



केन्द्रीय विद्यालय संगठन

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ISAMPAL  
DEPUTY COMMISSIONER

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E-mail/Speed Post/By Hand

Dear Students,

All these days you have been in a tizzy to catch up with syllabi, remedial classes and prepare for the ensuing CBSE examination, 2016. How can you face it calmly and comfortably and come out not just unscathed, but really victorious ?

To begin with, we must all know that hypersensitivity to anything is not desirable and that includes the examination. Being too anxious, concerned or worried is not a state of mind suitable for the examinations. The best state of mind is a quite confidence that is borne out by adequate preparation to face the examinations. Undue anxiety is counter-productive. Fear, more imaginary than the real will sap the energy that is to be used for intelligent learning. Stress 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 the 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 body is healthy.

A well-planned schedule and a steady routine, aided by a calm mind provide the best backdrop for effective preparation for the examination. Start studying. No work can be done unless it is started. So the important first step is to start studying. Once you start, you get interested and you become more confident and more interested. Do not ever look back.

Now the question is what should be done. Concentrate on what remains to be done and how best you can do it. Thus the crucial question that makes the whole difference is getting started. Performing well in the exams does not necessarily mean that the students are more intelligent than the others. More often than not, it is because they have a better sense of planning and organization about their studies. In other words they are better organized. Such people take into account the time available, consider the relative difficulty level of each subject and allot a time frame for each subject.

For study at home, a timetable has to be drawn up by every student. This self drawn timetable should be religiously observed. A student's earnestness is best tested in the observance of this timetable. A student who is truthful to his/her timetable will be successful.

You need a frame of mind to study well. Effective study calls for absolute concentration. This requires a thorough cleaning up of your kind. Do steer clear of all those unwanted, unhelpful thoughts, which take away your attention while trying to study. While TV viewing is a good pastime, it is dangerous distracter for a student preparing for an exam. You can make a list of distracters and vow to keep them at bay. One example would be long telephone conversations with friends. These months are meant for serious individual efforts.

In most of the cases, combined studies end up as combined chat sessions. However, there is no harm in seeking clarification from friends or teachers, when a real need arises. Sharing of information and discussions of topics are certainly good academic exercises, but not on the eve of the exams time 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, has chances to distract you. Avoid internet as far as possible during the exam season.

The time, duration and place of study are also matters of personal choice. What is very important, however, is choosing a calm and quiet place, conducive to serious study, and absolute concentration away from all possible distraction. 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, don't lock the doors. You must study for a few hours and then take a short break and relax. It is very important that you relax now and then, especially when you go weary and tired.

Reading and writing should go hand in hand while preparing for the 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 learn them thoroughly. Note making for other subjects has some 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. Note making also helps keep one's mind on track. Writing practice helps acquire speed for the exam. The human mind is very capricious. It can just refuse to toe the line, and has the tendency to wander off. One of the methods to hold the mind's attention on a given task is to be read aloud. It is the best mnemonic device. Loud reading, however, should not become a habit, to the total exclusion of silent reading. When there are other children also studying at home, reading aloud can pose problems, and in that case reading may have to be regulated by restricting the time or changing the location of reading. Repetition can obviously be wearisome, but necessary. Preparing for exams is basically an exercise in repetition. The more we read the stronger our memory. Reading, writing and memorizing over and over again are the only means to perform better in the exams.

Whether we like it or not exams are there to be faced, and memory has tremendous value in 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 portion is at your finger tips. When you reach that stage or near about it you will become confident. Let us not forget that exams are the test of our confidence, as much as it is that is our knowledge.

Nothing succeeds like success. For this the very first condition is the will to succeed. We need to have the determination to succeed against all odds, a desire to perform the best in the exams. An unshakable determination followed by unflinching perseverance is the secret behind the success of every individual. There is no shortcut to success, except hard work.

You 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 the pressing circumstances, like exams. It can receive vast amounts of knowledge and retain them. The brain co-operates very well. Why don't you co-operate too ? It is never too late, if only you started. So start now seriously.

Wishing you all the best,

Yours sincerely,

  
(ISAMPAL)

All Students of Class X & XII  
Kendriya Vidyalayas  
Bhopal Region (Through Principal, KVs, Bhopal Region)

Distribution :-

01. The Assistant Commissioners, KVS, Regional Office, Bhopal for necessary monitoring and reporting.
02. The Principal, Kendriya Vidyalayas, Bhopal Region with the request that the DO may immediately be provided to all students of Class X & XII (one copy to each student). Also they will ensure that it finds place in the student's diary/student's calendar, as well as in the teacher's diaries of all TGTs and PGTs, for their benefit.