

# सफलता का कोई शॉर्टकट नहीं, नियमित अभ्यास ही सबसे बड़ा मंत्र: बोर्ड अध्यक्ष

अनंत ज्ञान

ब्यूरो, धर्मशाला। हिमाचल प्रदेश स्कूल शिक्षा बोर्ड के अध्यक्ष डॉ. राजेश शर्मा ने मार्च-2027 को बोर्ड परीक्षाओं में शामिल होने वाले विद्यार्थियों से अभी से



बचने तथा स्क्रीन टाइम को सीमित रखने की सलाह दी। विद्यार्थियों को छोटे-छोटे दैनिक लक्ष्य तय कर उन्हें समय पर पूरा करने की आदत विकसित करनी चाहिए।

बोर्ड अध्यक्ष ने कहा

सुनियोजित और लक्ष्य-आधारित अध्ययन शुरू करने का आह्वान किया है। उन्होंने कहा कि परीक्षा में सफलता किसी संयोग का परिणाम नहीं, बल्कि नियमित अभ्यास, अनुशासन, समय प्रबंधन और आत्मविश्वास का परिणाम होती है।

डॉ. शर्मा ने विद्यार्थियों को दैनिक अध्ययन योजना बनाने तथा सभी विषयों की संतुलित तैयारी करने की सलाह दी। उन्होंने कहा कि कठिन विषयों और अध्यायों को टालने के बजाय उन्हें प्राथमिकता दें। नियमित पुनरावृत्ति के साथ पिछले वर्षों के प्रश्नपत्रों और मॉडल पेपर का अभ्यास करें, ताकि परीक्षा को लेकर आत्मविश्वास बढ़े।

उन्होंने मोबाइल फोन और सोशल मीडिया के अनावश्यक इस्तेमाल से

कि बेहतर प्रदर्शन के लिए शारीरिक और मानसिक स्वास्थ्य भी जरूरी है। पर्याप्त नींद, पौष्टिक आहार, नियमित व्यायाम और सकारात्मक सोच को दिनचर्या का हिस्सा बनाएं। उन्होंने अभिभावकों और शिक्षकों से विद्यार्थियों को तनावमुक्त एवं सहयोगपूर्ण वातावरण देने का आग्रह किया। बच्चों की तुलना दूसरों से करने के बजाय उनकी क्षमता और प्रगति को प्रोत्साहित करें। उन्होंने कहा कि परीक्षा जीवन की अंतिम मंजिल नहीं, बल्कि स्वयं को परखने और भविष्य की तैयारी का अवसर है। कठिनाई आने पर शिक्षक, अभिभावक या विशेषज्ञ से मार्गदर्शन लेने में संकोच न करें। डॉ. शर्मा ने विद्यार्थियों को बोर्ड परीक्षाओं के लिए शुभकामनाएं दीं।

## **नियमित अभ्यास और अनुशासन सफलता का मंत्र : डा. राजेश**

**जागरण संवाददाता • धर्मशाला :**  
हिमाचल प्रदेश स्कूल शिक्षा बोर्ड के अध्यक्ष डा. राजेश शर्मा ने मार्च-2027 की बोर्ड परीक्षाओं में सम्मिलित होने वाले विद्यार्थियों से सुनियोजित, नियमित एवं लक्ष्य-आधारित अध्ययन प्रारंभ करने का आह्वान किया है। उन्होंने कहा कि परीक्षा में उत्कृष्ट प्रदर्शन निरंतर अभ्यास, समय का सदुपयोग, अनुशासन, आत्मविश्वास और दृढ़ संकल्प का परिणाम होता है। डा. शर्मा ने विद्यार्थियों को सलाह दी कि वे अपनी दैनिक अध्ययन योजना तैयार करें और सभी विषयों का संतुलित अध्ययन करें। कठिन विषयों को प्राथमिकता दें, नियमित पुनरावृत्ति करें और पिछले वर्षों के प्रश्नपत्रों का अभ्यास करें। इससे विषयों की गहन समझ विकसित होगी। उन्होंने समय प्रबंधन का महत्व समझाते हुए कहा कि मोबाइल फोन और सोशल मीडिया का उपयोग अध्ययन तक सीमित रखें।

# **No Shortcut to Success, Regular Practice and Discipline are the Keys : Dr. Rajesh Sharma**



**SANJAY AGGARWAL**

**DHARAMSHALA AUG 9 :** Dr. Rajesh Sharma, Chairman of the Himachal Pradesh Board of School Education, has urged students appearing for the March 2027 board examinations to begin a well-planned, regular, and goal-oriented study routine immediately. He stated that excellent exam performance is not a matter of chance but the result of continuous practice, effective time management, discipline, self-confidence, and firm determination. There is no shortcut to success; regular practice and a disciplined lifestyle are the ultimate mantras for achieving it. Dr. Sharma advised every student to create a daily study plan and ensure a balanced, systematic study of all subjects. Instead of avoiding difficult subjects or chapters, students should prioritize them, engage in regular revision, and practice with previous years' question papers and model papers. This approach fosters a deep understanding of the subjects and boosts confidence for the exams. Emphasizing the importance of time management, he advised students to limit their use of mobile phones and social media strictly to study-related

needs. He urged them to avoid unnecessary screen time and dedicate the majority of their day to studying, revision, and self-assessment. Developing the habit of setting small daily goals and completing them within a set timeframe lays a strong foundation for success. The Board Chairman noted that exam preparation extends beyond textbooks; physical and mental health are equally crucial. Students should incorporate adequate sleep, a balanced and nutritious diet, regular exercise, and positive thinking into their daily routines. A healthy mind and body form the basis for better concentration and outstanding performance. Dr. Sharma also urged parents and teachers to provide a positive, supportive, and stress-free environment for students. Instead of comparing children with others, they should encourage their individual potential, interests, and steady progress. Boosting a child's self-confidence is the most effective way to guide them toward success. He remarked that examinations are not the ultimate destination in life but a vital process for learning, self-assessment, and building the future. Therefore, students should prepare with a positive mindset, self-confidence, and complete dedication, rather than fear or stress. If they face difficulty in any subject, they should not hesitate to seek guidance from teachers, parents, or experts. Finally, while extending his best wishes to all the students, Dr. Rajesh Sharma expressed confidence that if they incorporate regular study, discipline, time management, and continuous practice into their daily routine starting today, they will excel in the March 2027 board examinations and bring glory to their parents, teachers, school, and Himachal Pradesh.

# The Sunny Times

## MORE THAN JUST TEXTBOOKS: HP BOARD CHAIRMAN REDEFINES EXAM PREP FOR STUDENTS AND PARENTS

**Sunny Mahajan | Dharamshala**

Success doesn't happen by accident, and there are absolutely no cheat codes to ace your exams. That is the hard-hitting reality check delivered by Dr. Rajesh Sharma, Chairman of the Himachal Pradesh Board of School Education. Aiming his message directly at students gearing up for the March 2027 board exams, Dr. Sharma made it crystal clear that consistent practice and iron-clad discipline are the only real secrets to coming out on top. Speaking from Dharamshala, he urged students to ditch the stressful last-minute scramble and start building a strategic, goal-oriented study routine right now.

Breaking down the winning formula, Dr. Sharma warned against the common trap of dodging difficult subjects. Instead of procrastinating, he challenged students to tackle their toughest topics head-on while maintaining a balanced daily schedule. By prioritizing regular revision and grinding through previous years' question papers, he noted that students can easily transform exam anxiety into rock-solid confidence. It is all about mastering time, which means ruthlessly cutting down on mindless scrolling. The Chairman advised using smartphones and social media strictly for educational purposes, urging students to trade empty screen time for achievable daily goals that lay the foundation for massive success.

But grinding through textbooks is only half the battle. Dr. Sharma dropped a crucial reminder that a sharp mind requires a healthy body. He strongly advocated for prioritizing quality sleep, nutritious food, daily exercise, and a positive mindset as non-negotiable tools for peak concentration. Shifting his focus to parents and teachers, he delivered a powerful plea to stop the toxic habit of comparing students to one another. Instead, he called on the adults to create a stress-free, deeply supportive environment that champions each child's unique potential and fuels their self-belief.

Ultimately, board exams are a stepping stone, not the end of the road. Dr. Sharma reminded students to treat the upcoming challenges as an opportunity to grow rather than a reason to panic, encouraging them to fearlessly ask for help from mentors when they hit a roadblock. Wrapping up with an inspiring note of confidence, he promised that if students embrace this disciplined, focused lifestyle today, they won't just pass their exams in March 2027—they will make their families, their schools, and the entire state of Himachal Pradesh incredibly proud.

