

EXAMS ARE AROUND THE CORNER, TAKE IT IN YOUR STRIDE

Dear Students,

Exams are around the corner. So, what... well I am very sure all of you will do wonderfully well in your upcoming SY JC board exams.

There will be times when one start doubting about oneself weather one would be able to get good score. Its normal under the situation as everyone is trying to give ones best.

Just give your 100% of sincerity of whatever you are doing. Eat and sleep well. Remember to sweat out for ½ an hour every day out door for better concentration. Follow Time Table religiously. Just trust yourself **THAT I CAN DO IT**. And you are good to go.

Wishing you all the best for your exams. Stay blessed. Connect to your Counsellor anytime.

Mrs Karuna Jaggi

Counsellor

SVKM

022 42335194

When we feel....

Anxiety, anxiety is a normal, but highly subjective, human emotion. While experiencing anxiety in stressful situations like exams, job interviews or medical tests is common. It is important to take a step back from time to time and ground oneself. Stress and anxiety often go together.

Exam stress can be managed by revising the syllabus till you reach a point where you are happy with your preparation. Removing stress completely is hard but this helps reduce it significantly. Periodically unfocused from what is causing you stress by taking a walk, listening to music, keeping a journal or Talking About It.

Surround yourself with people you feel comfortable around. A lot of times peer pressure comes primarily from the people closest to us. While they usually mean well, it is important to be able to recognise what works for you and what doesn't.

PL DO....

Smile, breathe deeply, and go slowly. Go easy on yourself. Whatever you do today is enough. You are enough. Trust yourself. Trust your abilities and capabilities and remind yourself every day that you can do it.

Written by Buddy Asavari TY BA

Under the guidance of:

Mrs. Karuna Jaggi

Counsellor

SVKM