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COPING UP WITH THE EXAMINATION STRESS

Shree Prakash Sharma

"When it is obvious that goals cannot be reached, don't adjust the goals, adjust the action steps."-Confucius

Speak about examination and often what a student spontaneously plunges into is the imbroglia of anxieties, stress and confusion.

Have you ever imagined why some students get so much stressed and disturbed when they are to appear in an examination? In fact, the examination stress is caused due to apprehension and lack of confidence of not performing as per the expectation in a certain examination. But it has its firm roots in the lack of preparation and absence of chalking out suitable planning well in time for the examination.

The fear of examination, generally called the 'examination phobia', not only adversely affects the



psychological condition of an examinee but also his academic performance and future career. However, the psychoanalysts across the world now have started believing that stress, to some extent, is not always pernicious for students; rather it works as a motivation factor that keeps on preventing them from deviation and procrastination.

We need to learn following techniques to keep stress under control-

CONSISTENT HARD WORK HAS NO SUBSTITUTE

Consistent hard work has no substitute for accomplishing any task. Passing an examination with marks and results expected is not at all different from this truth. Who can deny that hard work works like a magic wand in transforming the status of a student? It bears the miraculous power of converting poor-achievers into highly brilliant students. Diligence

hones the inherent talent and unharnessed potential of a student and enables him or her to become confident to face the of examination.

The great Chinese teacher and philosopher Confucius had once said, "Our greatest glory is not in never falling, but in rising every time we fall." Despite failures galore we must keep on studying sincerely and labouring hard for achieving what we have dreamt.

Thoroughly and intensively study the subjects of syllabi and practise more consistently to retain the lessons. This ends up calming and strengthening us to cope up with the pressures of examination, if any.

SPEAKING TO PARENTS AND SEEKING THEIR GUIDANCE MAY PROVE TO BE MAGIC

Examination stress is the most common phenomenon among students and in this

situation it is good to speak about your problems to your parents. Better would it also be if students talk openly about the problems with someone whom they confide in and trust most. Sharing the problems this way helps a lot to reduce the level of stresses.

The sympathetic and caring attitude of the parents and close friends may prove to be very beneficial to ease the stress which is generally the by-products of unfounded fear and misconception.

The teachers too may play vital role in allaying the fears and phobia of examination. They may guide and counsel their students to boost their confidence to substantially dispel the fear or phobia.

ASK YOURSELF WHAT MAKES YOU STRESSED

It is said prevention is better than cure. Identifying the

Continued on page 36

JOB HIGHLIGHTS

NTCL

National Textile Corporation Ltd. invites applications for various posts.

Last Date : 12.4.2019

Page : 4

NHAI

National Highways Authority of India requires 141 Deputy General Manager and Managers

Last Date: 8.5.2019

Page : 5

NTRO

National Technical Research Organisation requires 127 Technical Assistants

Last Date : 4.4.2019

Page : 10-11

CWC

Central Warehousing Corporation invites applications for various posts

Last Date : 16.3.2019

Page : 20-22

Vijay Prakash Srivastava

If you ask young people, not many of them are likely to tell that they want to make a career in forestry. In fact a large section of young population may not even be aware that there are courses and career options, available in forestry.

Ecological balance and environment protection are buzzwords now a days. The world is facing a number of challenges today. One of these is growing imbalances in the environment for which one reason is depleting forest resources and their unreasonable exploitation by mankind. We shouldn't forget that human society exists because forests exist. Many of humanities needs are met by forests. This can be one reason for considering importance of forests. However forests and forestry should be considered valuable for making this earth liveable. On many of the planets there are no traces of life because they lack in forests



and other resources (like water) required to survive.

Forests contribute towards shelter, water, livelihood, food items and fuel etc. Forest activities directly and indirectly add to our lives. Fruits, vegetables, wood are more obvious than many products and bi-products which are used in medicines, chemicals etc. Forests work as a habitat for wildlife which is no less important than life elsewhere.

What is covered in forestry

Study of forestry focuses

upon expanding forestation, rehabilitation of wastelands, enhancing forest productivity, efficient utilization of wood and non-wood forest products, development of eco-friendly products and processes and of course conservation of forests and environment.

Topics covered under a forestry course include plantation forestry, social forestry, agro-forestry, ecology, biodiversity, tree improvement, forest hydrology and watershed management, wood

science and technology, forest goods and services, forest resource management, seed technology, rangeland and pasture management, economics of forestry system, regional and global climate changes, forest geo informatics, wildlife conservation and ecotourism etc.

Education

Many colleges and universities in the country offer undergraduate and postgraduate courses in forestry by way of B.Sc. (Forestry) and M.Sc. (Forestry) respectively. Most of the agricultural institutes and universities are offering these courses. To do B.Sc. (Forestry), students should've completed plus two with science subjects viz. Physics, Chemistry and Biology. At few institutes candidates may choose forestry as one of the subjects at graduation level.

For a master's degree in forestry, graduates in Science

Continued on page 35