

CBSE Guidelines








Candidates will be
subjected to extensive
and compulsory physical
checking before
entering the
Examination Centre.

PERMITTED ITEMS

- ✓ Admit Card and School I-Card
- ✓ Stationery item i.e. Transparent Pouch, Geometry/Pencil Box, Blue/Royal Blue Ink/ Ball Point/Gel Pen, Scale, Writing Board (nothing should be written on it), Eraser
- ✓ Metro Card, Bus Pass

BARRED ITEMS

-  *Any stationery item – such as textual material (printed or written), bits of papers, Calculator, Pen Drives, Calculator, Log Table, Electronic Pen/Scanner, etc.*
-  *Any communication device – such as Mobile Phone, Bluetooth, Earphones, Microphone, Pager, Health Band, Camera, etc.*
-  *Other items like Wallet, Goggles, Handbags, pouches, etc.*
-  *Any eatable item opened or packed, except for diabetic candidates*
-  *Any other item which could be used for unfair means.*

Examination Schedule

1.Entry inside the Examination Centre by the candidates	9.00 AM	10.00 AM
2.Start of entry by candidates in examination rooms	09.45 AM	10.00 AM
3.Last Entry in the Examination Centre	10.00 AM	
4Checking of Admit Cards by the Assistant Superintendents	10.00 AM	10.15 AM
5. Reading Time of the Question Papers	10.15 AM	10:30AM
6.Distribution of the Question Papers to the candidates	10.15 AM	
7.Examination Time	10.30 AM	1:30 AM

Bell Schedule

PARTICULARS	TIME	BELL TYPE
A. LAST ENTRY IN THE EXAMINATION CENTRE B. DISTRIBUTION OF ANSWER BOOKS	10:00 A.M.	LONG BELL
DISTRIBUTION OF THE QUESTION PAPER	10:15 A.M.	SINGLE BELL
COMMENCEMENT OF EXAMINATION	10:30 A.M.	LONG BELL
AFTER ONE HOUR	11:30 A.M.	SINGLE BELL
AFTER TWO HOURS	12:30 P.M.	SINGLE BELL
AFTER TWO AND HALF AN HOUR	1:00 P.M.	SINGLE BELL
CLOSING THE DOOR	10 MINUTES BEFORE THE EXAM IS OVER	SINGLE BELL
EXAM CONCLUDE	AS PER TIME ALLOTTED IN THE QUESTION PAPERS	LONG BELL

GUIDELINES FOR CANDIDATES

(Once you are in the Examination Room)

- ❑ Only blue or royal blue ink/ball point /gel pen to be used(**NO BLACK PEN**)
- ❑ Check Answer book to see that is not defective and that it has correct number of pages.
- ❑ Write Roll no., other details and question paper Code no. in the space specified on the OMR sheet of the answer book.
- ❑ Check that you have received the correct question paper, count the no. of pages of the question paper .If missing, the same should be brought to the notice of the Assistant Superintendent immediately.

- ❑ Roll no. should NOT be written on maps, graph papers etc.
- ❑ DO NOT WRITE NAME, ROLL NO. OR MAKE ANY DISTINGUISHABLE SIGN OR MARK ANYWHERE IN OR OUTSIDE THE ANSWER-BOOK
- ❑ Write the Supplementary Answer Book Serial No. in the Attendance sheet in the identified column
- ❑ Supplementary Answer Books, maps, graph papers etc. must be securely tied to the Main Answer Book with only white tags/twine which will be provided by the Centre.
- ❑ No eatables(chewing gums, toffees or mouth freshener) are allowed in the examination room.

- ❑ Candidates in possession of papers, books, mobile phones , old question papers, wallet, Bluetooth, scanners or any other material or information not relevant to the examination paper or not permitted, shall be liable to be punished according to the regulations/Bye-Laws of the Board.
- ❑ Candidates need not bring potable/drinking water bottle in the examination Room. Potable water arrangements have been made at the Centre.
- ❑ Any form of communication (**whispering ,gestures, asking for stationery material**) would be considered as **CHEATING** for which strict action would be taken

How to Deal with Exam Stress



Believe in Yourself

- Work Hard, Stay Focused with positive energy
- Believe in yourself and have the confidence to succeed



Get Organized

- Make a list of everything you need to study & create a schedule



Make Sleep a Priority

- A good sleep of 7-9 hours every night helps to have a relaxed mind and body



Overcome Problems

- Take action to address the problems directly

How to Deal with Exam Stress



Exercise Daily

20 minutes
physical activity a
day can help to
improve focus and
keep you relaxed



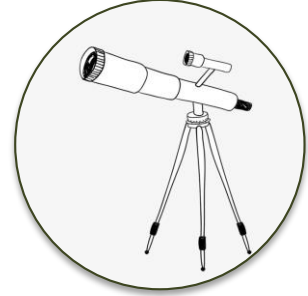
Eat Right

Eat 3 healthy
meals a day & have
power foods for
the brain like
nuts, etc.



Talk about your nervousness

Nervousness is a
natural reaction to
exams, don't bottle
it. Talk to your
friends &
family about your
feelings



Keep Things in Perspective

The exams might
seem like the most
crucial thing at
present but in the
larger picture of
your life they are
just a small thing.



GOOD LUCK
FOR YOUR

EXAM A
N
D

DO THE BEST