



Frequently Asked Questions (FAQs)

Lal Bahadur Shastri Paramedical Skill And Training Council (LBSPSTC)

ACADEMICS FAQ

1) How LBSPSTC will declare the result of Diploma and Certificate Examinations?

Ans. Results of Diploma and Certificate Examination will be declared on the basis of an objective criterion developed by the Council vide Notification no. LBSPSTC/02/2022 dated 03/03/2023.

2) If any candidate is not satisfied with the result declared based on the objective criterion, what remedy will be provided by LBSPSTC to the candidate concerned?

Ans. Any candidate who is not satisfied with the marks allocated will be given an opportunity to appear in the exam to be conducted by Council as and when the conditions are conducive to hold the exams.

3) Will Council provide any online facility to assist the Colleges?

Ans. To facilitate the schools, Council will provide an online system in which College can enter the marks and check whether the marks allocated are in conformity with the historical distribution. In case there is a mismatch, then the Result Committee shall have to revise the marks, as the case may be, as per a consistent and objective criterion which should also be documented in the Rationale Document.

4) If any candidate is not appeared in any assessment how colleges will do the assessment of the candidate?

Ans. If any candidate has not appeared in any of the assessments conducted by the College, the college may conduct an offline/online or a telephonic one to one assessment and record documentary evidences to certify the recommendations. The student may be assessed objectively on that basis by the college out of maximum marks of each subject.

5) Sir, I am not able to score full marks in Science practical skill paper. I have not seen any sample papers for practical skills. Please help me.

Ans. The Council has prepared the revised sample Question Papers in practical skills for Diploma and Certificate examination. This includes MCQs on experiment in Diploma and Certificate syllabus. The whole document is available on website: www.lbspc.in. as well as in printed form.

6) What are the types of disabilities for which Council grants concessions?

Ans. Blind, Physically Handicapped, Dyslexics, Autistic and Spastic Candidates.

7) Authority from whom the medical certificate has to be obtained?

Ans. From a medical officer not below the rank of an Assistant Surgeon of a Government Hospital.

8) Whether the request for obtaining concessions has to be submitted through the college or directly?

Ans. The request along with the medical documents and concessions required has to be sent through the Head of the Institution in which the student is studying, duly recommended by the Head of the institution.

9) How do I deal with exam related stress?

Ans. Recognize your negative thoughts. Once you closely examine these thoughts, you'll see how unrealistic they are. Challenge the thoughts that say you are a failure and that you can't succeed. Remind yourself that it was just another exam and with effort, you will do better in your next attempt.

10) What if I do badly?

Ans. Replace self-criticism with self-correction. Judging yourself harshly now won't help you do better in the future. Take the position of an observer. What if a good friend told you he had failed? Would you call him a failure? Most probably you would emphasize his good points and help him put the situation in perspective

11) How do I deal with my family's disappointment if my results are not good?

Ans. Be open and honest with them. Share what you feel about the result and what you think went wrong. Reassure them of your concern and efforts. Above all, do not have a negative bias against your parents because sometimes they need more reassuring than you do.

12) What if I don't get the marks I'm expecting?

Ans. Concentrate on your achievements and be realistic about your expectations as well. Usually, we know when we have made a mistake, so take these into account while drawing up expected marks. If you are still dissatisfied with the results, the option of rechecking is always open.

13) We have heard of irregularities in the assessment system. What if my marks are adversely affected?

Ans. Have faith in the system. There will always be rumours about unfair checking, but one cannot ignore the fact that results over all these years have majorly been fair.

14) I think there is too much pressure and I can't cope with it.

Ans. Take professional help. If you feel that there is pressure and you are unable to handle it and your self-esteem is coming down and you are unable to cope, then you must consult a psychiatrist to help you tide over this phase.

15) Everyone tells me to concentrate on my studies.

Ans. Don't stop enjoying life. One of the common mistakes an individual makes is to totally change his lifestyle. This is under the assumption that if he isolates himself from all leisure and fun times with friends and family and only study, then he will do better.

16) How much sleep is required?

Ans. The human body requires an average of 8 hours of sleep per day. But there is no hard and fast rule. Each one of us has to understand our body rhythm and know by trial and error how many hours of sleep keeps us fit

17) What happens if we sleep less than what our body requires?

Ans. If you sleep less for a day or two your body can cope by if you sleep more over next two days. If continued for long then the body gets into what is known as sleep deprivation

syndrome because it accumulates so many hours of Sleep Debt. Then you get symptoms of feeling tired and sleepy, headaches, body aches, poor digestion, inability to concentrate, irritability, short temperedness etc.

18) Should I study in the morning or at night?

Ans. First understand whether you are an owl or a lark. IF you can get up early in the morning and feel fresh then you must sleep early and get up early and study. If on the other hand you can study late at night but cannot feel fresh when you get up early to study then you must sleep late after studying and get up later in the morning.

19) How do you get a good night sleep?

Ans. Try to keep a fixed time every night for sleeping as far as possible. Avoid afternoon prolonged sleeping, a short nap may be helpful. One hour before bedtime avoid stimulating your sensory system with too much noise like loud music, too much TV, arguments or fights. Three hours before sleep time avoid taking any food or liquids, which contain caffeine, aerated cool drinks or drinks containing chocolate.

20) To keep awake for studying students drink lots of coffee. What is the harm?

Ans. Caffeine in small doses acts as a stimulant and keeps you awake, so a cup once a day may be Ok. Excessive coffee drinking gives side effects like tremors, fast pulse rate, irritability, acidity and stomach pain. Coffee also causes addiction.

21) Why exercise during exam time?

Ans. Most children will say they have no time for exercise during exam days. They are already stressed out with lack of time; how can they waste time in exercise? The fact is that exercise is all the more necessary during exam time because not only is it a “stress buster “but also has many other health benefits needed to keep fit during exam.

22) What does exercise do?

Ans. God has given us our body which is a perfect machine! But as with any machine to keep in good running condition, it requires maintenance or it will develop problems in various parts or rust due to disuse. Similarly, if all our body parts are not moved effectively, as in exercise, the body parts will fail and then you will get physical problems like lack of stamina, excessive sleep, headache, muscle pains, fatigue etc. You will also get mental problems like feeling low or depressed, inability to concentrate, poor memory etc.

23) How does exercise help?

Ans. Regular aerobic exercise (swimming, bicycling jogging) improves the function of our cardiovascular system. This makes the circulation better, the lungs process oxygen more effectively so you have less exertion. Heart pumps blood with fewer heart beats (the athlete’s pulse is always slow). It stimulates the growth of capillaries that increases blood

supply hence better oxygenation to muscles. All this makes your body more efficient and gives you more endurance capacity giving you more stamina for working. You can sit longer hours without discomfort. This will make you study harder and better.

24) How does exercise help you be better mentally?

Ans. Regular aerobic exercise releases some good chemicals in our body. These are called endorphins. These make you feel happy. They counter the effects of stress, depression and anxiety that all students suffer from during exam time. So, after exercising you get a “**Natural kick**” which is longer lasting and safe unlike drugs or stimulants like caffeine. It also helps you in weight loss and that will make you feel good about yourself.

25) If a student decides to drop one year, what will be the syllabus applicable for the next examination, the old or the new?

Ans. The candidate will have to study the syllabus recommended for the year in which he/she plans to give the examination.

26) Is it compulsory for a student who has failed in theory to repeat the practical examination also?

Ans. No, if the student has passed in Practical, previous practical marks will be carried forward and accounted for and the student will appear only in Theory. Please see Council’s circular in this regard on its website www.lbspc.in.

27) What is the procedure if any student is not satisfied with the marks?

Ans. The student can apply for;

1. Verification of marks
2. Obtain photocopy of the evaluated answer book and
3. Re-evaluation

