

Managing exam stress

The term 'examination' is a dreaded one among the majority of students. We all fear examinations, however, not merely appearing in. When examinations are overhead we panic and this panicking results in examination stress.

Examination stress can be seen in students in the form of impact on concentration level, inability to prepare well for exams and also impact on physical health and mental health can be seen. For some students, such stress can act as eustress, whereas it has the probability of converting into distress in most of the students. Examination stress can vary from very mild effects to severe effects.

We must understand the fact that examinations are the assessment process for academic performance.

Reasons for examination stress

- Lack of preparation
- Physical and emotional pressure
- Limited time period for preparation
- Studying habits



How to deal with examination stress?

- De-stressing methods can be adopted by students if they feel stressed due to exams. Few tips that can help you deal with stress during exams.
- Prioritise time
- Create a schedule and stick to it
- Limiting usage of gadgets and social media
- Study planners and organisational guides
- Create a good study space
- Physical activity
- Setting realistic goals

- Proper sleep schedule
 - Relaxation and meditation
- ### Several relaxation techniques that may benefit school students:

- **Focus on breathing:** Taking long and slow deep breaths while disengaging one's mind.
- **Body scan:** Concentrating on different body parts while releasing tension and relaxing.
- **Mindfulness meditation:** Sitting in a comfortable position and paying attention to the present moment.

SUNIL MAINI, Principal, Crescent Public School Pitampura Delhi

MY VISION OF A GREAT INDIA

It makes me proud to see that India has completed 75 years of independence. We have achieved milestones but still, we have to do much more. In a short span of 25 years, we need to achieve a focus and hit a higher target.

I have a vision for my country that every citizen must be in reach of basic needs of food cloth and shelter. Education will be mandatory for each child. No discrimination of caste, creed and genders will be there. Women of the nation will be safe and empowered. I dream of a clean India where people themselves would make efforts to keep it speak and span.

Roads, rivers, beaches oceans will be kept clean by the people themselves. I have a vision that India will use only solar and hydropower energy to produce fuel. We will hit hard on pollution. Our

science and technology will be so advanced as we will explore not only Mars but also other planets. Our high-tech satellites in space will warn against all the natural calamities to minimise the losses. Our boundaries will be guarded by highly advanced satellite cameras and robots so that enemy will not dare to enter our nation.

I wish that no soldier comes back home wrapped in tricolour. The youth of my nation will be free from drugs and all kinds of addiction because they are the most precious asset. I sincerely wish my India becomes a guiding light for the globe. To keep it green let's pledge to plant a tree today so that after 25 years we can call them Amrit vriksha. I wish this will not remain fantasy but becomes reality.

TANISHK SHARMA, VII B, St Anthony's Sec School, Sector 9, Faridabad

DAV participates in NCC training session

DAV Public School, Jasola Vihar participated in NCC training session for its young and enthusiastic cadets from February 22 to 25 at 2 Delhi Naval Unit Dhoobi Ghat, near Bala House, under the stewardship of Naresh Singh Bisht, associate NCC officer, and commanding officer Captain Noor Mohammad from 2 Delhi Naval Unit.

The 4 day session was attended by 30 SD/SW Cadets with utmost zeal. The purpose of the session was to engage young leaders in strength training exercises like boating with manual and motor operated vessels in Yamuna River, Okhla.

Drills and theory sessions concluded the session, wherein daily practices to promote wellness were discussed. The success of the programme

was visible in the responses of the cadets. In a bid to continue this feat, the school plans to participate in such activities on a larger and regular scale in the future also.



Relax, breathe and perform

To help students cope with exam anxiety, an online session was organised by Ryan International School, Faridabad for students of classes IX - X on the topic 'Managing exam anxiety: From stress to success'.

The resource person Dr Shrutti Jain, a physician by profession and a certified career counsellor interacted with students and addressed their issues related to exams. She talked to them about the stress which students face

in the examination hall for which she gave a simple tip which to relax and be in control, go slow, take deep breaths and perform.

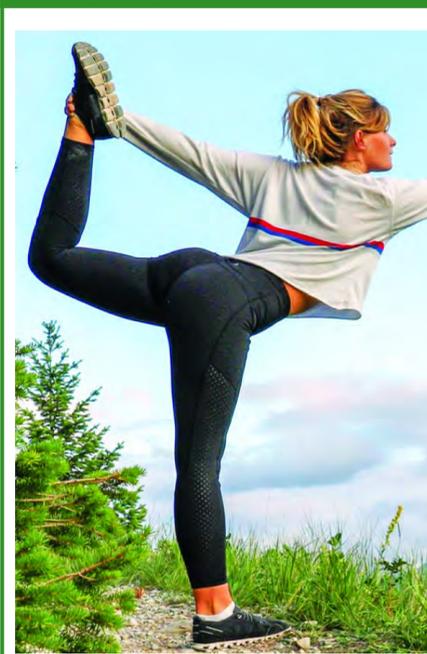
She motivated students towards achieving success, be-

lieving in themselves, and fulfilling their dreams. The session helped the students in becoming calmer and positive ahead of the exams. Dr Shrutti also wished the students good luck and told them to believe in the thought 'Nothing is impossible'.

The session came to an end with principal Nisha Sharma guiding students to remain confident, study well, perform and believe that difficult roads lead to beautiful destinations.



ELIMINATE STRESS WITH YOGA



Yoga might sound a bit impractical to this so-called practical generation, but it brings tremendous changes, if practiced properly. Being a Board aspirant, one thing that has kept me going with the same enthusiasm is yoga. Things turned from online to offline and vice-versa numerous times and that made it difficult for me to avoid stress.

At a particular moment of time, things weren't easy; everything seemed to be a pressure. But then, this idea of handling oneself with yoga and meditation came up.

One month from the day I started practicing yoga, I could see changes in my stress coping capacity and situation perceiving ability. For anyone going through this prep stress or any kind of stress, yoga asanas and meditation are two really helpful ways to deal with it.

My favourite asana is Natarajana (dancer pose). The level of concentration it requires to keep the balance excites me to the core, and motivates me to do it better every day. Things change, not only when we want them to, but when we try our level best to bring those changes.

JANNAT CHUGH, class XII, DAV Model School, Sector 15, Chandigarh



Yoga should be practiced under the supervision of Yoga Guru. The views expressed in the above article are those of the author and the newspaper takes no responsibility for it.

Student Corner

How India will be in 2047

100 years since independence
Corruption will be gone
Status would've changed from
developing to developed
And people will be good at
brain and brawn.

Girls will be free and happy
Get equal opportunities

and rights
They will soar high
in the sky
And conquer all heights.

The country will prosper
Become a great economy
Full of joy and happiness
Based on love and harmony

And gods shall bless
from heaven
This is how my India will
be in 2047.

TITIKSHA SHARMA, class XI-J(B),
DAV Public School,
sec-14, Faridabad

Undisputed winners

We have women as role models, not only for women alone but for people all over the world! Be it Kalpana Chawla, Indira Nooyi, Malala Yousafzai, Mary Com, the list is endless. These women have taught us to look beyond stereotypes

and empower all human beings irrespective of gender bias. Let us break this bias and emerge winners in our individual fields, creating our own unique identities.

KAVITA SONI, Principal Venkateshwar Global School



MUSIC THAT TOUCHES THE HEART



Louis William Tomlinson, born in Doncaster in 1991, is an established singer and songwriter who rose to fame post auditioning for the 'X Factor UK' in 2010 and being put into a band today known as One Direction. In between 2010 to 2015, he worked with the band and made a place for himself in the music industry. After splitting with One Direction, Louis set off his solo career by releasing his first song, 'Just Hold On' and has since released 2 singles and an album. In his solo career, Louis has written

multiple songs of hope for his fans which are somewhat related to his personal traumas. For me, his songs 'Don't Let It Break Your Heart' and 'Just Hold On', helped me get through a tough time in my life.

Besides singing, he is a talented football player and has played in several charity matches to raise funds for charities like Unicef, War Child, the Celtic Foundation and the Rio Ferdinand Foundation. The way he has matured from a goofy 18-year-old to a calm and loving 30-year-old after going through so much, and it all being exposed to the world, is truly inspiring.



KHEWA MALHOTRA, class XI,
Carmel Convent School,
Chandigarh

INSPIRING ICONS
LOUIS WILLIAM TOMLINSON

War: To be waged or evaded?

Contemplation, anticipation followed by ruthless action, changing life stories of millions, and history to be documented for generations to follow. Paranoia plaguing cities consequently led to the departure of terrorised denizens of the nation to become nothing more than refugees in neighbouring countries or seeking shelter in subterranean passages. The course of history is altered and the learnings from many millennia are rendered useless. The futility of war has been highlighted through books, films, and numerous works of art, but what has our learning been?

Slightest of instigation or vexation is a propellant enough to galvanise us into action. What exactly holds importance – satisfying our inflated egos, acquiring an opulence of wealth, or is it a blindfolded chase, an eerie gyrate? Cadaverous

odours and gruesome sights seem to be the only source of revelation and realisation. Is it imperative for humanity to be peppered by ghastly scenes and impressions? Are wars won by waging or by evading is the question we need an answer to? Our own experiences fail to transform us into more humane individuals and on the contrary feed our egos, giving them a reason to showcase their spitefulness.

Where does the solution lie? We are over ambitious when we talk of our youth construing each lesson from the text prudently to provide them with perspective. The need of the hour is some novelty - where conscious citizens cognisant of the need to be compassionate and empowered individuals are a reality instead of a conversation. An issue needing immediate address.

RUCHIKA MEHRA, Bluebells School International, Kailash

Shubhi selected for World Sub Junior Chess Championship

Shubhi Gupta, a promising class VI student of Indrapuram Public School, Crossings Republic, Ghaziabad, Uttar Pradesh has emerged as the second runner-up among 113 players in the 'Sub Junior National Chess Championship' held in New Delhi from March 4 to 8.

Shubhi was also selected for 'World Sub Junior' and 'Asian Sub Junior Chess Championship' and won the trophy and cash prize of ₹58,000. It is indeed a proud moment for the School, Ghaziabad and Uttar Pradesh. All of eleven, she has achieved many other mentionable feats; she qualified in the Under 16 National Championship tournament and represented the state of Uttar Pradesh. In the past, she has ranked first in National Online Under-11 Championship; ranked third in National Online Under-14 Championship; and has also represented India in International tournaments and won silver medal in West Asian Under-12 Category.



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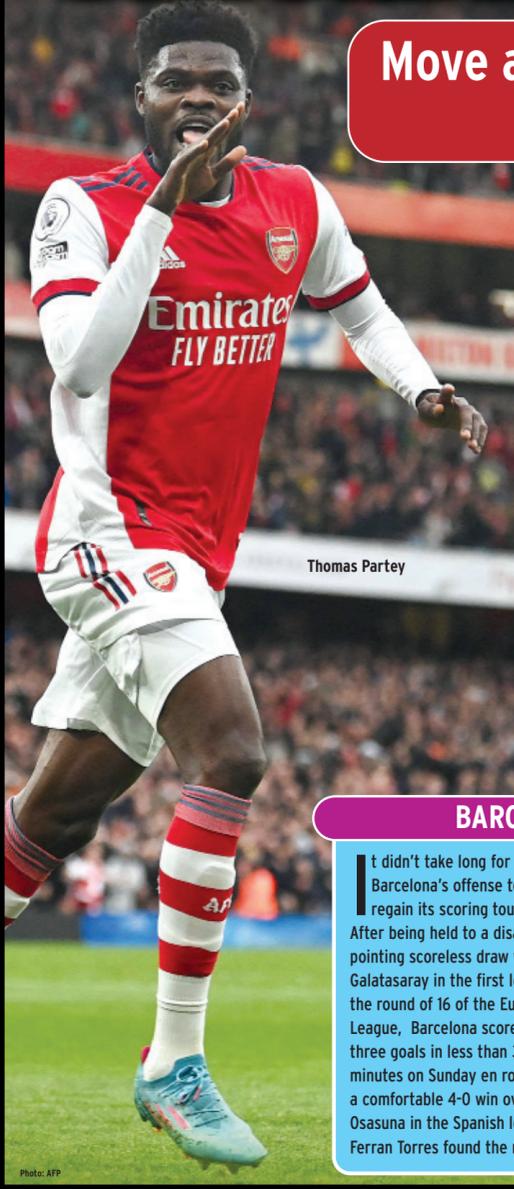
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Age Group - 4 to 13

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ARSENAL BACK IN TOP FOUR

Move a point ahead of Manchester United with 2-0 win at home over Leicester



Thomas Partey

Arsenal returned to the Premier League top four after goals from Thomas Partey and Alexandre Lacazette earned them a 2-0 win at home to Leicester City. The win moves the Gunners a point ahead of Manchester United but crucially Mikel Arteta's side have three games in hand on their rivals for the final Champions League slot. Arsenal have now won their last five games and a run of nine wins from their last 11 encounters in the Premier League has transformed their season after a poor start to the campaign.

EYE ON EUROPEAN SLOT

A return to Europe's elite competition, after a five-year absence, is now within their grasp if they can maintain solid form over their final 12 games. "We have to be there, we should be there. Our history obliges us to be there but we are not there yet

and there are still a lot of games to play," said Arteta, whose side host Liverpool on Wednesday. "We have an excellent group of people at the club who believe in what we do and then you have to put performance into results. The last few months we have been more consistent."

Partey put Arsenal ahead in the 11th minute with a simple, glancing near-post header from a Gabriel Martinelli corner, which was poorly defended by the Foxes. The home side looked confident and creative with Martin Odegaard impressive in the centre of the midfield but Leicester posed the occasional question on the break.

Arsenal keeper Aaron Ramsdale produced a superb one-handed save to keep out a header from Harvey Barnes but without the threat of the injured Jamie Vardy, Leicester lacked penetration. Arsenal's second goal came after Kasper Schmeichel parried out an Odegaard free kick and Partey's goallbound header was cleared off the line by Luke Thomas.

The video replay showed that Leicester defender Caglar Soyuncu had reached out a hand to-

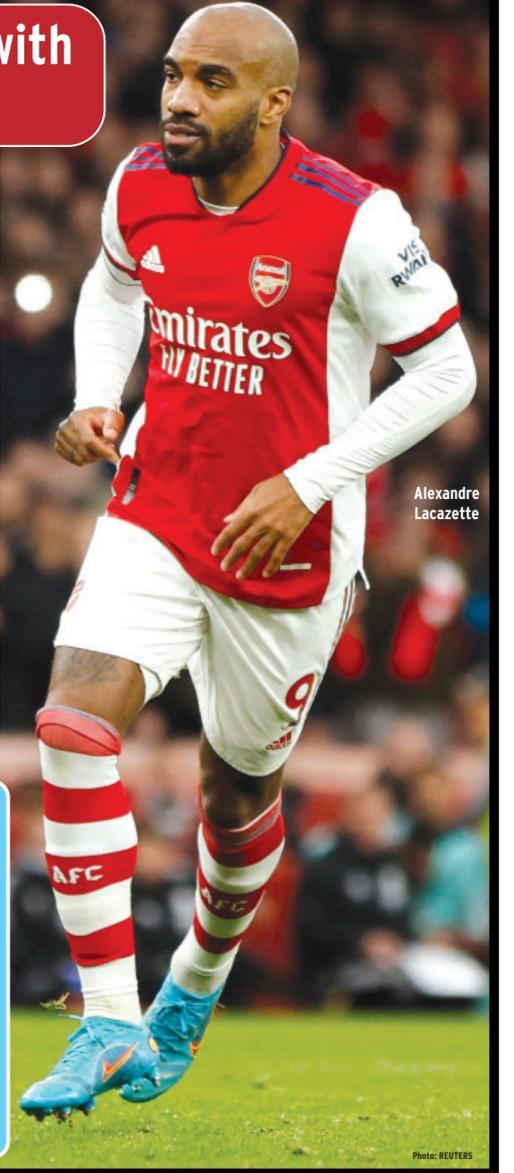
wards Partey's header and after reviewing the monitor, referee Anthony Taylor pointed to the spot and Lacazette drilled the spot-kick into the roof of the net.

DISAPPOINTING DECISION

Leicester manager Brendan Rodgers felt the decision had been unfair. "I am disappointed in the penalty. That there was disappointing. I don't know what else he could do. He was moving but it touched his hand and it was accidental," he said.

Rodgers said his team would now be focusing firmly on their Europa League campaign which sees them face French side Rennes in the round of 16 on Thursday. "We are not choosy over trophies as we only have the one we can play for. It is a real focus for us but not to take anything away from the Premier League as we want to finish as high as we can," he said.

Arsenal have 51 points from 26 games while United have 50 from 29 and West Ham 48 points from 29 matches. Leicester are 12th on 33 points. REUTERS



Alexandre Lacazette

BARCA ROUT OSASUNA

It didn't take long for Barcelona's offense to regain its scoring touch. After being held to a disappointing scoreless draw with Galatasaray in the first leg of the round of 16 of the Europa League, Barcelona scored three goals in less than 30 minutes on Sunday en route to a comfortable 4-0 win over Osasuna in the Spanish league. Ferran Torres found the net

twice and Pierre-Emerick Aubameyang and Riqui Puig added a goal each to keep the Catalan club in third place. It has the same 51 points as Atlético Madrid but leads on the head-to-head tiebreaker. Barcelona also has a game in hand compared to the defending champions. Barcelona and Atlético trail second-place Sevilla by five points. League leader Real



Ferran Torres

Madrid is 12 points ahead of Barcelona and Atlético. Madrid hosts Barcelona next Sunday at the Santiago Bernabéu Stadium.

Barcelona defender Gerard Piqué, making his 600th appearance with the club, had a goal disallowed for offside in the 55th.

Xavi Hernández's team is unbeaten in 10 straight games, since a loss at Athletic Bilbao in the round of 16 of the Copa del Rey in January. AFP

BANGLADESH MAKE ODI HISTORY

Dash Pakistan's World Cup hopes on the back of Fahima Khatun's three-wicket haul victory



Fahima Khatun

Fargana Hoque's 71 runs knock, backed by Fahima Khatun's fiery spell, helped Bangladesh defeat Pakistan in the 12th match of the ongoing ICC Women's ODI World Cup, at Seddon Park, Hamilton on Monday. The spectacular late collapse left Pakistan's World Cup campaign in tatters and handed Bangladesh a nine-run win, their first-ever victory in the ICC Women's ODI World Cup.

Pakistan appeared to be cruising to victory, powered by a maiden century for Sidra Ameen, but slumped to a nine-run defeat after losing six wickets for 26 runs. It was Pakistan's fourth straight loss at the tournament in New Zealand and gives them virtually no chance of making the playoffs.

Misfired strategy

Pakistan won the toss and opted to bowl but the strategy backfired after Fargana Hoque inspired Bangladesh to 234-7, their highest one-day international total. Hoque made 71, forging a 96-run partnership with Sultana, who finished on 46, while Sharmin

Akhter contributed a well-hit 44. Nashra Sandhu was the pick of the Pakistan bowlers with 3-41, including two wickets in successive balls, one of which dismissed the dangerous Hoque.

Wickets fall easy
Pakistan opens Ameen and Nahida Khan set about chasing the 235-run

I cannot describe this in words because it's our first ever win in a World Cup and this is history that we've made. We're looking forward to carrying this momentum through the tournament.
Bangladesh skipper NIGAR SULTANA



target with gusto, producing a 91-run partnership which ended when Khan was bowled by Rumana Ahmed. Skipper Bisamh Maroof took her side to the 150-run mark. Her stint was short-lived as she was sent back by Jahanara Alam after scoring 31 runs. Later, Omaira Sohail joined Sidra Ameen and tried to anchor the innings but was dismissed by Fahima Khatun. Ameen seemingly had Pakistan on the brink of victory at 183-2 in the 42nd over, needing 52 runs from 48 balls with eight wickets in hand. But disaster struck as the batters threw away their wickets, with three departing for first-ball ducks as spinner Fahima Khatun produced a mesmerising spell on her tournament debut to claim 3-38. Omaira's dismissal was followed by four more wickets as Nida Dar, Aliya Riaz, Fatima Sana, and Sidra Nawaz also departed, with Pakistan's score at 187/7. Sidra Ameen stood as the last hope for Pakistan and tried her best to take her side to victory. Any glimmer of hope for a Pakistan win ended when Ameen was run out for 104 in the 48th over. AGENCIES

LOVLINA, NIKHAT SECURE ASIAN GAMES, WORLD C'SHIP PLACES

Olympic bronze medalist Lovlina Borgohain and former junior world champion Nikhat Zareen on Monday secured their places in the Indian women's boxing team for this year's Asian Games in September after winning their selection trial finals at New Delhi.

While Zareen secured selection in the 51kg division, Borgohain clinched the 69kg spot after trials held at the Indira Gandhi Indoor Stadium. Both of them have also made the world championships squad with Zareen qualifying in the 52kg category and Borgohain making the cut in 70kg in the trials held last week.

In the world championship trials held last week, selections were also confirmed for the Asian Games in three divisions.

In 57kg, Manisha won her trial bouts to make the cut for both the showpiece events, while the promising Jaismine (60kg) and Saweety Boora (75 kg), who won a world silver medal in 2014, also ensured twin selections for themselves.

The 38-year-old Mary Kom, who is a six-time world champion, is only targeting the Commonwealth Games this year. The trials for the Commonwealth Games are due to be held in June. The men's trials for both Asiad and CWG will be held in May. PTI



Lovlina Borgohain



Nikhat Zareen

QUIZ TIME!

Q1: Who is the first player to feature in 200 IPL games?
a. Virat Kohli
b. MS Dhoni
c. Rohit Sharma
d. Ashwin R

Q2: Which IPL team holds the record for both highest of 263/5 and the lowest score of 49 in the tournament since its inception?
a. Kolkata Knight Riders
b. Chennai Super Kings
c. Punjab Kings
d. Royal Challengers Bangalore

Q3: Where was the first Under 19 Cricket World Cup held?
a) India
b) Australia
c) Berlin
d) China

Q4: Who is the first Indian to score a hat-trick in Test matches?
a) Harbhajan Singh
b) Kuldeep Yadav
c) Ashish Nehra
d) Jaspreet Bumrah

Q5: Karim Benzema became the oldest to score a hat trick in Champions League at 34 years and 80 days, playing for Real

Madrid. Which team did they beat in the match?
a) Manchester United b) Paris Saint-Germain
c) Liverpool d) Inter Milan



Karim Benzema

Q6: Carl Lewis made his debut during which Olympic Games?
a) 1984 Los Angeles Games
b) 1988 Seoul Games
c) 1992 Barcelona Games
d) 1996 Atlanta Games

Q7: At which tournament did Ashleigh Barty win her maiden women's doubles grand slam title, in partnership with CoCo Vandeweghe?
a) 2018 US Open
b) 2018 Wimbledon
c) 2017 US Open
d) 2017 French Open

Q8: Which country, apart from Belgium and Germany, have made a joint bid to host the 2027 FIFA Women's World Cup?

a) France
b) Netherlands
c) Switzerland
d) England

Q9: Who did Roger Federer beat in the 2003 Wimbledon Final?
a) Rafter
b) Pat Cash
c) Mark Philippoussis
d) Pete Sampras

ANSWERS: 1 b. MS Dhoni
2 d. Royal Challengers Bangalore
3 b. Australia 4 a. Harbhajan Singh
5 b. Paris Saint-Germain
6 a. 1984 Los Angeles Games
7 a. 2018 US Open 8 b. Netherlands
9 c. Mark Philippoussis