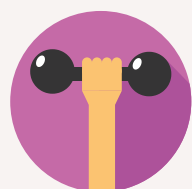


This infographic is for all the students who are to give their exams.

## YOU CAN DO IT!



### 1 YOU CHOOSE

You attach value to your exams and their output. Do not adopt anybody else's definition of an exam.



### 2 STRONGER AND SHARPER

Pulling all nighters before exams does not make you a stronger individual or prepare you for the adult world. This trend seems to be more detrimental than beneficial with regard to the impact on one's physical and mental health.

### 3 BREAK IN DOWN

Scheduling and planning are way more helpful than is assumed. It helps in time allocation to different tasks and saves the mental pressure of being able to accomplish everything in one go.



### 4 EXAMS DO NOT DEFINE YOU

Your creativity, intelligence, wit, humor, hard work, motivation, interest cannot be reflected through a 3 hour exam. You are more than that.



### 5 CARBON COPY

You are not a replica of your parent or sibling. The burden of accomplishing their dreams is not on your shoulder. You are your own individual.



### 6 BREAK TIME

Regular breaks and adequate sleep is essential for your optimal level of performance. Taking a break does not make you irresponsible or lazy, but refreshes your mind and body.



### 7 USKO DEKHO

Comparison with friends, classmates or relatives may not be a helpful exercise. We are not aware of their circumstances and hence cannot assume things about them.



### 8 MOH MAYA

You do not need to give up or forgot everything else during the exam season to perform well. Everything you like (in moderation) is required by the mind and body.



### 9 COMMUNICATION IS THE KEY

Try to reach out to an adult, teacher, caregiver, friend if you feel this time is overwhelming for you. This will not make you a less strong or weak individual. Rather, it will be helpful in easing out some of the pressure on you.



### 10 ALL SORTED

Your exam results cannot guarantee success in the future. There are more things to explore alongside your academic journey. .

**You are more than the sum of your exam scores at any point in your life. Try to welcome them as a part of your journey and not as the entire journey. The ride may not be smooth at all times and filled with bumps and potholes. Remember that there are more things to appreciate during this journey.**