

## DAV Public School, WBC (TISCO), Ghatotand

### PRE- EXAMINATION COUNSELING

Date : 15/02/2016

DAV PUBLIC SCHOOL WBC GHATOTAND is launching pre – examination counseling for students of all the classes particularly standard X and XII. If you have any problem like mental stress, personal problem or any other problem related to examination, feel free to contact the following.

- 1 ) Mrs. Kiran Yadav ( Principal )
- 2 ) Mr. A. K. Dubey
- 3 ) Dr. R. S. Mishra
- 4 ) Mr. K.K. Yadav
- 5 ) MR. V. N. Pandey
- 6 ) Mr. A. K. Jha

**Dear Children,**

**We love you more than we would love your result.**

It is the time of Board Examination. You all are busy in preparation. Good, but don't get panicky, don't let the exam engulf you. You should never be an easy prey of fear and anxiety. ***This may harm your memory, retention, recapitulation & confidence.*** Take good food and sound sleep have healthy discussion, watch motivational speeches everyday for 5-10 minutes, adopt proper Time Management to keep yourself calm, exercise regularly or do meditation. Meditation helps you remain balanced & calm. Don't compare yourself with others, try your best according to your capacity. Pressure for better performance than others may cause distress to you so better try to better your own performance.

***Face the exam with ease. We all are always with you.***

**Dear Parents,**

We would also like to advise the parents to give emotional support to the children, not to compel them to perform better & better & .... As everyone has one's own limitation. Give them constructive breaks like listening to music, ensure your ward proper & enough sleep. We must be aware of the fact that today's mad rat race leads to nervous breakdown of many talented children.

***Be with your children, they would definitely give their best.***