



**The transition from stress to a free mind is not at all difficult**

**Liberating the mind from stress and anxiety is within reach; the greatest hurdle is often the high cost of remaining unaware!**

**#Science #Math #Ecology #LifeCompetency**

*For High School Students*

# **Exam Stress Buster**

**Join  
Today!**



Experiments of Navadhanya

- Food Grains Evaluation
- Germination Assessment
- Culinary Indulgence

Duration: 14 days, 15 minutes every day

Fee: ₹450/-

Payment: UPI 9311007526@pthdfc

Registration: Share the screenshot on

WhatsApp 9871107526



**Skills By Nature**

Practical Lessons by Leveraging

**Home-Garden as a Living Laboratory**



Designed to help the students transform exam anxiety (fear of the unknown) into confidence by stepping into the roles of an **admission officer, examiner and evaluator**. Over 14 days, you will spend just **15 minutes a day** evaluating grains to understand how school ranking systems work in a joyful, hands-on way. To begin, gather **Navadhanya Grains**: Wheat, Paddy, Toor Dal, Moong Dal, Brown Chickpea, Lobia, Black Sesame, Urad Dal and Horse Gram in a small quantity.

**Alternatives:** Mixed Dal Pahadi, Naurangi Dal, Mixed Grains, Pulses Mix for Sprouts.



## **The Examiner's Journey: A 14-Day DIY Guide**

*Step into the shoes of the evaluator. Your mission is to select, nurture, and test your "grain students" to understand the secrets of the ranking system.*



### **The Setup**

Divide your **Navadhanya** (or alternatives) into three batches. You won't just pick them at random; you will put them through **Qualifying Rounds**.

## Phase 1: The "Elite" Classroom (Days 1–5)

**Qualifying Criteria:** *Uniformity and Aesthetics.*

- **The Task:** Select 10 grains of each type (90 total) that look the most "perfect." Reject those that are dead, broken, chipped, or off-color.
- **Question:** *When you reject a broken grain here, are you saying it's a "bad" grain, or just that it doesn't fit the "look" of your elite classroom? How does this remind you of the pressure to have a perfect-looking exam paper?*



## Phase 2: The "Potential" Lab - Germination (Days 6–10)

Qualifying Criteria: Integrity and Vitality.

Before planting, you must ensure your "students" have the inner strength to grow.

- **The Float Test:** Put your seeds in water. Those that sink are "Qualified" (dense/full of life); those that float are "Rejected" (often hollow or damaged).
- **The Hull Check:** Ensure the outer skin (the seed coat) is intact. A "broken" student might need more "remedial" care to sprout.
- **Question:** *A grain that was "rejected" from the Elite Classroom for being ugly might be the "star performer" here because it is dense and healthy. Does "potential" always look pretty on the outside?*

**Objective: Germination activity - Warm water soaking | Placing it in potting mix | Placement of pot / container | Moisture control.**

**Observing behavior in a different context to understand varied responses. Mark food grains on a scale of 1 (Lowest) to 5 (Highest)**

Evaluation Criteria	Score (1 to 5)	Top Performer (Grain Name)
Response to Water Soaking		
Watering Needs (Maintenance)		
First to Germinate (Speed)		
Fastest/Tallest Growth		
Your Choice		



### **Phase 3: The "Real-World" Kitchen (Days 11–14)**

Qualifying Criteria: Purity and Practical Utility.

In the real world, "exam scores" matter less than "what you bring to the table."

- **The Purity Test:** Sift through the lot. Reject stones, husks, or debris. Only the "pure" grain qualifies for the final culinary test.
- **The Aroma/Texture Check:** Pick grains that smell fresh and feel firm.
- **Question:** *In the kitchen, we don't care if the grain was the "tallest" in the garden (Phase 2) or the "prettiest" in the classroom (Phase 1). We only care if it provides nutrition and taste. Can a "student" who struggled in school still be a "hero" in the real world?*

**Objective: To mark food grains on a scale of 1 (Lowest) to 5 (Highest) based on assessing taste, nutrition profiles and family preferences on culinary experience**

Culinary Parameter	Score (1-5)	Top Performer (Grain Name)
Ease of Harvesting/Cleaning		
Raw/Salad Taste Profile		
Cooked Taste (Stir-fry/Soup/Sandwich)		
Nutrient Profile (Most Nutrient)		
Family’s Best Choice		

## **Day 14: The Final Tabulation (Weighted Ranking)**

Now, combine your scores using a **Weighted Average** to see who your "Overall Topper" is.

**The Formula:**  $(\text{Phase 1} \times 0.2) + (\text{Phase 2} \times 0.3) + (\text{Phase 3} \times 0.5) = \text{Final Rank}$

Phase	Evaluation Track	Your Weightage (%)
Phase 1	Academic/Physical	20%
Phase 2	Growth/Resilience	30%
Phase 3	Utility/Real World	50%

## **The "Chief Examiner's" Choice: Scoring Your Grains**

You have three sets of scores. You can decide the "Final Rank" using one of two methods:

### **Option A: The Simple Sum (Equal Importance)**

If you believe that a grain's looks (Phase 1), its growth (Phase 2), and its taste (Phase 3) are all equally important, simply add the scores.

- **Formula:** Total Score = Phase 1 + Phase 2 + Phase 3

### **Option B: The Weighted Average (Priority Scoring) – *Recommended***

In real life (and real exams), some things matter more than others. For example, a math exam might weight the final project at 40% and the weekly quizzes at 10%.

**Try this "Weighted Formula" to find your true winner:**

1. **The "Academic" Weight (Physical/Phase 1):** Give this 20% (Multiply by 0.2).
2. **The "Potential" Weight (Growth/Phase 2):** Give this 30% (Multiply by 0.3).
3. **The "Utility" Weight (Culinary/Phase 3):** Give this 50% (Multiply by 0.5).

- **Formula:**  $(\text{Phase 1} \times 0.2) + (\text{Phase 2} \times 0.3) + (\text{Phase 3} \times 0.5) = \text{Final Rank}$



## Day 14: The Final Tabulation (Weighted Ranking)

[illegible]



## Final Reflections for the Participant:

1. **The "Pivot":** Did a grain that was "rejected" in Phase 1 end up winning the "Real World" Phase 3?
2. **The Examiner's Power:** You realized that *you* chose the weights (20/30/50). If you changed the weights, would the "Topper" change?
3. **The Great Realization:** If the "Topper" changes just because the formula changes, does the rank define the student, or does the formula define the rank?

**"Every grain has its own 'Best Use'—it just needs the right evaluation to shine."**

## The Journey Doesn't End at Exams!

The **Exam Stress Buster** is just a glimpse into the **Skills by Nature** philosophy. Once the exams are over, keep the momentum of experiential learning alive.

### Join our Full-Fledged "Skills by Nature" Program

- **Investment:** INR 5,200/-
- **Focus:** Deep-dive experiential learning that connects children with nature, builds life skills, and fosters a lifelong love for discovery.
- **Website:** [www.arecapot.in](http://www.arecapot.in)

**Give your child the tools to handle exams—and life—with ease.**

