



DR. GEEVARGHESE YOHANNAN
FOUNDER & CHAIRMAN

My Dearest Children who are attending the Board Exams this year,

I have been in constant touch with your teachers and Principals regarding your preparation for your upcoming exams. They are all convinced that you are a bunch of students who have been doing very well in school and therefore you will do well in the board exams also.

In a few days from now, you will all be trooping into examination halls to appear for your CBSE board exams. No doubt, you would have all burnt the midnight oil over the past several weeks in preparation for these crucial tests in your young careers.

Here are a few tips for you to do well in the exams.

Of supreme importance to note is that on the day of any exam, do not sweat too much. You would have completed all your preparations by then. What has to be remembered and carried out is to stay calm and focused at all times.

Try and catch up with as much sleep as possible. Shower and eat properly every day. After each exam don't discuss the paper with your friends. Just go home and ignore the question paper. You can also either throw it away or burn it! Don't check the answers because if any answer comes out wrong then you would start worrying about it and will be unable to concentrate on your upcoming exams.

And finally, a special message for parents. It's my personal experience that parents tend to worry more than their wards! Do not overburden your exam bound kids with undue pressure and too much advice. Just try and ensure instead that they steer clear from junk and oily foods during the period of their exams and that they reach the exam venues well before time and with all the requisite equipment at hand.

Be calm everyone, stay stress-free and don't worry. Everything will work out just fine and you will rock your boards and pass with flying colors. I wish you all the best.

Best Wishes and Kind Regards,

Dr. Geevarghese Yohannan

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