

# No last-minute test preparation

**YOUR ACADEMIC DOUBTS CLEARED**

**ASK THE COUNSELLOR**

Shehre Banu

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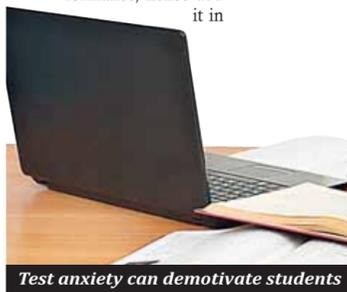
**M**y exams are approaching and most of the times it so happens that my mind goes completely blank in an exam or test situation, despite being well prepared for the test. Please help me how to avoid this and reduce the exam stress levels and ensure maximum efficiency before, during and even after the examination.

-Preeti Goyal, RTC Colony, Trimulgherry

**Here are a few things you must do to best manage exam stress:**

- Don't cram the night before an exam:
- Start your revision way ahead, following a proper schedule. Exercising and simple breathing relaxation technique's has proven to be effective in heightening concentration levels and performance, hence add it in

Test anxiety generally demotivates and as a result erodes your confidence. Roger Mead, stress management consultant and the general secretary of the International Stress Management Association, agrees, "Up to a point, pressure improves our performance. But as it increases a bit more, it reduces our effectiveness. Handling it well is about recognising that point."



your daily schedule and get an extra boost of energy and liveliness. Also avoid beverages like coffee, or high energy drinks because nothing drives up your stress level faster than not being able to fall asleep the night before an exam.

- Study in the peak concentration hours ie each individual has a biological clock in his body and therefore some are more productive when they study in late night, some in the early morning.
- Avoid stressful people. Stress is contagious, so resist the urge to have a study session with your apprehensive friends before an exam, especially if they are complaining about all the work they have left to do and pulling their hair out. Their stress will only add to your stress and make



you doubt yourself.

- On the day of the exam, focus on what you know and do not try to study a new content, because that would scramble your thinking process. Instead, focusing on what you know will help you walk into the exam in a positive and confident frame of mind.
- Eat well. Good nutrition is a leading factor in a student's academic achievement. Having breakfast before an exam is a must for a student who wants to focus and be most efficient during their exam.
- Before going to bed the night before an exam, make sure to collect together everything that you will need for the exam, including stationary, water bottle, calculator, watch, etc. Double (and even

triple) check the time of your exam, location and seat number. Allow plenty of time for problems like lack of fuel and traffic on the way and make sure to get to your examination centre at least 30 minutes before your exam begins. This gives you enough time to relax yourself and settle into your seat.

- When you enter the examination hall, breathe deeply – three sighs, and slow down your breathing. This strategy requires you to take a deep breath in (filling up your chest), then hold and let out a big sigh. Repeat this thrice. Letting out a big sigh is the fastest way to relax your body.
- Once you get the paper, don't immediately start reading it, put it down for half a minute, relax consciously, read all the questions carefully for one round. Read it for the second time and this time tick the questions you would want to attempt.
- Start strategically. You don't always have to start at the beginning if you know an-

other question better. Start with the questions you know best. This will boost your confidence and get you off to a good start. As you work on your exam, focus only on the exam and not on what other students are doing.

- Don't panic. If you feel yourself sweating or hyperventilating, put down your pencil, close your eyes, take deep breaths, pray and consciously relax. When calmer, go back to work.
- After the exam, put the exam out of your mind entirely and assure yourself that you have done your best. Do not immediately start studying for the next one, instead take out time for a coffee with a friend, go for a physical workout, or a quick swim in the pool and this will give you the boost needed for the next exam.
- No matter how much we try to prevent, exams are almost always going to be accomplished with stress, therefore combine these stress management strategies with solid exam preparation and make sure that it does not break down your physical, mental and emotional health.

All the best!!!

## Young Hans Essay writing

Explore your imagination with words by sending in your essays to Young Hans. Topic for this week is **'Should Student's textbooks be replaced by notebooks? Why?'** Students from Class V to Class X can send in essays. Three best essays will be awarded prizes worth Rs 500, Rs 300, Rs 200 depending on how best it is. Oh wait, before you start imagining, go through the set of hurdles you have to overcome.

1. The essay should not be more than 350 words
2. Inputs should not be taken from Google. We can track copy paste essays through our software.
3. Send your name, class, school name, phone number and photo along with the essay.
4. Your essay should reach us by February 19 by 12 pm
5. Essays can be sent by mail to [younghans@hmtv.in](mailto:younghans@hmtv.in) or can be sent by post to Essay Competition (mention topic), c/o The Hans India, Plot No 6, Anupuram Colony A S Rao Nagar, Hyderabad, Andhra Pradesh 500062. 040-49494545. It can also be hand delivered to the same address.



# Career opportunities in electronics & instrumentation engineering

**D**oes electronics and instrumentation engineering has a good scope? Which are the top colleges that offer this stream of engineering?

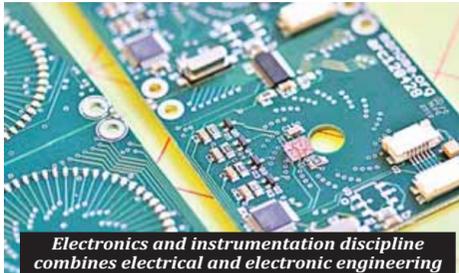
-Aakash, Bowenpally

Electronics and instrumentation is a specialised branch of both electrical and electronic engineering and focuses on the principle and operation of measuring instruments, process control which are used in design and configuration of automated systems.

There is lot of scope for an E&I engineer and multiple multinational companies offer jobs throughout the world. The

scope is in both public sector as well as the private sector. Jobs are mainly available in hardware industries like companies dealing in microprocessor, electrical appliances, integrated circuits, etc.

Under the private sector, jobs for an IE engineer are available in all software companies, all electronics companies, all production/manufacturing companies and all machine/instrument companies. Under the public sector, jobs are available in the Railway Recruitment Board, DRDO, IES, ONGC, BSNL, NTPC, BEL, BHEL, Indian



Army/Air Force, JPTO and Telecommunication Department. Some of these companies consider GATE score for recruitment. Private companies which

you have two options, one is the IT field and the other is your core field. Jobs in software field is offered by software companies like

Dell, TCS, Wipro, Tech Mahindra, Accenture, IBM, etc.

For a job in your core field, you can go for Phillips, L&T, Samsung, etc.

Birla Institute of Technology & Science, Pilani, offers, BE (Hons) in electronics and instrumentation engineering; Satyabhama University, Chennai; Bengal Engineering and Science University, Howrah, West Bengal; Biju

Patnaik University of Technology, Rourkela; Chirala Engineering College, Chirala; College of Engineering, Andhra University, Visakhapatnam; CVR College of Engineering; Dr M G R Educational and Research Institute University, Chennai; Kakatiya Institute of Technology and Science, Warangal, and a couple of National Institute of Technology (NIT).

Refer link <http://www.minglebox.com/courses/engineering/electronics-and-communication-engineering/ug-btech-electronics-and-instrumentation-engineering> All the best



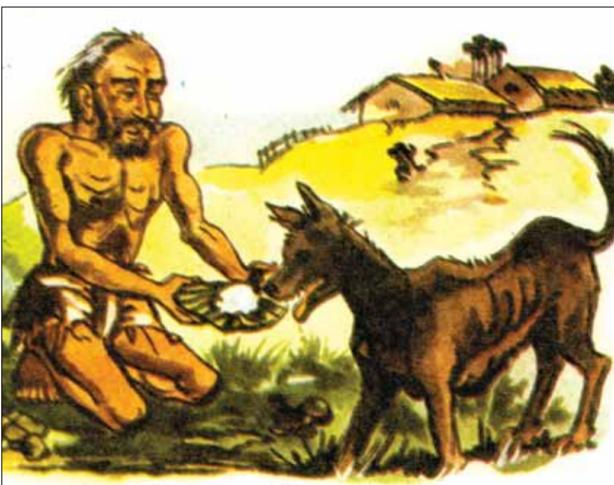
## Ranti Deva

Ranti Deva was a great King. He gave up his kingdom. He lived in a forest as a hermit. Once Ranti Deva fasted for forty-eight days. On the forty-ninth day, he cooked a little rice for his meal. He was about to take his meal. A hungry man came to him. "I am hungry," he said. "Give me something to eat." Ranti Deva gladly gave him some rice. He ate it and went away. Once again Ranti Deva started to eat. Two more hungry men came and begged for food. Ranti Deva gave them also rice. They ate it. Only little rice was left for Ranti Deva. A hungry dog ran up to him. He wagged his tail. Thus he begged for food. Ranti Deva gave him all he had.

The dog gobbled it up. Ranti Deva felt happy. He said to himself, "I could remove the hunger of others!" Then God appeared to Ranti

Deva and said, "I am pleased with you, Ranti Deva. You thought of others. You did not think of your own hunger. I love people like you."

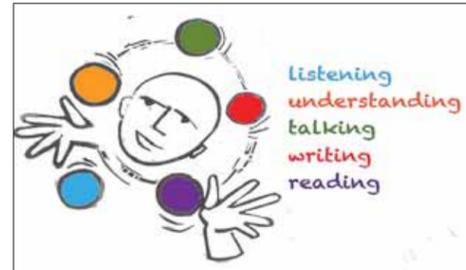
(From Culture Course-BVB)



## Learn how to learn

Learning how to Learn', a dialogue led by integral educationist Partho will be held at Saptaparini on February 16 from 11 am onwards. The session will focus on topics such as -What really is learning? What is the true meaning and significance of learning? Is learning at all possible without the freedom to learn?

These are some of the fundamental issues and questions of contemporary education and schooling that



Partho will address in this dialogue. Educator and writer,

Partho has spent more than twenty five years in the field of progressive and alternative

education and has done extensive personal research in the philosophy and practice of integral education. Partho works with teachers, parents, school administrators and students through retreats, workshops, camps and short-term courses based on integral education. He also works as consultant and advisor to schools and groups open to progressive and integral schooling.

For further information, contact 66667707/66821789

## SWISH, SWASH N STILL



Pre-primary students of Sister Nivedita School, Hyderabad, dance during the annual day celebrations held recently at Hari Hara Kala Bhavan, Secunderabad