

Hello my young friends,

During the past weeks and recent months, I was communicating on the preparations for the Boards and to get there with proper studies and revisions..!

In a few days from now you will all be trooping into examination halls to appear for your CBSE board exams. No doubt, you would have all burnt the midnight oil over the past several weeks in preparation for these crucial tests in your young careers.

I would like to take this opportunity to pass on some last minute tips that could help you remain stress free and provide instead the necessary confidence for your Boards.

Of paramount importance to note is that on the day of any exam, do not swot too much. You would have completed all your preparations by then. What has to be remembered and carried out is to stay calm and focused at all times.

Try and catch up with as much of sleep as possible. Shower and eat properly every day. After each exam don't discuss the paper with your friends. Just go home and ignore the question paper. You can also either throw it away or burn it! Don't check the answers because if any answer comes out wrong then you would start worrying about it and will be unable to concentrate on your upcoming exams.

And finally, a special message for parents. It's my personal experience that they tend to hyperventilate and worry more than their wards! Do not overburden your exam bound kids with undue pressure and too much of advice. Just try and ensure instead that they steer clear from junk and oily foods during the period of their exams and that they reach the exam venues well before time and with all the requisite paraphernalia at hand.

Be calm everyone, stay stress free and don't worry. Everything will work out just fine and you will rock your boards and pass with flying colors. I wish you all the best.

Kind regards,

Dr. C.M. Najeeb
Vice Chairman

17th February 2020