



(1) I can remember everything but I forget when I appear in exams

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Our brain has tendency to forget day by day organ. It's functioning brain is extremely complex and difficult to comprehend at one go. When it comes to Education and learning it is more complicated. In normal circumstance, brain tends to remembers a lot of and therefore in a better manner mainly because it's is free learning and some content naturally stays in your mind. Here are some reasons that the brain tends to forget many points during the examination:

- **Lack of Revision**

Students generally tend to forget the content during the examination if he has burnt the midnight oil at the last minute. With a regular schedule of study and appropriate revision, the retaining capacity of the brain improves and the content is embedded in much deeper manner. The students unsuccessfully have an aim to place the same what is have remembered in mind on the answer paper which is the ultimate goal. The future purpose tends to be non-existent.

- **Pressure and Fear of Examination**

When it comes to the exam, the student are in continuous fear and challenge to perform well and score good grades due to the cut-throat competition. Thus, the student is remembering to be able to compare with his friend and produce exemplary answer rather than actually studying to gain knowledge.

- **Lack of Confidence**

Sometimes, the student has lost faith in the examination system and also the confidence in himself/ herself to tackle it well. This also implies a lack of motivation. Some students get depression or anxiety when the exam period is near and negative thought seep into the mind. This sometimes turns into an extreme situation where the student completely blanks out seeing the question paper.

- **The Cognition Imbalance**

In normal circumstances, the cognition of the brain tends to be balanced. Whenever the student enters the phase of the examination, there tends to be extreme cognition or hot cognition. This leads to extreme ends in stimulation of the brain. That's why the phenomenon of exam fever is quite common. This hampers the capacity to withhold whatever has been memorized or learned by the student.

- **Conclusion**

First build concepts much powerfully, then do Ratification. Do you know our mind will forget everything if you do not revise, because our mind is designed in such a way. So make sure you revise everything. Suppose today you studied a Topic then next day before starting another topic, revise last topics. And after you complete a chapter/unit revise whole. (Before final exams, revise each topic at least 3–4 times)

Your mind is a super computer and your self talk is a program which runs this super computer. so you must need to give your self a positive self talk in order to command your super computer to gain positive result.



(2) Upgradation is seen in mobile but not in Education

-Vidhya S. Rana
Principal (E.M.)

➤ How Mobile is Helpful in Education?

- * Helpful in taking online classes or getting extra online informations.
- * Different topics can be learnt by different ways.
- * Many educational applications and games help in increasing vocabulary.
- * Many applications are introduced as extra tutorials classes.
- * Easy way to get solution rapidly.

**In any situation
in life, you always
have three choice:
You can change it,
You can accept it or
You can leave it.**

➤ Why education is not upgrading?

- ▶ **Rote learning** :-students mug up what they are being taught.
 - ▶ **Evaluation system**: The pressure of marks often makes student underperform
 - ▶ **Equal respect to all subjects**: students should rather pursue the subject they like
 - ▶ **Better training to educators**: Teachers are often considered as second parent
 - ▶ **Introduction of technology**: Schools must embrace on technology
 - ▶ **Personalize education**: absorption power of each student is not the same
 - ▶ **Teach them the purpose of education**: education is not about becoming rich , a big person.
 - ▶ **System**: Either it is chronic or are not working with time and speed
- New educational apps**: There are educational apps but which we don't know either we don't want to use try it

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| * Academia | *3D Model app |
| * Google scholar | * Arloopa |
| * Research gate | * Edusafar |
| * Geogebra geometry app | * Shala mitra |

I BELIEVE IN ME

I believe in my **Hardwork**
I believe in my **efforts**
I believe in my **vision**
I believe in my **Dream**
I believe **I can do it**
I believe **I will make it**

Believe in yourself when nobody does.
One day you will thank yourself for **not giving up.**

Conclusion: If each and every teacher start taking into account the above stated points and start working accordingly for the students , no sooner we will be renowned in the nation but we will be providing the society genius students who will be not only good in their fields but would be known by the name of Narayan Vidyalay in World. And we are on the path of same the best example for it is GYANSATRA which is upgrading and updating each person not only in one aspect but variedly which will be benefited for students and society also.

જીવન ટકે સ્વાસથી, સંબંધ ટકે વિશ્વાસથી