



**DAV PUBLIC SCHOOL SECTOR-14GURUGRAM**  
**“DAV WELLNESS”**  
**Monthly Health Newsletter (February 2020)**

**“EXAMS TIME”**

Dear Students,

To do well in your exams, you have to maintain your best form. This is obviously not possible if you are nervous, stressed and panicky. This will not help you achieve the desired results.

Passing exams isn't just about knowing your subjects. It is also about knowing yourself. It is about knowing how to react to stress and how you learn best. If you understand your body and mind as well as your subjects, then you have all the tools necessary to perform to the best of your ability in the exams. Relax and do your best.

**Revision:--**

1. Immerse yourself in your subject:-- Immerse yourself in the subject daily for a long period so that you become familiar with it and it becomes easy for you.
2. Create a good working environment:-- Before settling down for revision, take some time to clear your desk, and get all your stationery in order. Make sure the room is free from distractions.
3. Stop :-- Whenever you find that your mind is wandering away from the subject, take a break, get some fresh air, stretch your muscles and start again with renewed energy.
4. Share your learning: -- Introduce a ‘what did you learn today?’ ritual with friends and family. This helps you retain the information you learnt and keeps your interest in the subject intact.
5. Do a mock exam just before the real one.
6. Turn your weakness into strength:-- When it comes to exams, everyone has their weaknesses. Do not overlook these problems. Identify them and get help to work upon them until they become your strengths.

7. Stay active :-- Do not neglect your body while you are feeding your brain with facts. Incorporate regular exercise or sports during your exam days. Remember, your mind benefits from your body's fitness.
8. Go to bed:-- Find some time to relax. If you get a good night's sleep, your concentration levels will improve.
9. Believe in yourself:-- You can do it. You have worked hard for this. You know your subject. Take pride and pleasure at the thought of showing off your deep knowledge and understanding of the subject to a cynical examiner.
10. Meditate:-- Find five minutes every day in your daily schedule to sit down in a quiet place with your eyes closed. Let your mind take you to the beach where the waves are lapping at your toes and the sun is warming up your body.
11. Reward yourself:-- Build some kind of reward for yourself, each time you finish a topic or a mini- session successfully, take a break and do something to enjoy.
12. Eat a balanced diet:-- A balanced diet of natural and healthy foods will help your body to cope with stress more easily. Brain foods ( Nuts- almonds, pistachios and cashews), Omega 3 fatty acids ( walnuts, flaxseed and oily fish, fruits, green leafy and bright coloured vegetables) boost memory and play a key part in enhancing memory.
13. Stay hydrated:-- Have a cup of warm water.

**The day of the exam:-**

- Take a shower
- Eat something
- Have a positive attitude
- Wear a watch
- Check your stationery supplies
- Find and carry a high speed pen

**GO. FOR. IT!**

**GOOD. LUCK!**