

Spring is in the air, ushering in the vigour and vitality of Life; the perfect setting for all you students taking your Board exams and annual exams. Your focus, dedication and sincerity towards what you have learnt through the year is about to bear fruits. And I'm sure it will be sweet. It's important to give your best to all that you do, not only exams but everything. Give it your 100%. Do not make excuses, do not be lazy, do not try to compromise on hard work so that your future blossoms like the spring flowers.

It's not just you but your home which is disciplined, respectful and peaceful, will bear fruits of success. Your parents and guardians at home are there to give you a peaceful and nurturing environment. Do not hesitate to take their help and support. A warm mug of bournvita milk from your mother in your early morning revision time, an encouraging word from your father and positive thought about your ability can work that magic of success.

Television and mobile phones should go into hibernation because the best way to relax and refresh is a brisk session of skipping rope, cheery chat with family, a walk in the park close by or simply sleep off the study fatigue. Keep a balance of the **FOUR ELEMENTS** of success in your exam:

**STUDY well:** Have short breaks in between study time, have a quiet fixed study place with all your reading material handy and organised.

**EAT well:** Have 3-4 small meals a day, more of fruits, nuts, dairy products vegetables and salad. Dry fruits make a super energizer. Drink plenty of water regularly to ward off lethargy. A hydrated brain learns and recalls better. Stay away from junk foods and aerated drinks.

**SLEEP well:** Ensure 8 hours of sleep per day. And minimize on nighttime study. A good night's sleep is essential to make sure your body and mind is rested and fresh for the next day.

**PRAY well:** Prepare your best and let Almighty do the rest. Do practice the relaxation and meditation we do in school. Have faith in your potential and learning and give your best of hard work and dedication in your examinations.

I have confidence in you and in your abilities. Face the exam with ease and confidence. Success for sure is yours. Wish you all a fulfilling examination time. God bless