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Set a study schedule and realistic goals: Coping with board exam stress

oard examinations in India not just a test of academic prowess but also a gruelling mental marathon for countless students. The pressure to perform well is immense, given the cultural emphasis on these scores as determinants of future success. Here, we explore the psychological landscape of students and offer strategies to maintain mental well-being during this period. What makes board exams in India stressful for students?

Board exams in India are not just an academic obligation but a societal event, where family honour and a student's future success are perceived to be at stake. This creates immense pressure, often leading to anxiety, stress, depression, and burnout due to the cultural emphasis on exam results as determinants of one's career path. What is the rabbit and the hare effect?

The rabbit and the hare effect talks about the importance of consistent effort and wise time management. Just as the hare wasted time and lost the race, students who procrastinate or fail Why is sleep important for students,

to manage their study time may find themselves unprepared for exams. especially during exam times? Sleep plays a crucial role in cognitive functions and emotional regulation.

Adequate sleep enhances memory re-



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tention, problem-solving skills, and concentration, which are critical during exam preparations. It also helps manage stress and anxiety during this high-pressure period.

How does nutrition affect a student's performance during board

A balanced diet is essential for optimal brain function. Nutritious foods provide the energy and nutrients necessary for concentration, memory, and endurance needed for long study hours. Eating healthy can help mitigate stress levels, improving overall physical health during exams.

What role do parents play in their child's preparation for board

Parents play a crucial supportive role during their child's exam preparation. They can help create a conducive study environment, encourage healthy habits, and provide emotional support. They can recognise signs of stress and facilitate professional help if needed.

STRESS-BUSTING **STRATEGIES**

1. Have a proper study schedule in place which will help put you in command. breathing to handle stress. 3. Power up with exercise, feast on brain-boosting foods, & sleep enough to stay sharp.

4. Family, friends, or a trusted counsellor, a strong support system is your secret weapon.

5. Forget the competition and focus on your journey. Personal growth beats social comparison every time.

Set goals that are as realistic as they are rewarding to keep motivation high and stress low.

7. Recharge your batteries with hobbies and fun activities. Mental wellness of students during board exams requires attention from parents and educators as well. Recognising pressures, understanding signs

egies are key to navigating this period. Board exams are just one part of life's journey; prioritise well-being Connect on explore.engage.express@gmail.com

of stress, and employing effective strat-

*The views/suggestions/opinions expressed in the article are the sole responsibility of the experts

City philantrophist honoured for his work

he Baroda Nair Welfare Association (BNWA) celebrated its foundation day on February 4, marking 30 years of the association with cultural activities, including dance, music, and other performances. The highlight of the event was the felicitation of Mohan Nair, the founding president of BNWA, who was conferred with a Lifetime Achievement Award by the association. He was honoured for his exemplary contribution to the association and the city. The event, attended by 1,000 people from the Nair community took place at the BRG-run Urmi School.



Mohar Nair was felicitated at the event



It takes about five years for cacao trees to produce their first fruit, called cacao pods. Each cacao tree produces around 30 to 60 pods per year. Each pod contains around 40 beans. So, with approximately 400 beans are required to make one pound of chocolate, each tree only produces 2 to 3 pounds of chocolate per year.

According to a study, kiwis can improve your mental health



eeling low and depressed? Eating furry fruits like kiwi can improve your vitality and mood in as little as four days, claims a study. The findings provide a tangible and accessible way for people to support their mental well-being, said co-author professor Tamlin Conner, of the Department of Psychology from the University of Otago in New Zealand.

"It's great for people to know that small changes in heir diet, like adding kiwi, could make a c how they feel every day."

Vitamin C intake has been associated with improved mood, vitality, well-being, and lower depression, while vitamin C deficiency is associated with higher depression and cognitive impairment

However, Conner said limited research has assessed how quickly mood improvements occur after introducing vitamin C supplements or whole food sources.



you assertive and strongly driven to push ahead your professional agendas forcefully, and this attitude leads to your success too due to favourable planetary alignments. Avoid Monday for all purposes as things don't go your way. Tuesday/ Wednesday are good for enter-

tainment and dining out with family and friends. Things that appeal to your intellect will be drawing you in and you find that the most challenging concepts will suddenly make a lot of common sense, and your brain will get a new sense of its capabilities. This means it's the perfect time to readdress a project or book that has been a struggle to deal with. Complicated ideas aren't so complicated right now.



will meet interesting people on journeys as well as otherwise this week. People enter your life for many reasons. Some people might be there to inspire you in the week ahead, while others are there to shock you out of a rut. Spiritual matters are uppermost in your mind and flavour your work and even love affairs and emotions. A networking event or a social media chat could help you to open up doors. Barring Tuesday/Wednesday, the

rest of the days are full of gains and

pleasures of different kinds. Being in the right place with the right people is the focus. Work has indeed been stuck for those in business, sudden roadblocks and slow progress have frustrated you. You are in low

spirits and this can make your immunity low. Have plenty of vitamin C intake in natural form. This is a stressful period, so keep yourself physically and mentally busy with positiveminded people. Nothing ever can stop a true Gemini for long, patience and logical thinking always get them out of problems sooner or later, but the problem is with their minds. They work very fast and when immediate solutions are not in sight they get dejected and depressed. But the position of the Moon throughout the week is very supportive of your career and gains. This is a good peri-



od for those into research, archaeolo-

gy, psychology, investigations, crimi-

nal research, mining etc.

you're not sure about how to handle a cer-CANCER tain situation that's far too delicate for

primetime, don't mention it to anyone. You know as well as they do that there are still issues to be resolved, and until then, keeping quiet is best. Call a meeting if you must, just to be sure that everyone is on the same



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page. Generosity and excess are dangerous qualities to tote around, and it takes a special kind of person to do it. Those are your burdens



ing important contracts or documents as the current period is a tricky one. Jealousy and resentment are in the air, but not because of anything you've done. Go easy on your coworkers and the people you see daily. The stars turn up your powers of charmcan have it. Between your job, your home life and your social life, every-

ing manipulation, convincing you that no matter what you want, you thing seems to be draining your energy resources. But what about you? You may have set aside precious little time in the past days to nurture your-Though there will



saving your gains. Students and those in academics need to work hard to avoid

be opportunities to

make money, there

will be obstacles in

disappointments as

Mars moves through the 5th house. There is likely to be some dissatisfaction in relationships with parents/ children. Relationships are also likely to run into ego. Clashes due to hotheaded words exchanged. Tuesday/ Wednesday seem to be slightly better days with some happiness, also a favourable time for acquiring valuable things. Thursday/Friday will see you in a low-energy phase, therefore, it is a good idea to keep away from important work and meeting people or engaging in social media interactions.



Someone who's introduced to you by either a family member or a coworker could end up being a part of your life for a very long time – but you two might not be

able to take your show on the road just yet. A big challenge on the job is just a big opportunity for you to prove your worth and strengthen your network. Some tension is likely to be created by enemies. Property-related issues will be a central theme during the week. You need to be alert in setting any disputes re-

lating to property promptly unless you want to fight things in court, which is not a good idea. Don't leave things halfway, go ahead

and put all the energy at your disposal as this is no time to procrastinate as the Sun-Mars energy in the third house will give you rich dividends and fast success. Expect support and



help from seniors, bosses and government officials, if your work necessitates any such interference, don't hesitate to ask for favours.



logical provisions for the future instead of going on burning SAGITTARIUS your money.

Avoid impulsive buying and expenditures. Returns have not been as expected, but things will change in a few months. You need to be very careful of your tongue and what you say to them as impulsive speech can mean losses and losing customers.



Your subconscious has decided that you need to take a trip. It might be an actual physical journey to some new place you've

might just be a trip down memory lane. Once you're on the road, you're glad that you went along for the ride. You've been more than a bit distracted from practical business lately, largely because you're thinking about more pleasant things, maybe a new person in your life, for instance. If someone needs help with a difficult or complex concept you know could step up and offer a bit of your knowledge. With your charm and light touch, you should be able to turn on their light bulb and make it look easy.



Except for Monday, where you see momentary gains, the rest of the week is to live cautiously in all matters as the twelfth house is AQUARIUS quite afflicted. Time to get your

routines checked up, don't neglect your health, leg injuries too are likely if not careful. Eat calcium-rich food as you are likely to suffer from calcium deficiency. Increase your intake of vitamin C through fruits like oranges and lemons. Your spouse's health is likely to be affected. Legal issues need close monitoring and attention now, buy time, do not aggravate matters by disputing matters which can be settled by paying some extra money, and by all means, avoid litigation if possible.



The wonderful trends of last week continue, and you are in great demand. The rich and famous seek you. Powerful people become your friends and favour you, especially those

in the government and army. Rewards and recognition come your way. A time to sign new contracts, expand work and reap profits. Monday is a tough day, where losses are indicated, expenses will be high and speculation should be avoided. The rest of the days are quite favourable. Tuesday/Wednesday may see you in a dual mind and confusion, more so in romantic affairs. The Latter half of the week is good for real estate-related matters, a good time to look around for investments in real estate.

SUDOKU CHALLENGE



HOW TO PLAY

Fill in the grid so that every horizontal row, every vertical column and every 3x3 box contains the digits 1-9, without repeating the numbers in the same row, column or box. You can't change the digits already given in the grid. Every puzzle has one solution

TIMES KAKURO 22 15 19 29

HOW TO PLAY

The numbers in the coloured squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the coloured square containing the number. For instance, in the given example, the 2 boxes below 12 must contain 2 digits that add upto 12, whereas for 20, the 3 boxes placed horizontally next to it must add upto 20. No zeroes are used here, only the digits one through nine.

(Fig A)

2

[3]

(Fig B)

Note: A digit cannot appear more than once in any particular digit combination. For instance in the example, we cannot 8+4+8 for 20.

Example













LOOP THE LOOP

SPELLATHON

Today's Ratings: 15-average 17-good 19-outstanding

How many words of four or more letters can you make from the letters shown in today's puzzle? In making a word, a letter can be used as many times as it appears in the puzzle. Each word must contain the central letter. There should be at least one seven letter word. Plurals, foreign words and proper names are not allowed

British English Dictionary is used as reference.

LOOP THE LOOP



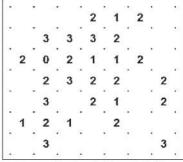
creating a single loop (Fig A). · Crossovers or branches are not allowed (As shown by dotted lines in Fig B).

· Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any

number of lines. · You can't draw lines around

 Each puzzle has just one unique solution. HOW TO BEGIN:

Example (Fig A) - Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross



of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may in one space around 3. So we know the three lines create a branch or cause a deadend (Fig B).

SCRAMBLE

Rearrange the letters in the four word jumbles, one letter to each square/circle, to make four ordinary words

MT00R DMIIT ACONNT **HNYBCU**

HOW TO PLAY Now arrange the

letters in the circles to form the answer to the riddle or to fill in the missing word as indicated

When you cease to make __, you begin to die. -Eleanor Roosevelt (12)

SOLUTIONS TO GAMES/PUZZLES

8 6 9 E t L 3 8 5 * Z * * $\mathbf{S} \times \hat{\mathbf{0}} \times \mathbf{S} \times \hat{\mathbf{J}}$ 3 3 3 5 \times 5 \times 4 \times 5 \times **SPELLATHON TIMES KAKURO**

TIMES SUDOKU

herd, hued, nude, read, rend, rude, under, UNHEARD, unread hand, hard, harden, head, heard, dare, dam, dean, dear, dune, SCRAMBLE

a contribution, you begin to die. Eleanor Roosevelt Answer: When you cease to make рписил Words: Motor, timid, cannot/canton,