



Dr John Panackel, Chairman
Pravasi Guidance Centre

Santhosh Rajendran
santhosh@dt.bh

Manama

Students should be educated to follow a plan right from day one of the academic year to avoid stress while preparing for exams. Parents and teachers are the right people to guide and de-stress students, opine experts in the educational sector.

"Parents and teachers, being on the front line, are the most influential people in motivating students during pre-exam period. A word of praise or a small recognition can go a long way and help the child gain self-confidence," says Dr Lina Lewis, Principal, Al Wisam School.

She believes that parents and teachers play a pivotal role in guiding children during their stress period. They can measure the level of stress and difficulty in learning different subjects. They can ask the child to do a self-assessment and ask them to identify their strength and weakness.

"The most powerful way of motivating a child is actually setting time to listen to the child and be able to understand their needs. The student's voice is the road to change and once the child is heard, academic improvement can follow," says Lina.

Competitions to excel both in studies and extra curricular activities are rising than it was ever before. In the rat race to attain new heights, students face exam hurdles.

The unconditional love from parents and teachers will transform students to understand their real-self and avoid destructive thoughts. Most children suffer from anxiety and fear of exams.

"As the students struggle to face the daunting task of writing exams how to respond to the stressful situation is most important. By taking a few steps, parents can help ease their troubles and help prepare for exams. The best thing to do is to be always with them, providing all kinds of help", says Dr John Panackel, chairman,

Pravasi Guidance Centre.

Even though the exams are at the hand, it is not necessary to study all the time. Devoting adequate time for revision and recreational activities will freshen up the mind to stay calm, clear and focused.

Amrithavarshini Sathya, a student of Class 10, preparing for board exams said that she is getting good support from teachers and parents.

"The topics are complete so we get ample time for preparing for exam. We are strictly advised not to mug up, but to understand the subject clearly. During our study vacations, we (students) communicate with our teachers via *Whatsapp* chat group, and clear our doubts," says Amrithavarshini.

Sidharth Sunil, another student who is also preparing for his board exams said that his inspiration is his mother's planning and support. "My mother is very helpful in preparing timetables for me, with plenty of breaks in between. Her timetables have proved to be very helpful in the past also. I think we feel a lot of pressure during the pre-exam time, but as long as we have a regular schedule there is nothing to worry about", says Sidharth Sunil.

Teachers and parents often fail the child by complimenting the successful children and ignoring those who are not so successful. Teachers, in particular, need to embrace them, praise students' achievements and acknowledge the child's efforts. Students' reflection on their accomplishments can be a strong motivator. Encouraging students to create an achievable schedule or study plan would improve their chances for success.

"Though we give moral support to students, parents have to create a calm and serene atmosphere at home and encourage them with words of inspiration. Parents should seek advice from the experts and experienced teachers to guide their child during pre-exam period. This will create an atmosphere of less stress at home", says Dr Ravi Warrior, Principal, Quality International School.



Amrithavarshini Sathya



Sidharth Sunil



"The most powerful way of motivating a child is actually setting time to listen to the child and be able to understand their needs."

Dr Lina Lewis,
School Principal, Al Wisam School



"Parents have to create a calm and serene atmosphere at home and encourage them with words of inspiration. Parents should seek advice from the experts and experienced teachers to guide their child during pre-exam period"

Dr Ravi Warrior
Principal, Quality International School

Combating exam stress

Only parents, teachers can
de-stress students: Experts

GULF HOTELS
GROUP



مجموعة فنادق الخليج

Invitation to the Annual General Assembly Meeting and Extraordinary General Meeting of the Company's Shareholders.

The Board of Directors of Gulf Hotels Group cordially invites the shareholders to attend the Annual Ordinary and Extraordinary General Assembly Meeting to be held on Monday 13th March 2017 at 12.00 Noon at Awal Ball Room 3 at the Gulf Hotel, Kingdom of Bahrain. In case the quorum is not reached in the first meeting, the second meeting will be held on Monday 20th March 2017, at the same venue and time to discuss the agenda listed below and to take appropriate decisions.

A. Agenda of AGM

1. Reading out the previous AGM minutes held on 14 Mar 2016 and approving it.
2. Discussing the Chairman's report about the group business for the year ended 31st December 2016 and approving it.
3. Listening to the external auditor's report on the Company's financial position for the financial year ending 31st December 2016.
4. Consider and approve the Company's financial statements for the year ended 31st December 2016.
5. Approving the Board of Director's recommendation on the appropriations according to the following.
 - I. Transferring BD 1,592,222 to Statutory Reserve.
 - II. Consider and approve the proposal of the Board of Directors regarding the distribution of cash dividends at 25 fils per share or 25% of the paid up capital equivalent to BD 5,134,968. Dividend distribution will commence on 20 March 2017.
 - III. Consider and approve the proposal of the Board of Directors regarding the distribution of bonus shares of 10% (1 share for every 10 shares held) of the issued capital equivalent to 20,544,988 shares amounting to BD 2,054,499 for the Financial year ending 31st December 2016.
 - IV. Providing an amount of BD 224,200 towards contribution to Charitable Institutions
 - V. Providing an amount of BD 10,000 towards contribution to support Academic Research and national promotion institutions.
 - VI. Transferring BD 9,405,530 to Retained earnings.
6. Approve the Board of Directors remuneration of BD 267,000 for the year ending 31st December 2016.
7. To discuss company's compliance with the Corporate Governance Guidelines and the Central Bank of Bahrain's requirements.
8. Discharge the members of the Board of Directors from their liabilities for the financial year ending 31st December 2016.
9. Appointment/Reappointment of external auditors for the year ending 31st December 2017 and authorize the Board of Directors to determine their remuneration.
10. To ratify the appointment to the board of (due to acquiring of Bahrain Tourism Company and related conditions mentioned in the offer document):
Mr. Ahmed Janahi nominated by Bahrain Mumtalakat Holding Co.
Mr. Reyadh Al Mahmeed nominated by Social Insurance Organization
Mr. Adel Maskati representing erstwhile Bahrain Tourism Co. (BTC)
11. New matters that may arise as per Article 207 of the Commercial Companies' Law.

B. Agenda of EGM

1. Reading out the previous EGM minutes held on 10th May 2016 and approving it.
2. Approving amendment needed to address changes in Article and Memorandum of Association due to increase in capital from BD 20,544,988 to BD 22,599,487 as a result of bonus share.
3. Authorizing Chairman of the board or his representative to sign on all required changes in front of notary public.

Farouk Yousuf Almoayyed
Chairman of the Board