not to be driven by the pressure around you, by the constant discussion of marks and grades and tutors and competition and how your entire future is going to be determined by what your maths marks are. But I see you taking it all in your stride now. I see you work hard but not obsessively. I see you work to better your own performance, not someone else's. But more than anything else, I see you slowly learning that your Board exams are an event in a lifetime, Which will be filled with many, many events which will be important but not all-consuming.

It's a lesson you are learning way too early, I have to admit, and I'm both humbled and bursting with pride to be your mother.

-Jona Sinha

The author is a much wiser now-mom to a young lady appearing for her class Board examinations.

Courtesy—Hindusthan Times

STRESSBUSTER

Take A Walk

Exercise decreases the production of stress hormones, counteracts your body's natural stress response, helps to prevent disease and builds muscle. Aerobic exercises—such as brisk walking and jogging—frequently are recommended for stress relief.

Walking can trigger the release of endorphins, which relieve pain and stimulate relaxation and a sense of calm and well-being. Combining a walk with meditation is especially effective. Remember: Leave your cell phone behind!

You also can take time to reflect on the troubling situation and engage in positive thinking. Instead of giving in to negative self-talk, weed out misconceptions and irrational thinking and challenge them with rational, positive thoughts.



Negative Self-talk	Positive Spin
I've never done it before.	It is an opportunity to learn something new.
It is too complicated.	I will tackle it from a different angle.
I don't have the resources.	Necessity is the mother of invention.
There is not enough time.	I can re-evaluate some priorities.
There is no way it will work.	I can try to make it work.
It is too radical a change.	I will take a chance.
No one bothers to communicate with me.	I will open the channels of communication.
I am not going to get any better at this.	I will give it another try.

Take A Walk/3632/07098

तनाव कम करना है तो खुल कर लिखिए

के. के अग्रवाल

लेखन भी आपके लिए तनाव दूर करने का एक बेहतरीन तरीका बन सकता है। आप चार दिनों तक आधा-आधा घंटा लिख कर देखें। उसके लिए पहले से कुछ भी नहीं सोचें। बस उस आधे घंटे में जो भी विचार मन में आएँ, इन्हें लिखते जाएँ। चार-पाँच दिनों में ही आप महसूस करने लगेंगे कि इससे आपके मानसिक और शारीरिक स्वास्थ्य में सुधार हुआ है।

इसे एक्सप्रेसिव राइटिंग या जर्नल थेरेपी के नाम से जानते हैं। इसके लिए जरूरत होगी है सिर्फ पेन और पेपर की। इस थेरेपी के तहत मरीजों को मन की हर बात व्यक्त करने के लिए प्रोत्साहित किया जाता है।

अच्छा या बुरा, जो कुछ भी मस्तिष्क में चल हो, सब वैसे के वैसे लिखने का कहा जाता है।

आंकड़ें इस बात के प्रमाण हैं कि भावों के उन्मुक्त प्रवाह से तनाव कम होता है। इसका असर हमारी रोग रोधक (इम्युनिटी) क्षमता पर पड़ता है। इससे हमारी यह क्षमता बढ़ती है। इस तरह के लेखन में मरीज को व्याकरण या भाषा विन्यास के बारे में सोचने की जरूरत नहीं होती है। बस चीजों को अलग तरह से सोचना होता है, एक-दूसरे से चीजों को जोड़ना होता है। भाषा वही होती है, जिसका वह व्यक्ति इस्तेमाल करता है।

दुखदायी से दुखदायी घटनाओं को रिकॉल करना होता है। हैलीफैक्स स्थित डलहौजी यूनिवर्सिटी ने पाँच साल के अध्ययन के बाद यह उजागर किया कि सुखद घटनाओं का तुलना में दुखद घटनाओं को याद करना आसान होता है। मनुष्य के दिमाग में यादें कंप्यूटर की भाँति बनी रहती हैं। इन्हें याद किया जा सकता है या मिटाया जा सकता है या फिर सुसुप्तावस्था में रखा जा सकता है।

भावनाओं को व्यक्त करने का काम हम अपने रूटीन का हिस्सा बना सकते हैं। सोने से पहले हम रोज तीन मिनट लिखें। बहुत सारे लोग ऐसा करते हैं। वे डायरी में अपनी बात लिखते हैं। इस माध्यम से छात्र परीक्षा से पहले पैदा होने वाला तनाव भी कम कर सकते हैं। लेकिन चिकित्सा विज्ञान की दृष्टि से तो डायरी जैसी चीज की भी जरूरत नहीं है।

बस अपनी बात कागज के टुकड़े पर लिखिए और मन चाहे तो बाद में उसे फाड़ भी दीजिए। पहले आपने क्या लिखा, इसका कोई महत्व नहीं है। थेरेपी में सिर्फ अपने बारे में लिखना भी जरूरी नहीं है। इसका स्टाइल संप्रेषणात्मक भी हो सकता है। केंट यूनिवर्सिटी में किए गए अध्ययन से पता चला कि कि ऐसा लेखन व्यक्ति की खुशी और संतुष्टि के स्तर को बढ़ाता है। यह सोशल नेटवर्क की संकल्पना पर आधारित है। नेटवर्क का बड़ा होना जरूरी नहीं है। दो तीन लोगों से भी महत्वपूर्ण जुड़ाव हो तो इसका जबरदस्त मनोवैज्ञानिक और शारीरिक लाभ मिलता है अगर व्यक्ति आधार व्यक्त करना सीख ले तो इससे न सिर्फ अभिव्यक्ति में मदद मिलती है बल्कि व्यक्ति ज्यादा खुश और संतुष्ट महसूस करता है।

इस संबंध में एक शोध संस्थान में छह सप्ताह तक अध्ययन किया गया। एक छात्र ने हर दो सप्ताह पर एक चिट्ठी लिखी। इसमें सकारात्मकता का ख्याल रखा गया। हर चिट्ठी के बाद उसका सर्वे किया गया। इसमें उसकी मनोदशा, जीवन से संतुष्टि, खुशी और कृतज्ञता जैसे भावों का अध्ययन किया गया। हर बार उसकी खुशी बढ़ती पाई गई। यानी जितना लिखा, उतना अच्छा महसूस किया। एक्सप्रेसिव थेरेपी से हमारी स्वास्थ्य संबंधी परेशानियाँ भी कम होती हैं तथा डिप्रेशन भी घटता है।

सौजन्य- नवभारत टाइम्स

Events Update

Japan East Asia Network of Exchange of Students and Youth programmes 2008-09

Tanmoy Bharadwaj, a student of class IX of Maharishi Vidya Mandir, Guwahati has been selected by CBSE for its JENESYS programme- the Japan East Asia Network of Exchange of Students and Youth programmes 2008-09. He attended the programme along with 71 other students and visited Japan from 8th December to 17th December 2008. Here he narrates his experience of visiting the Japan.....

The Beginning and the Journey

CBSE selected 72 students and 8 teachers from across the world to visit Japan under its JENESYS programme and I was one among them. We gathered at Hotel Samrat in Delhi in



Tanmoy Bhardwaj of Maharishi Vidya Mandir, Guwahati with other participants in the JENESYS programme

the evening of December 7, 2008 and left for Japan on December 8, 2008.

Stay at Tokyo

From the Tokyo airport, we were taken to the exterior gardens of the Imperial Palace. I was amazed to see the foolproof security system for the monarch's safety. We were provided accommodations in Asakusa View Hotel located in Asakusa, Tokyo's religious and cultural hub. We also attended an icebreaking lecture titled **"What You Should Know About Japan"** by Prof. Paul Snowden of Waseda University, Tokyo. He gave us an apt description of the Japanese's daily life. Later, we visited the Edo-Tokyo museum, where we came to know about how Tokyo came into being and the Ariake Incineration Plant where we observed a very well developed system of waste disposal.

At Kurashiki, Okayama

On 11th, our group flew to Okayama where, first of all, we paid a visit to Mitsubishi Motor's Mizushima Plant, where we saw how robots manufacture cars. We also visited Mt. Wasyu observatory from where we could see the 150 inland islands formed by the Seto Inland Sea. We made an observation visit to Seto- Ohashi Bridge, which is one of the world's longest bridges and observed its mechanisms which involves technologies like noise reduction



*Students from India under JENESYS programme
enjoying a cultural programme*

and the use of the right materials as a result of which the bridge could bear weights of up to 600 tonnes.

School Visit

We had an interactive session with the students of Amaki Senior High School. This interaction gave us a glimpse of what people of our age think about Japanese culture and Japanese traditions. We came to know that they were interested in Indian system of education and sports like baseball. We also experienced classroom teaching, laboratory classes and even calligraphy classes. We observed that they had a very scientific approach to education and students were taught with the help of latest gadgets and visual aids and traditional sports like Judo and Kendo are given special importance.

Home Stay

We departed for our home stay programme, which lasted for 2 days and 2 nights. I had been allotted the family of Dr. Kirakudo, a Gynaecologist who had two kids. During home stay, I enjoyed watching sumo wrestling. I also experienced the traditional

Japanese Tea Ceremony by which a guest is welcomed in Japan. I tried Japanese dishes like **Tempura** and **Shushi**. I also got the chance of knowing what students in Japan study as the host family had children who were almost of our age.

The Return

We returned to Tokyo by the Bullet Train (Shinkansen Nozomi Express) on April 16. Later in the day, we visited Panasonic Centre and Toyota Mega Web, where we saw the latest models of the Electronic gadgets and vehicles manufactured at these plants. We all were impressed by the environmental friendly approach of these plants. After the visit we had a workshop presentation in the Ministry of Foreign Affairs where everybody put forward his/her experience in Japan.

Experiencing Japanese People and Culture

The Japanese are very polite, hardworking and disciplined. They are traditional and their passion for their heritage and culture is truly inspiring. Japan has a very low crime rate and this is perhaps the biggest quality which transformed the war torn country to one of the most industrialized nation of the world.

One of us left her camera in the train and when our coordinator came to know about this, he immediately informed the railway authorities. The camera was returned next morning.

Experience with a Heterogeneous Indian Group

The programmes provided each one of us a unique opportunity of interacting with a

heterogeneous group comprising of students from every part of India. It was extremely enriching to know the customs, culture and lifestyles of the children from different parts of India.

Acknowledgement

I do not find appropriate words to express my gratefulness to my Principal **Mrs Manica Goswami Baruah** for nominating me for this programme and other teachers for helping me prepare for this. I would also like to express my most sincere gratitude to CBSE, Govt of India and Japan for giving me this rare opportunity. I am also indebted to my parents for permitting me to participate in this programme.

Prize Distribution Ceremony of National Level Painting Competition

Hon'ble Union Minister of power Shri Sushil Kumar Shinde inaugurated the National Energy Conservation Day function at Hotel Hyatt, New Delhi. He gave away the awards for the National Level Painting Competition that was organised in the schools all across the country. About 7 lakh school children participated in



Prachuja Baruah of Maharishi Vidya Mandir, Guwahati receiving Second prize by honourable Minister of Power Shri Sushil Kumar Shinde

the School Level Painting Competition held in August to October, 2008. 1705 school children were selected among them for participating in State/U.T. State Level Painting Competition on 14th November, 2008 in State Capital/U.T. 105 children selected from this competition participated in the National Level Competition.

Prachuja Baruah of **Maharishi Vidya Mandir, Guwahati** got the Second Prize which carried Rs.50,000 in cash alongwith a certificate. Mrs.Manika Goswami Principal Maharishi Vidya Mandir, Guwahati, congratulated him and also thanked CBSE for providing an opportunity to her school to participate in this competition.

An Awareness Programme on The Rights and Responsibilities of Consumers in BJEM School, Bhubaneswar

A workshop on the Rights and Responsibilities of the consumers was held on 25th October, 2008 in the **BJEM School Bhubaneswar**. It was conducted in collaboration with Food supplies and Consumer Welfare department, Govt. of Orissa. The workshop was attended by 250 students of Class-VIII.



Workshop on rights and responsibilities at BJEM School

The Resource Person and his team enlightened the students and teachers about the rights and responsibilities of a consumer and the modus operandi of unscrupulous businessmen or Corporate Managers to cheat customers. He elaborated the Consumer Welfare Act and also gave a slogan ***"An Enlightened Customer is an Empowered Customer"***. A toll free number was made available to the participants to make complaints if required.

It was a golden opportunity for the students to be conversant with Consumer Act and their roles and responsibilities to lessen corruption and fraudulence in society.

Kathakali Presentation at DAV School Panipat

In association with SPICMACAY- the society for the revival of the interest for Indian art and music among youngsters, ***DAV schools Panipat*** invited a team of Kathakali exponents to perform and enlighten the students about the dance Form. The guest artiste was Margi Vijaya Kumar, the recipient



Students of the DAV School, Panipat with artiste, Margi Vijaya Kumar

of various awards including Kalamdalam award- 2005. His mastery over the female roles makes him outstanding in Kathakali Circle.

In the first part of the Programme, some common features of Kathakali, the sacred dance drama of Kerala, were highlighted. The artistes presented basic mudras and expressions. They called them the alphabet of Kathkali. They encouraged the students to ask questions as well as to recognize certain mudras.

In the second part the eminent artiste gave an enchanting performance of 'Putna Budh'. The accompanying artists were Margi Damu (Singer), Kamilayan Babul (Singer), Margi Retnakaran (Maddalam), Kasamandam Thampi (Chande) and Seshi Kumar (narration). The students asked some questions on practice time, response etc. which were very well answered by the artists.

Delhi Public School Ghaziabad Celebrates 60th Republic Day

Delhi Public School Ghaziabad, celebrated the 60th Republic Day with customary zeal and fervour. Shri V.P. Kaura, senior member of the DPSG Managing Committee, hoisted the National Flag and presided over the occasion. Various activities like Dance presentation, Speech and Recitation of Rashtriya Geet were performed by the students. The event culminated with the entire staff singing 'Saare Jahan Se Achcha....'



Students showing placards of different messages on Republic Day Function at DPS Ghaziabad

The Principal, Mrs. Rita Kapur urged the students to become responsible citizens with complete knowledge of their duties towards the Nation. She motivated them by quoting the Preamble of the Constitution throwing light on the relevance of the words 'Sovereign', 'Secular' and 'Democratic Republic'.

Bhavan's Vidya Mandir Elamakkara, Kochi Came out in Support of Victims of Terror Attacks

Deeply moved by the terror attack on Mumbai, students of **Bhavan's Vidya Mandir** Kochi joined hands to express their solidarity and to share the grief of the relatives of the victims killed in the attack. Students conducted various activities. They spread the message of Peace through composing slogans, creating posters, forming peace chains and peace march.

They also brought out a musical CD '**Dil Ki Awaz**' to spread the peace message.

Mural Inauguration at Shiksha Sadan, the Academic Branch of the CBSE

An exquisitely done Mural was unveiled by Shri S C Khuntia, Joint Secretary, Department of School Education and Literacy, Ministry of Human Resource Development, at CBSE office, the Shiksha Sadan on March 6, 2009 in the august presence of Shri Vineet Joshi, Chairman and Secretary, CBSE. The Director Academic accompanied by Education and Assistant Education Officers were also present at this occasion. The Mural is sculpted by **Shri Sushank Gupta**, the art and craft expert of the **Salwan Public Shool, Gurgaon**. Shri Khuntia complemented the sculptor and honoured him by presenting a shawl. Shri Vineet Joshi also extolled the Mural and appreciated the gesture of Salwan Public School.

Later Shri Joshi commented that the mural is in absolute consonance with the versatility



Shri Vineet Joshi, Chairman and Secretary, CBSE, honouring Shri Sushank Gupta who sculpted the Mural. in the presence of Shri S C Khuntia JS, MHRD,

of Indian Education System. He added that its themes vividly encompasses the naturalism of Tagore, Idealism of the Lord Buddha and the need of education for holistic development. The expressive and aesthetic arts like Dance, Music, Craft and sculpture have also found appropriate place in the mural. The mural also conjures up the crux of ancient Hindi couplet in which the Pen is shown to be akin to the Sword.

विद्या ददाति विनयं विनयाद्याति पात्रताम्
पात्रत्वाद्धनमाप्नोति धनाद्धर्मं ततः सुखम्

Education begets humility, humility begets good character, with good character one earns wealth and with wealth one does righteous deeds, from which one gets happiness.

The first portion विद्या ददाति विनयं from the above written sanskrit verse is also engraved at the bottom of the mural.

Zonal and Semi-final Rounds of C.B.S.E. Heritage India Quiz 2008 3-4 December, 2008 (Zonal Rounds)

New State Academy, Pitampura hosted CBSE Heritage India Quiz 2008 Zonal Round from 3-4th December, 2008.

Smt. Chitralekha Gurumurthy, Director, Academic, CBSE initiated the day's proceedings with her inspiring words. She said, ***"It is very important to have inheritance, it completes our personality"***. She motivated the students to be in touch with their roots and imbibe the right values. She also threw light on the

objective of CBSE for organizing Heritage India Quiz to make children aware of their strong foundation, their roots and culture and the oneness of its vast heritage. Asst. Edu. Officer (Projects), Mr. E. Daniel Raju, also participated keenly in the quizzing session.

The standard of the questions asked at the Quiz, the style of the quiz-master, the visual & audio rounds, puzzles, beep of buzzers, made the atmosphere alive and vibrant. All the participants looked very keen and enthusiastic to make it to the next round. The level of excitement was sometimes so high that the students jumped to the answers before the questions were completed. History, Geography, Religion, Music, Sports, Literature, Architecture, Traditions not a single aspect of Indian Heritage was left untouched.

There were five rounds of the Quiz - Jumbled Words, Audio Visual; Visual; Clues and Buzzer Round.

The second round-Regional Pre-lim finals between DPS, Rohini and New State



Students participating in Heritage India quiz Semi-final rounds at New State Academy, Pitampura

Academy, Pitampura was a nail-biting event. The host school qualified for the National Semi-finals along with eleven other teams who came from all over India to participate in the Semi-finals held on 4th December, 2008 at the same venue.

The first day ended with a vote of thanks by the Principal, Dr. Sangeeta Bhatia. She congratulated the distinguished guests, the quiz master, all the participants and the teachers accompanying them.

Sh. Dharampal Singh Regional Officer, Delhi was the Chief Guest for the second day. He called CBSE Heritage India Quiz a milestone.

Mrs. Uma Sivaraman, Education Officer (Languages), was also present. She inspired the students to acquire strong ethos for a strong character building and to imbibe the essence of Indian culture combined with the best of education.



Students answering questions in reflexes during the quiz

Following four teams competed for the National Finals.

1. **Anandalaya, Anand Gujarat**
2. **DAV Public School, Lawrence Road, Amritsar**
3. **Maheshwari Girls Public School, Jaipur**
4. **Bhavan's Vidya Mandir, Eroor, Kerela**

Delhi Public School Rajkot

A Science Exhibition was organized by **Delhi Public School Rajkot** on 20th December 2008, Saturday.



Mr. K.D. Bagda, District Education Officer and Mr. Rajendra Kamdar, Pro Vice Chairman, DPS Rajkot interacting with students during Science Exhibition

The students exhibited innovative projects like Auto Water Controller, Tsunami, Hydro Electric Power Plant, Fire Extinguisher etc. The Doctor's Club received enthusiastic response from visitors who wanted to know their B.P., B.M.I. and get their eye check-up done.



News from Schools

Annual Day at Abhinav Public School, New Delhi

Abhinav Public School, Pitampura

celebrated its Annual Day on January 17, 2009 in Hindi Bhawan, New Delhi. The chief guest, Mr. Jatinder Pal Singh an eminent sikh scholar, lighted the Inaugural lamp. The function started with Saraswati Vandana followed by a Welcome Dance. 'Towards a New Dawn', a Parody in English was presented by the students of primary wing. Patriotic Dance and Grand Finale was appreciated by the audience. The highlights of the evening were Nari Shakti, a hindi ballet presented by the students. Chief Guest gave away the prizes to the toppers of the last academic year 2007-08 in academics, sports, cultural activities and other zonal competitions.



A scene from cultural programme on Annual Day & Prize distribution Ceremony at Abhinav Public School, Pitampura

Disaster Management Awareness Session At Apeejay School, Nerul, Navi Mumbai

"Ignorance is not bliss-it is Oblivion"

following this ideal, the Social Sciences Department of *Apeejay School, Nerul* organized a Disaster Management Awareness Session for the Students of classes VIII, IX and X on 6th December, 2008. A demonstration of extinguishing fire with the help of extinguishers, different water spraying methods and using special chemicals was carried out at the programme. The possible rescue operations in case of high rise buildings and slums were displayed by the officials of the Fire Department. The officials also explained various preventive measures to check the fire from breaking out. It was a very interactive



Disaster Management and Awareness programme at Apeejay School, Navi Mumbai

session which left an impression on the young minds and they learnt how to fight fire if need be.

Inter School Cultural, Literary and Sports Meet at CHIREC Public School, Hyderabad

To mark the completion of twenty years of its establishment, CHIREC Public School organized an Inter- School Cultural, Literary and Sports Meet called **chirec@20** on 28th and 29th November' 08. The theme of the Meet was **'Synergise to Succeed'**.

The unique feature of this Meet was the individual participation of the students from various schools. Once the students registered themselves, they were shuffled into teams through a draw of lots which resulted in teams comprising members from various schools. It was a unique experience for the students to 'synergise' with unknown members to win the competition.

500 students from about 20 schools participated with gusto and made a lot of new friends. As one of the participants put in,



Students from different schools working together as a team in the literary meet at Chirec Public School

CHIREC has re- defined the meaning of the word **'competition'**. Many other students also complimented CHIREC for the innovation.

Students participated in events like Pagination (design a newspaper), Collage, selling a product, Advertisement, Group Story Writing, Group Poetry Recitation, Group Dance, Creative Drama, Mixed team games like Basket- Ball, Volley Ball and Throw Ball etc. The judges for the events were prominent personalities from Hyderabad and Principals of some schools. They too complimented CHIREC for the innovative manner of conducting the Meet.

L R S D.A.V. Sr. Sec. Model School Abohar, acknowledges its Student

L R S D.A.V. Sr. Sec. Model School, Abohar, honoured its student, **Gaganjot Kaur** for winning a silver medal in the ASIAN Open Compound Archery Tournaments. The tournaments were held at Yagoon, Myanmar from 9th December, 2008 to 14th December, 2008.



Staff members of LRD D.A.V. Sr. Sec. Model School, Abohar, with winner of Asian Compound Archery Tournament at Yagoon (Myanmar)

Gaganjot Kaur is one of the three girls who represented India at the tournament. She comes from a humble family background and recently started Archery. The school staff and student congratulated her on bringing pride to the country.

Science Exhibition at DAV Public School, Bhubaneswar

On 8th November 2008 the students of class I, III & IV of **DAV Public School, Unit- VIII, Bhubaneswar** organized a lively Science Exhibition "**Reflection**". The exhibition provided a platform to the students for reflecting the creative ideas and visions through their models. Besides Science and Mathematics, Art Models were also displayed. It demonstrated their deep involvement and skilled expression.

Annual Day celebration at DAV Centenary Public School, Panipat

DAV Centenary Public School, Panipat, celebrated Annual Function in a different way. Students carried out various activities based on various national, social and environmental



Annual function with a difference at DAV Centenary Public School, Panipat

concerns. Students fervently condemned the use of polythene bags by initiating a campaign '**Say No to Polybag**'. They distributed beautiful cloth bags to all the guests present at the function. Besides environmental concern, some vital issues like patriotism, rightful place of women in society, the importance of creating an egalitarian society based on social justice and holistic development of children were also highlighted.

Marathon At Guru Harkrishan Public School, Ganganagar

Guru Harkrishan Public School, Sri Ganganagar organized a **Marathon and Basant Carnival** on 7th February 2009, in memory of Col. Autar Singh Cheema who was the first Indian to climb the Mount Everest. Col Cheema marathon was conceptualized to spread the social message "Save Girl Child" among the citizens of Sriganganagar.

Hundreds of students from the CBSE schools in Sri Ganganagar, parents and senior citizens participated in the Marathon with full enthusiasm. The Chairperson of the school Mrs. Ajinder Cheema flagged off the Marathon.



Girls spreading the message "**Save Girl Child**" during Basant Carnival at G.H.P.S. Ganganagar (NFS)

Attractive prizes were given by the chief guest to the winners at the end of the Marathon.

District rally of Bharat Scouts and Guides at Mount Seena Public School, Palakkad

32nd District Rally of Bharat Scouts and Guides was conducted at **Mount Seena Public School, Palakkad** from 26th December 2008 to 28th December 2008. The Rally



Scouts and Guides Rally at Mount Seena Public School, Pathiripala, Palakkad

was inaugurated by his excellency Shri K Shankarnarayanan, the Governor of Nagaland.

In his inaugural address, Shri Shankarnarayanan praised the Scouts and Guides for the social work it undertakes voluntarily in the hour of need. Closing in ceremony of the programme witnessed scores of eminent Scout and Guides officials.

Cultural Voyage through Bengal At Lakshmipati Singhania Academy, Kolkata

Lakshmipati Singhania Academy organized '**Uttoron**' a two day long carnival to exhibit the cultural diversity of Bengal.



Gopal Krishna Gandhi, Governor of West Bengal inaugurating the founders day programme at Lakshmipati Singhania Academy

Conceptualized by the teachers and students together, it involved the demarcation of different areas for depicting the economic, cultural and literary heritage of Bengal. Significant historical achievements of Bengal, starting from the thatched roofs and paddy fields of yesteryear, culminating into the prosperous landmarks of the present were shown. Industries of Bengal like coal mining, steel processing and saree weaving were also displayed. Life and work of literary figures of Bengal, mathematicians and entrepreneurs were projected through a power point presentation. Artisans invited for a week long workshop where students learnt Shola, Beads, Coir, Teracotta and Bamboo handicrafts. The verdant beauty of Shantiniketan along with its greenery, events and dances all came alive under a banyan tree.

Workshop on The New Dimension to Computer Education at Mayo School, Ajmer

Mayo School, Ajmer has come up with an effective way of using Free and Open Source Software (FOSS) along with the development of



Participants in a workshop on the **New Dimension to Computer Education**, Mayoor School, Ajmer

adequate study material. In continuation with their efforts to implement FOSS, an interactive workshop on **“The New Dimension to Computer Education”** was organized by Mayoor School, Ajmer on January 27, 2009. Mr. P.I. Sabu, Regional Officer, CBSE Ajmer, inaugurated the workshop. In his inaugural speech, Mr. Sabu stressed on the fact that in today's experimental age, it is extremely essential to keep oneself updated with the latest changes taking place in the technological world. 37 participants from various reputed institutions attended this workshop.

At the end of the program, Mr. Neeraj K. Bedhotiya, Principal presented certificates of participation to all the participants. He called upon the participant schools to get together and enrich each other by sharing experiences, in order to create a better and enlightened 'tomorrow'.

Annual Day Function at APPEJAY School, Faridabad

'Be the source of the change you wish to see around' was the theme of the recently held annual function at Apeejay School, Faridabad. Shri Vineet Joshi, IAS, Chairman and Secretary, Central Board of Secondary Education graced

the function as the Chief Guest and Shri. M.C. Sharma, Controller of Examinations, CBSE as the Guest of Honour.

The Programme began with an invocation to God followed by a beautifully choreographed dance performance, **'The dream of a child'** by the students from Pre- Primary section of the school. **'The musical feature- 'A salute'** based on the glory of the nation was also presented by the students from primary wing. The theatrical presentation on various social and environmental issues was the highlight of the evening.



Shri Vineet Joshi, Chairman and Secretary CBSE can be seen clapping to encourage the students performing at the Annual Day Celebration of Apeejay School, Faridabad

Principal Mrs. S. Samra released the Annual Report of the school. She also highlighted the role of education in infusing values along with knowledge and skills.

Mr. M.C. Sharma in his speech lauded the efforts of the students. Mr. Vineet Joshi in his keynote address reiterated the importance of education to herald social change. He said today's children need presence of the adults in their lives and not their presents. He added that as adults, we must routinely spend some of our quality

time with our children for we alone can help children realize the importance of developing knowledge, skill and a positive attitude.

Vasantotsav at Tagore Public School, Shastri Nagar, Jaipur

Tagore Public School, Shastri Nagar Jaipur celebrated Vasantotsav by worshipping Goddess Saraswati, the emblem of knowledge and learning.

All the students of the school along with teaching and non-teaching staff offered **"Pushpanjali"** at the feet of the goddess and sought her blessing. Students enjoyed sumptuous lunch (Prasad) after Puja. Mr. P.D. Singh, Director of the school wished that the children should be blessed by Goddess of knowledge and gain physical, mental, intellectual and spiritual strength to create a wholesome society.



Students taking community lunch at Saraswati Puja organized by Tagore Public School, Jaipur

The Hindu Senior Secondary School, Chennai won The National Sanskrit Group Song Competition



The Team of Hindu Senior Secondary School that won the Sanskrit Song Competition

The music team of **The Hindu Senior Secondary School, Indira Nagar, Chennai** representing Tamilnadu & Pondicherry States won the FIRST prize at the National Level for the Sanskrit Group Song conducted by Bharat Vikas Parishad, Pathanjali Yog Peeth, Roorkee, Uttarakhand. The music team was trained by the Music Teacher Mrs. Uma Balasubramanian, who composed the entire music.

The winning music team of The Hindu School was also invited to perform in front of Honorable Chief Minister of Uttarakhand Shri. B.C. Khandoori. The Honourable Chief Minister has also announced a cash prize of Rs. 50,000/- to the winning music team for their commendable performance from the State of Uttarakhand.

Painting Exhibition at Convent of Jesus and Mary, Bangla Saheb Marg, New Delhi

Endorsing the necessity of the equitable growth in all important personality domains, **The Convent of Jesus and**