



## *PARIKSHA PARV 2019*

### *Report*

परिक्षा एक उत्सव है, परीक्षा को ऐसे लीजिए मानो एक त्यौहार है।

**CELEBRATING #ParikshaParv**

“ Life is not limited to the corridors of examinations, there is a big world outside it too.”  
- Narendra Modi

Live Streaming Sessions from 21st Feb. to 15th March 2019 between 3:00 - 4:00 PM

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## **National Commission for Protection of Child Rights (NCPCR) 2019**

## Introduction

India has the highest rate of suicides in the world amongst students — simply due to the unbearable pressure of exams. According to the National Crime Records Bureau (NCRB), between 2014 and 2016, 26,476 students committed suicide in India. Of them, 7,462 committed suicide due to failure in various examinations. The education system in our country is an extremely and unforgiving competitive one. The cut-off marks for admission into certain colleges and streams can be a ridiculous 97% or 98% or even higher. The pressure of exams bears down so heavily on students that it plays havoc with the mental well-being of their minds.

Students in schools experience high stress during examination, especially during their Board examinations due to various reasons such as lack of preparation, style of their study and lack of needed information, pressure from parents and peers etc. When stress is perceived negatively or becomes excessive, it leads to anxiety before and during examinations and ultimately affects their academic achievement. Studies show that fear of failure and rejection is hardwired into the human brain, even more than the fear of death. This, in turn, leads to stress, anxiety and depression. Consequently, kids begin to have irrational thoughts about the outcome of the exams. A sense of negativity, self-criticism and worthlessness creeps in. When these toxic thoughts begin to rationalise that ‘I’m going to fail no matter what I do’ that’s when the thought of self-harm begins to look a way out.

Considering the seriousness of the nature of such incidents, National Commission for Protection of Child Rights, a statutory body under the Commissions for Protection of Child Rights (CPCR) Act, 2005 under the administrative control of the Ministry of Women & Child Development, Government of India, launched a month long campaign, celebrating exams ‘#ParikshaParv during the exam period i.e. February-March, 2019.

### **Objective**

- ✚ The main objective of this campaign was to change the outlook/perspective of children towards exams and to bring positive impact through social media platform.
- ✚ To provide expert advice on exam related stress and anxiety in children.

### **Main features of the campaign-**

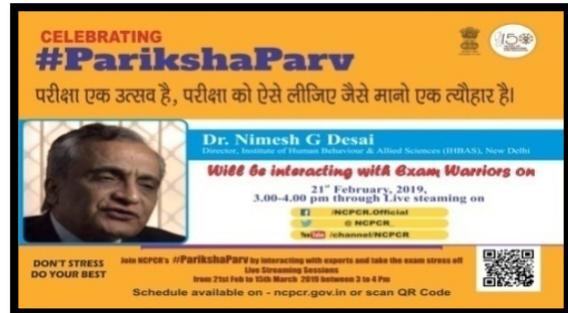
The campaign entailed the following-

- ✚ Live Streaming of Q & A sessions with renowned experts- Psychiatrists/Psychologists, Motivational Speakers etc through Facebook/Twitter/YouTube of NCPCR
- ✚ Radio Spots/Jingle broadcast through AIR (Vividh Bharti).

## Details of # Pariksha Parv campaign-

### 1. Day one- 21<sup>st</sup> February, 2019 –

On Day one on 21<sup>st</sup> February, 2019 Pariksha Parv campaign was launched on 21<sup>st</sup> February, first live streaming session was conducted by Dr. Nimesh G Desai, a well known Psychiatrist and Director of Institute of Human Behaviour and Allied Sciences (IHBAS), New Delhi. Students raised their questions/doubts through Facebook/Twitter and YouTube live. One of the child asked whether he can make points or write in paragraphs? Dr. Desai responded that children should adopt their own method and style and they should understand the gist of the matter. With regard to stress during examination he said that stress is very natural for students and their parents. He explained this with a graph and mentioned that minimal or optimal tension is good for performance but if it is exceeding than one should discuss with friends and consult with professionals. One of the children asked about distractions in studies. In response Dr. Desai mentioned that distraction is very common but one should refocus. He said that children should maintain a healthy life style and take care of their sleep and nutrition. Further he said that concentration exercises, meditation along with yoga can help in building positive attitude. Dr. Desai also said that children have to trust themselves to know that they have ability to achieve their goals and realistic goals with shorter time frame must be aspired. With regard to peer pressure and competition, he said that healthy competition and increasing capacity is very important for children.



The complete session is available at:- <https://www.youtube.com/watch?v=k0Jc-7cMURE>

### 2. Day two -22<sup>nd</sup> February, 2019-

On Day two, the live streaming session was taken by Dr. Jitendra Nagpal, an experienced and well known psychiatrist from Moolchand Medcity Hospital. Dr. Nagpal welcomed the students on live streaming session. He said that all the students who are appearing for their exams, especially Board exams are warriors and they should celebrate exams like festivals. One of the students raised a question that at times we forget the answers in exams and get worried. Dr. Nagpal said that students should be relaxed and remember some clues and concept. With regard to time management, he said that students should go through the questions first and then write their answers.



The complete session is available at:- <https://www.youtube.com/watch?v=-YyoUsXRQ-s>

### 3. DAY-3 -26<sup>th</sup> February, 2019

**Dr. Anita Walia Bashista, Senior Clinical Psychologist, Saarthak, Mental Health Service**

In the third session dealing with the child psychology Dr. Bashista answers the question to the student to understand their situation better. A student asks for advice that he is in a relationship and he is not being able to concentrate on his study. She advised that relationships are very important in life. Relationships have a positive impact and it's not true that relationships does not allow you to move forward. It should be taken positively that if I don't study on time I will have less time to talk and if I do it on the time I will have more time to interact. It can be source of motivation and support to you. In this session she also advises how to make notes for examination. When notes are made by you, you retain everything. She further advised to make follow chart, diagrams and timelines to make it easy to remember.

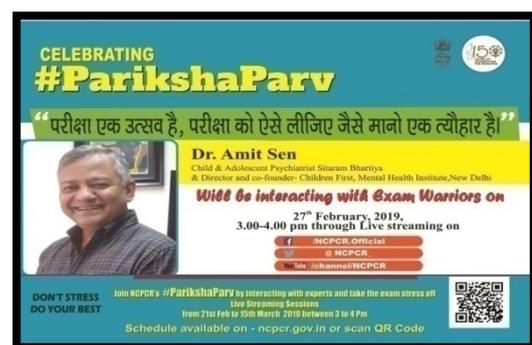


The complete session is available at:- <https://www.youtube.com/watch?v=Lac50Bygob8>

### 4- DAY -27<sup>th</sup> February, 2019

**Dr. Amit Sen, Child and Adolescent Psychiatrist Sitaram Bhartiya & Director and co-founder of Children First Mental Health Institute, New Delhi**

In the Fourth session the students and parents raised the question that more than parents it is school that creates pressure for the students. He says that pressure comes from all the sides parents, peers, school. He points out regarding the flaw in the system of admission in colleges, school, competition that is created around children. It needs a detailed study of the system that is creating this kind of situation. There should be counselling session to find out the solution to this problem to make the students relaxed. It is beneficial for the student to do self study or peer learning. He says that every student has different style of study. Some are visual learners and some are audio learners. It is advisable to find out what kind of learner one is, and then follow that rather than following someone blindly or suggested to you.

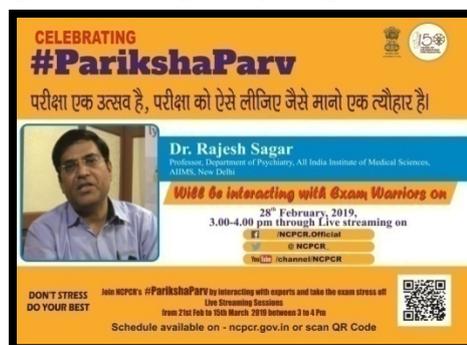


The complete session is available at:- [https://www.youtube.com/watch?v=Dw\\_ANPNj3DE](https://www.youtube.com/watch?v=Dw_ANPNj3DE)

## 5- DAY -28<sup>th</sup> February, 2019

### **Dr. Rajesh Sagar, Professor in Psychiatry Department, AIIMS, New Delhi**

He advised on the psychology of the child during examination answered few question raised by the students. Students, even after preparing day and night and doing everything, still have the fear of facing the questions that are unknown during examination. He suggested that it happens lot of time that we get question which we are not aware of. This fear comes out of anxiety, low self esteem that creates negative parameter around you. He advised to try attending it, practice few lines and it's not important that you know all the questions. It is advisable to attend questions first which you know well. He said that in 21<sup>st</sup> century every parent wants their child to top but as we all know that topper is one and it creates a pressure within the student. He advised that examination is like race but it is important to understand that you should not compare yourself with others. It is not important that you are at top and being in only in the top will give you success. Be motivated in your life. It is important you work hard and try to become topper in different aspects of life if not in examination

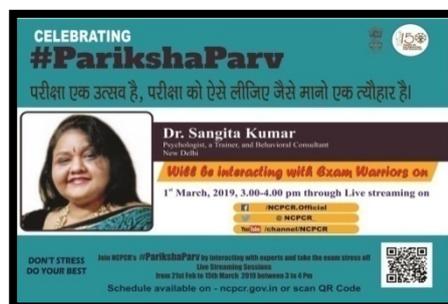


The complete session is available at:- [https://www.youtube.com/watch?v=015jsd\\_Q8IA](https://www.youtube.com/watch?v=015jsd_Q8IA)

## 6- DAY -1<sup>st</sup> March, 2019

### **Dr. Sangita Kumar, Psychologist, a Trainer and Behavioural Consultant, New Delhi**

In this session she answered a few questions affecting daily life. Students raised question regarding cut down on sleep and increasing the study hours. She advised the students not to do that because cutting hours for sleep can affect the health as it affects the daily habit that a particular person is used to. It increases the stress and makes one's mind more confusing. Further, going with the flow of the session, she also dealt with question by the parents. One such question was that after seeing friends doing well their son gets scared. She advised to make their son understand that the pattern which he follows to study is very different from what his friend follows. She advised to focus on what he is doing, what are his goals and thus decrease the fear of conflict within him.

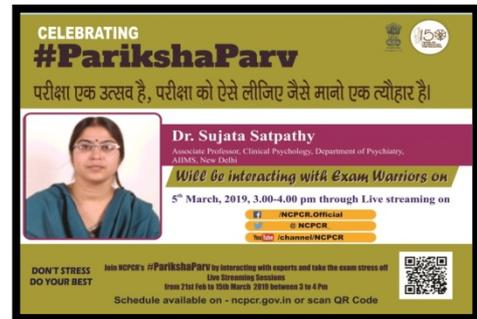


The complete session is available at:- <https://www.youtube.com/watch?v=jJcoChAoKN8>

## 7- DAY -5<sup>th</sup> March, 2019

**Dr. Sujata Satpathy, Associate Professor, Clinical Psychology, Department of Psychiatry, AIIMS, New Delhi**

She advised students regarding maintaining concentration during the examination. She said as a student they have only two three items of work that are to be done every day. It is duty and responsibility to do our work on time, eat well, sleep, and most important is to study well. During examinations, the conflict within you needs to be solved because this creates concentration problems. It is important to know the reason of the conflict within because it will help to find the solution to it. Practice yoga, meditation to increase the concentration, even start with easy topic because it increases your willpower to do better and be more productive as you do not lose your interest. A student raised a question that he was not interest in Hindi and if he fails all the hard work will go in waste. She advise that even knowing Hindi is important, it is understandable if one does not have interest but failing in it is not the reason of lack of interest. A student can work hard and study as much as it is sufficient for him or her to pass the examination.



The complete session is available at:- <https://www.youtube.com/watch?v=KnhOifIEBc>

## 8- DAY -6<sup>th</sup> March, 2019

**Dr. Deepak Gupta, Child and Adolescent Psychiatrist, Sir Ganga Ram Hospital, New Delhi**

In today's world the main focus of students are to score good marks in their Board Examinations. He advised the students that getting marks or scoring marks is not in our hands. Student's main concern and focus should be to go and give examination well, prepare well, revise again and again, to increase the confidence level. Further in the session it was understood that many students get nervous during examination. He advised to understand and know the reason for nervousness. Generally the reason for the nervousness is whether one will score good marks or not, examination will be good or not, will get admission in good institute or not, will I be able to satisfy my parents and teachers etc. After understanding and identifying the reason work on it, talk to people around and try to find out the solution. Then study and give your exam. This will increase your will power a lot, celebrate it is as festival so that you can reach to your destination happily



The complete session is available at:- [https://www.youtube.com/watch?v=g1L9\\_4gGNJU](https://www.youtube.com/watch?v=g1L9_4gGNJU)

## 9- DAY -7<sup>th</sup> March, 2019

**Dr. Rachna Bhargava, Associate Professor in Clinical Psychology, National Drug Depended Treatment Centre & Department of Psychiatry, AIIMS, New Delhi**

In this session student raised the question that during examination lot of student go through sleep deprivation problem. She advised to the student that during examination near about 12 o clock close your eye and take rest, sit with your parents and do certain amount of discussion. It is very important to have a sleep of at least 6 hours before exam day. She also advised on the question that students have phobia that they won't be able to complete the paper within 3 hours of examination. She said that for being more confident and to decrease this phobia one can try to solve few sample papers to get a practice of completing the paper on time. It is generally expected high marks or first division by the parents from their ward. It is very important to understand that if a child does not meet these expectations, there is always a hope to perform well in near future. One should have hope in themselves.



The complete session is available at:- <https://www.youtube.com/watch?v=UJBCEF2DdOU>

## 10- DAY -8<sup>th</sup> March, 2019

**Ms. Priyanka Mittal, M.Phil Clinical Psychology (NIMHANS), a Trainer and Child Adolescent Therapist**

In this session she answered few interesting doubts in student's mind. A question was raised regarding helping your friend during the examination. She emphasised that if someone is helping their friends during the exam time it is very good. As it create a positive impact on the student helping. When someone helps another friend they tend to know the topic very well and while explaining the student gets double benefit which helps in retaining the subject for a longer time. It is said that studying during the night time is not good but many students like studying at night. Putting emphasis on the scenario that every student has a different time to study and it is absolutely fine to study at night. But one needs to adjust and set their time a bit before the day of examination so that the sleep cycle in adequate and maintained.



The complete session is available at:- <https://www.youtube.com/watch?v=iAvRxMRpBxg>

## 11- DAY -12<sup>th</sup> March, 2019

### **Ms. Geetanjali Kumar, Psychologist, Practising Counsellor, Trainer, Parenting Coach and Motivating Speaker, New Delhi**

She talked about why parents get concerned regarding good marks. She explained that the parents generally get concerned or worried of the marks when they see diversion of their child from studies or regular life. If the child keeps up with the daily routine and regular study parents tend to be less worried and remain calm. So, just keep on doing hard work without thinking of the result. She answers one of the very important questions how to keep your heart and mind calm. Referring to this, she says that everyone should compartmentalise things in life. She quotes “life is all about present so utilise it in the best way”. Therefore, it is important to set accountability to your work and go with flow. No one knows the future and past cannot be changed, it is the only present moment that is ours and which make good series of moments in our life.

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**Ms. Geetanjali Kumar**  
Psychologist, Practising Counsellor, Trainer, Parenting coach, and Motivational speaker, New Delhi

Will be interacting with Exam Warriors on  
12<sup>th</sup> March, 2019, 3.00-4.00 pm through Live streaming on

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DON'T STRESS DO YOUR BEST

The complete session is available at:- <https://www.youtube.com/watch?v=1cQ856EINfy>

## 12-DAY -13<sup>th</sup> March, 2019

### **Dr. Ankita Sharma, Psychologist, Express India.**

She answered some very unique questions. Students raised questions like can someone learn and remember things as we do in maths. In furtherance to this question she answered one can do that by making acronym and keywords for every topic or chapter in every subject. This will help in retaining the information easily in the mind, use visual memory to retaining for longer time. Further, a question was raised that student is getting good marks but due to the family financial problem they go through stress of failing or not getting opportunity in future because of financial issues. This question is very recent problem in many families as it was even mentioned by the speaker. She says to the student not to think of the consequences and limitation rather than focus on the study especially till class 12. They can get lot of opportunities through scholarships, even some places give opportunity after seeing the interest and hard work of the student. She further added that remember whenever a problem comes in front of you there is always a solution.

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## 13- DAY -14<sup>th</sup> March, 2019

### 1st session -

**The Speaker: Dr. Nishant Goyal, Assistant Professor of Psychiatry, Central Institute of Psychiatry**

He quoted “Knowledge is permanent, Sleep is weapon, Dream of doing something rather than becoming something.....” as mantra to the students and especially to hostel students. Student raised question like how to remove the boring environment that is created during exam time. He suggested to break the monotonous environment one can take 5-10 minutes break and do something one like for example any hobby, or someone who likes reading newspaper. These are for just shifting your attention a bit and relax so that after few minutes one can continue with his or her studies. It was further asked by the student regarding tips to prepare before two days of exam. It was suggested that it is most important to have 6 hours of sleep, and not to carry your books in exam hall as it increases your anxiety. Studying before exam is preferred because it can be recalled easily and not the one that has been studied in the last minute. It is necessary to keep one’s mind calm before exam to write the exam properly.

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**Dr. Nishant Goyal**  
Assistant Professor of Psychiatry, Central Institute of Psychiatry (CIP),  
Ranchi, Jharkhand

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## 13- DAY -14<sup>th</sup> March, 2019

### 2<sup>nd</sup> Session

**Dr Rahul Mehrotra, Certified Trainer, Heartfulness Education Trust (Shri Ram Chandra Mission)**

Initially, he shared his experience and motivated students to practice meditation to remain productive. He answered some very unique questions. One of the children asked what are the benefits of meditation and how it would be helpful in exam time. He suggested that meditation should not only be used during exams or difficult times but it can be used for the whole year. Meditation should be a routine activity. Early to sleep and early to wake is good routine for better lifestyle. If we follow these, stress related problems will dissolve automatically.

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**Dr. Rahul Mehrotra**  
Director and Head, Non-Invasive Cardiology Services, Max Super Hospital  
New Delhi

*Will be interacting with Exam Warriors on*  
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## 14- DAY -15<sup>th</sup> March, 2019

### 1<sup>st</sup> session :-

**Ms. Maulina Rastogi, Psychologist, Express India.**

She quoted “Life is the consequence of the choices we make.....” Student raised questions like why students are so much scared even after preparing so much. She suggested keeping the will power constant, removing the stress and practicing more. She made emphasis on writing for retaining whatever one has studied and revise all the contents after 2-3 days for 5-10 minutes. This will remove the fear of forgetting and failure. It was further asked by a girl that her English exam did not go well and she is not able to focus on exams. It was suggested

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**Ms. Maulina Rastogi**  
Psychologist, Expressions India  
New Delhi  
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to shift the focus to future examination, to concentrate more on the exam that is to come rather than think of past exam because one cannot change the past. Working hard for future examination can compensate for the exam which did not go well. Even if you fail after working hard one should be progressive and motivated. One of the questions was regarding importance of Yoga and meditation in student life. The speaker that it makes our mind and heart calm which is important for doing any work properly and successfully. One can go to empty space, take a deep breath and make yourself calm.

The complete session is available at:- [https://www.youtube.com/watch?v=XwR8c\\_oXZZU](https://www.youtube.com/watch?v=XwR8c_oXZZU)

### 2<sup>nd</sup> Session :-

**Shri Akhilesh Mishra, CEO of Bluekraft Digital Foundation & Ms Jyoti Chauthaiwale, Scientist, Educationist and Social Worker with Students :-**

This was the last session where four students with different success stories and two Experts with a rich experience participated and shared their views.

Initially Shri Akhilesh Sharma started the session with his innovative views that Exams are the test of your preparation not your life. Hence, celebrate your exams like festival.

Apart of this Ms. Jyoti Chauthaiwale shared

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**Dr. Jyoti Chauthaiwale**  
Ph.D. (Microbiology) from National Chemical Laboratory, Pune, India  
**Mr. Akhilesh Mishra**  
CEO of Bluekraft Digital Foundation  
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that Exams and Studies are the part of wisdom where mind, body and intelligence are working together. Further she said that exams are not an end of the life. If you enrich your knowledge then there is no need to focus on mark sheet.

A student described her story where she expressed that she found lots of hurdles during schooling in many ways. In his reply Shri Akhilesh suggested that hurdles are a part of life and in this period make your strength more strong in life. He also added that when one `opportunity door closes, others doors open.

Shri Akhilesh also narrated that you must convert your nervous energy into positive energy & focus on what you are working on for effective utilisation for making balance in your life.

He elaborated on the harmony between study and digital world in the modern times. Apart of this, power of visual world is infinite and also technology is a great tool for career opportunity in present scenario. Ms. Chauthaiwale advised that students must make short notes with Mind maps.

The complete session is available at:- <https://www.youtube.com/watch?v=3w2HOqStCwg>

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एनसीपीसीआर के #ParikshaParv में  
Live Streaming द्वारा विशेषज्ञों के साथ जुड़कर परीक्षा के तनाव को कम करें।  
यह Live Streaming 21 फरवरी से 15 मार्च, 2019 तक  
दोपहर 3.00 से 4.00 बजे के मध्य होगी।

ये विशेषज्ञ Exam Warriors के साथ बातचीत करेंगे :



कार्यक्रम की विस्तृत जानकारी [www.ncpcr.gov.in](http://www.ncpcr.gov.in) पर उपलब्ध है अथवा QR code स्कैन करें।

QR Code: 

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YouTube: /channel/NCPCR

Day	Date	Name of the Experts
1	1-DAY-21 <sup>st</sup> February, 2019	Dr. Nimesh G. Desai
2	2-DAY -22 <sup>nd</sup> February, 2019	Dr. Jitendra Nagpal
3	3-DAY-26 <sup>th</sup> February, 2019	Dr. Anita Walia Bashista, Senior Clinical Psychologist Saarthak,
4	4-DAY-27 <sup>th</sup> February, 2019	Dr. Amit Sen, Child and Adolescent Psychiatrist Sitaram Bhartiya & Director and co-founder of Children First Mental Health Institute, New Delhi
5	5-DAY-28 <sup>th</sup> February, 2019	Dr. Rajesh Sagar, Professor in Psychiatry Department, AIIMS, New Delhi
6	6- DAY -1 <sup>st</sup> MARCH, 2019	Dr. Sangita Kumar, Psychologist, a Trainer and Behavioural Consultant, New Delhi
7	7- DAY -5 <sup>TH</sup> MARCH, 2019	Dr. Sujata Satpathy, Associate Professor, Clinical Psychology, Department of Psychiatry, AIIMS, New Delhi
8	8- DAY -6 <sup>TH</sup> MARCH, 2019	Dr. Deepak Gupta, Child and Adolescent Psychiatrist, Sir Ganga Ram Hospital, New Delhi
9	9- DAY -7 <sup>TH</sup> MARCH, 2019	Dr. Rachna Bhargava, Associate Professor in Clinical Psychology, National Drug Depended Treatment Centre & Department of Psychiatry, AIIMS, New Delhi
10	10- DAY -8 <sup>TH</sup> MARCH, 2019	Ms. Priyanka Mittal, M.Phil Clinical Psychology (NIMHANS), a Trainer and Child Adolescent Therapist
11	11- DAY -12 <sup>TH</sup> MARCH, 2019	Ms. Geetanjali Kumar, Psychologist, Practising Counsellor, Trainer, Parenting

		Coach and Motivating Speaker, New Delhi
<b>12</b>	12-DAY -13 <sup>TH</sup> MARCH, 2019	Dr. Ankitta Sharma, Psychologist, Express India.
<b>13</b>	13- DAY -14 <sup>TH</sup> MARCH, 2019	The Speaker: Dr. Nishant Goyal, Assistant Professor of Psychiatry, Central Institute of Psychiatry.
		Dr. Rahul Mehrotra, Certified Trainer Heartfulness Education Trust (Shri Ram Chandra Mission)
<b>14</b>	14- DAY -15 <sup>TH</sup> MARCH, 2019	Ms. Maulina Rastogi, Psychologist, Express India.
		Shri Akhilesh Mishra, CEO of Bluekraft Digital Foundation. Ms. Jyoti Chauthaiwale, Scientist, Educationist and Social Worker and Students

**(QUESTION BANK)**

1. Due to disturbance in my class I am unable to concentrate on my studies?
2. I am not able to complete my syllabus on time. What should I do?
3. What if I forget something while writing my paper?
4. Everybody is talking about time management. I am totally clueless about time management. Help me out.
5. Do I need to follow the paper sequence while writing the answers?
6. Does following past question papers help in the preparation of exams?
7. My writing speed is very slow and because of that I am not able to complete my paper. Can something be done for me?
8. Does mugging the facts ensure good result?
9. Do I need to write whatever I am learning?
10. Should I make points or write in paragraphs?
11. I don't have any fixed time for my studies. Is it alright?
12. How can I inculcate positive attitude towards future when I feel so scared?
13. Should I read the chapter first or should I learn only questions and answers that are given at the back of the chapter?
14. There are few chapters which I cannot remember/ do not understand. Should I leave them?
15. I feel very sleepy whenever I study for a long time. What should I do?
16. I get distracted after just 20-25 minutes of studying. How should I improve my concentration?
17. Do all children experience same kind of stress?
18. I get tensed whenever my friends enquire about my preparation. Should I stop talking to them?
19. My back starts aching when I sit on a chair for a long time and thus my concentration fades. What can be done?
20. I keep on munching something when I study. Is it ok?
21. Just one month is left for exams. Is it too late for starting preparations?
22. Should I totally stop watching TV during my preparation days?
23. For how many hours should I study?
24. Does studying late at night always ensure good marks?
25. Does studying from guides help?
26. If I have not scored good marks in pre- Boards then will I be able to get good marks in Boards?
27. What if I do not get marks according to my parent's expectations?
28. How many revisions should I need before the actual exam?
29. How should I prepare a good time table? My time table does not seem to work.
30. Is good handwriting a must for getting good marks?
31. I can't study early in morning. Will my preparation suffer from this?
32. Whatever I have prepared, I am not confident of remembering it till my examination day. It is making me tense. What should I do?
33. I'm just too tense and I am not able to sleep. Is it ok if I take sedative pills to sleep?
34. What if I do badly in exams?
35. How do I deal with my family's disappointment if my results are not good?

36. What if I don't get the marks I'm expecting?
37. I've heard of irregularities in the assessment system. What if my marks are adversely affected?
38. I've read that exercise is good and to be done during exams. Is it true? What does it do?
39. What to eat during exams?
40. What are the nutrients in food?
41. Should spicy food be avoided in the days when preparing for Board exams?
42. Will group discussions help in scoring good marks?
43. Students feel nervous during examination and due to this they forget and make mistakes. What should they do?
44. In residential school kindly suggest us how to manage time during exam time. As there some students face some difficulties due to Vidyalaya routine? What to do for self study?
45. How student/Children set their priorities during exam days?
46. If students do not have interest in a particular subject but we have to write the exam of the subject and score marks. Then how to focus on that particular subject to get marks?
47. How to handle stress of last day/ minute study?
48. I prepare properly for exam but when I sit in exam hall not able to answer the known question?
49. In Maths formulas are very difficult for migration students and for VIII student if we practice also. So how to focus on that?
50. How to score highest marks in language paper?
51. During exam time there are gaps between exams but not all exams have some gap time how to decide and use that time?
52. Students always compare them selves with talented students, so how to overcome from this?
53. I am unable to focus as I am very scared /nervous. Kindly Suggest?
54. How to maintain concentration so that I can study for longer hours
55. How to develop skills that would enhance our body clock when we are subjected to pressure of life?
56. How can I stop over- thinking while studying?
57. How do I stop desire to check my social media account regularly? I waste lot of time?
58. I have studied everything in the syllabus but I am worried, what if I fail? How do I de-stress?
59. How to build self-confidence?
60. How to retain answers after completing syllabus on the day of examination?
61. How to deal with Maths Phobia?
62. I don't have a fixed time for studying. Is it alright?
63. I really like playing PUBG, but it takes a lot of my self-study time. How do I manage time between games and studies?
64. What study routine should I follow between exams?
65. Should I stop using mobile and TV use during examination?
66. I am a state-level sportsperson, My parent get stressed because of my exam but I don't. How can I change their attitude? Can you say something to them?
67. How should children deal with discrimination if they don't get high grade in pre-Board or Boards?
68. Should I stop talking to my friend if they constantly enquire about my syllabus completion? I get tensed?
69. I am in a relationship with a girl of my class and she is seen talking to a lot of my friends in the past few months? I feel cheated this affected my studies. How to deal with it?
70. How many hours should I study?

71. Does mugging facts help is rote learning the solution?
72. How should children cope with peer pressure? Do all children experience same kind of stress?
73. Should I totally stop watching TV during preparation day? Harish Kumar
74. How to tackle teachers mind set, when they expect long essay answers. Would they appreciate bullet answers?
75. What steps should parent take to reduce exam stress? Please give tips?
76. Exams ke Duration mein Preparation ke Tips Bataiye?
77. How to be tension-free on the exam day? Please provide instant tips?
78. I have nicely prepared examination but why is that as the dates are approaching, I am feeling that I am losing my confidence?
79. How can we synchronize ourselves from the pressure from elders during exam?
80. Compared to my friend. I am worried about marks. Due to which, I cannot perform/prepare properly?
81. What advice would you give to calm down when stressed out about a deadline?
82. My son has writing issues. Due to stress, his writing goes very slow during exam, although he practices a lot, he still ends up writing less than expected what can be done?
83. Am from JNV Sitapur and a humanities Student. I have appeared in English CBSE exam I have prepared but due to frustration I couldn't express myself perfectly in exam. My geography paper is so near and I want immediate help regarding this problem?
84. I don't feel like talking to anyone these days that makes me depressed and my friends also get annoyed with me. Can you please suggest what to do in that case?
85. How to calm butterflies in my stomach during exam days? Please tell?
86. Study one hour before exam is beneficial or not? Please suggest? Madan Gupta, JNV Ranchi
87. New topic should be prepared at exam time or not?? Madan Gupta, JNV Ranchi
88. Please suggest us the strategy of preparation to get good marks in Board examinations? Madan Gupta, JNV Ranchi
89. Is late night study beneficial at exam time? Please guide us?
90. How revision work can be done in examination time?
91. How can we overcome the fear of unknown questions during the exam?
92. Please tell the method for getting good marks in Board exams?
93. As the examination is coming very soon, so how can we revise our whole syllabus in this very short period of time between the exams?
94. What strategies should be followed for less stress at examination time?
95. Please suggest a few practical tips to manage monotony and boredom while studying?
96. How can the parents help best in the academic activities planned by the school?
97. Please suggest some time management techniques while studying whole syllabus within 2 days before exam?
98. How much time we should devote to preparation?
99. परीक्षा के दौरान मैं अपना ध्यान केंद्रित नहीं कर पाता?
100. परीक्षा के दौरान तनाव के कारण मैं ठीक से सो नहीं पाता तथा काफी तनाव में रहता हूँ?
101. परीक्षा के दौरान बार-बार पढ़ने के बावजूद मुझे प्रश्न उत्तर याद नहीं होता जिसके कारण में चिड़चिड़ापन महसूस होता है?
102. अच्छी तैयारी के बाद भी डर लगा रहता है कि अच्छे नंबर आएंगे या नहीं?
103. एग्जाम के समय कई बार ऐसा होता है की जो आंसर हमारे दिमाग में चल रहा होता है और सही होता है जब लिखते है वह गलत होता है प्लीज गाइड?

104. में लिखने की प्रेक्टिस बहुत करता हूं पर मुझे फोबिया है कि मैं 3 घंटे में पेपर पूरा लिख नहीं पाता मुझे क्या करना चाहिये?
105. जब किसी छात्र का परीक्षा परिणाम अपने उम्मीदों के अनुसार नहीं होता है तो ऐसे अपना परिणाम उनके माता पिता को दिखाने एवं विद्यालय के नोटिस बोर्ड में चलाने से मना करते हैं क्योंकि उन्हें पेरेंट्स दूसरे छात्रों द्वारा प्रासांक से तुलना करने लगते हैं। महाशय ऐसे छात्रों को किस तरह से अधिक प्रभावी ढंग से प्रोत्साहित कर सकते हैं?
106. पेरेंट्स को कैसे समझाएं कि वह बच्चों को मोटीवेट और उत्साहित करें?
107. परीक्षा के दौरान सैंपल पेपर कि मदद लेना चाहिए या खुद के द्वारा बनाये गये नोट्स पर ध्यान देना चाहिए?
108. महोदय परीक्षा के समय में कुछ बच्चों को बहुत ज्यादा कंपन होती है या फिर पसीना आने लगता है इस सिचुएशन से कैसे निजात पाएं?
109. मैं सामाजिक विज्ञान का सिलेबस याद नहीं कर पाती जबकि मैं कई बार पढ़ती हूं और याद करती हू लेकिन एग्जाम के समय भूल जाती?
110. मैं कक्षा 12 का छात्र हूं मेरा 28 फरवरी को जीव विज्ञान का पेपर है मुझे कुछ नहीं याद है तो मैं क्या करूं सर?
111. जब भी मैं आधे घंटे से ज्यादा पढ़ाई करने लगता हूं तो मेरा ध्यान दूसरी ओर जाने लगता है इसके लिए क्या करें?
112. एग्जाम के समय बच्चों का खेलना कहां तक उचित है?
113. मेरा बेटा कक्षा 12वीं में पीसीएम का छात्र है वह पढ़ाई में बहुत अच्छा है लेकिन स्लीपिंग डिसऑर्डर की वजह से बहुत स्ट्रेस में है उसके लिए कुछ उपाय बताएं?

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