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Practise Yoga

A student must have awareness and exercise self-control, and stop worrying about exam performance. Instead a student has to browse through the important sections where his/her concepts are not clear or weak. Yoga, Meditation, deep breathing and comfort of family members and friends can help to control stress. Light food and airy environment can also help students to reduce their stress levels. At IIT Bhubaneswar, I have been personally advocating for adoption of holistic and proper educational practices including purpose oriented, concept and application-case based student-centric and participatory education. Through my addresses to sensitize students and faculty Education is made holistic by making a variety of courses ranging from Odissi dance, Indian Philosophy, entrepreneurship to Artificial Intelligence and Cyber Security, available for providing a wide scope for students to choose over and above the subjects of own domain of engineering or science. Yoga is made compulsory for all the first year students.



Professor R V Raja Kumar, IIT Bhubaneswar Director

Parents, don't panic

Anxiety is inevitable. Key is not to succumb to it. Many a times anxiety is reinforced by parent's own anxious behaviour regarding their children's performance. This can be best avoided by relaxed environment at home. Confidence is instilled when parents trust their children. If one has been sincerely studying throughout the year, there is less chance of insecurity and stress. Because last minute preparation is seldom effective. One effective way of warding off stress is by being cheerful and optimistic. And reminding oneself that board exam is just one of life's numerous exams and never a final one.

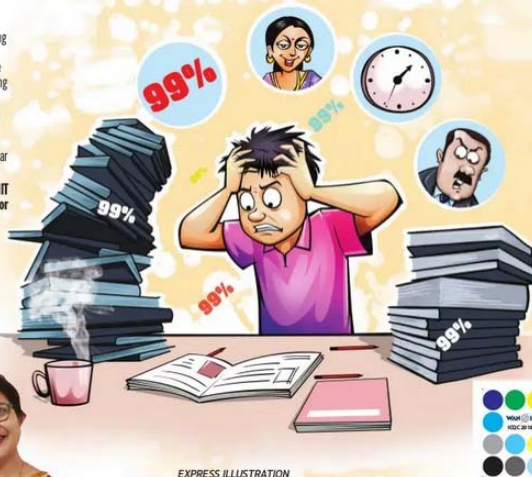
Bhaswati, HOD Psychology Department, Utkal University



Out-of-syllabus

STRESS-BUSTERS BY MENTORS

This exam season, The City Express brings you some tips to tackle stress and face the questions with confidence from teachers



EXPRESS ILLUSTRATION

Inhale, exhale

Stress management for exams is very important in contemporary times. Students are to be assured to take exams as a small part of life. They should prepare well. They have to be calm inside. They should revise the studies either in mind, by writing, by having a mind mapping of all important things. But to give their best, they should remain calm. Avoid anxiety, avoid last minute preparation! They should inhale and exhale with long breath. Appear for the exam with a positive mind and attitude; after all it is only one step of life. We can conquer all the battles of life if we are determined.



Sarita Supkar, Chairperson PG council Rama Devi Women's College

Rest well

It's very important that the students focus on de-stressing activities during the exam time. They need adequate sleep. A bit of morning exercising is important. Life style changes can help them tackle anxiety better. At KIIT, we complete the syllabus well ahead of the exams. **Sreyam Suman Bhanu** Deputy Director or student services, KIIT



Plan wise

They must prepare a study schedule as soon as the exam dates are declared. You need to have a strategic planning. Entire course must be covered before one week of the exam, so that you can revise a lot. For exam preparation, follow the self-made notes. Whatever the teacher explains, that's not sufficient. Make your own notes, underline the key words so that you can quickly recollect the highlighted points in the exam hall. Stay away from friends who trigger panic and anxiety. Eat and sleep properly and find some 30 minutes in the evening for walk, chat or play. During the exam, when you get the exam paper in your hands, breathe deep to avoid trembles, sweating and panic attacks.

Renu Sharma, Head of Department (Electronic Engineering) at IITR

