



SUCCESS PLANNER *for* OLYMPIADS



**Exam pattern,
Trend, Strategy
& Success Mantra**

PREFACE

Education can be a life-changing point in every child's life. The stream and career that is to be chosen in high school and later in life need a strong foundation base at a primary and secondary level. A foundation is an early staple for aspirants who are not only preparing for the NTSE examinations but have far-reaching goals of other competitive examinations ahead of them. With several years in the field of education, Disha publication has been working at various levels to be the one-stop solution for quality education. In this book, we intend to form a strong base for any future competitive exam candidate and help them recapitulate the latest pattern and syllabus. This book also mentions the study techniques and preparation tips for students with illustrative examples added for better understanding and to ensure they build up their skills in a motivated manner.

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Broaden your Horizons

The more you see, the more you understand.

How should our child prepare for Olympiads? This is the question that every parent asks when the Olympiad season begins. To help parents with the biggest question of the season, we have made an Ultimate Olympiad Preparation Guide. Browse below to read the complete guide.

Understanding- The Meaning of Olympiads


The term "Olympiad" refers to, as found on google after a search, "a major international contest in a particular game, sport, or scientific subject". It rhymes with "Olympics" instills a sense of competition in an individual's mind.

The Olympiad Exams are school-level Science and Maths exams conducted for the students of Class 1 to 12. The Olympiads are one of the most prestigious and competitive exams to crack. Although cracking this exam doesn't directly contribute towards the career, it acts as a stimulus for students to choose their higher studies and career in the field of Science and Mathematics. It also helps students prepare for various other competitive exams of national and international levels.

Cracking the Olympiads is a matter of great honour and prestige, and it adds value to the resume of the candidates. Students who crack Olympiads also get an edge over others when it comes to admission to schools and colleges as well as jobs.

The Olympiads exams are conducted both national and international levels. The national Olympiads in India, which connects to International Olympiads, is administered by the Homi Bhabha Centre for Science Education (HBCSE).

Olympiad exams are competitive exams conducted by various organizations across India and abroad. These examinations are conducted on the basis of the school curriculum of CBSE, ICSE, and other major state boards. These exams help to compare student's performance with their peers across the country. The question paper for these exams is objective-type with multiple-choice questions. Olympiad exams focus on concept-based learning and logical thinking. This in turn enhances the abilities of the student which is an important tool to face the future competition coming in their lives.



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|---|--|---|--|
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| Banking & Insurance IBPS/ SBI/ RRB/ NIACL | SSC CGI/ MTS/ CHSL | UPSC Mains/ Prelims | GK Updates for all Competitive Exams |

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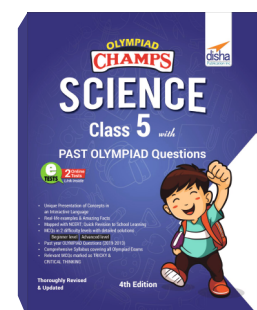
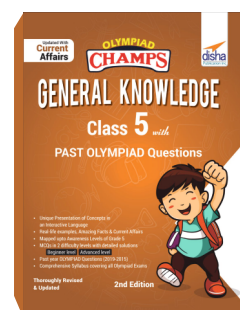
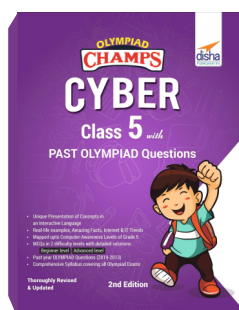
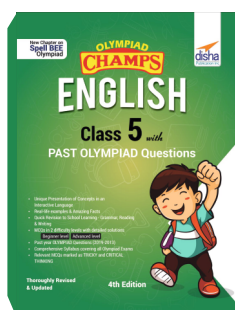
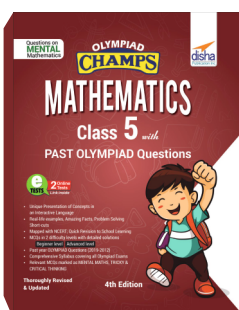
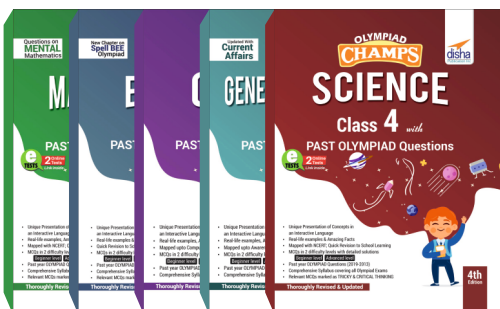
Class 1 to 5 Olympiad Books for All Subjects



- Unique Presentation of Concepts in an Interactive Language
- Real-life examples & Amazing Facts
- Quick Revision to School Learning - Grammar, Reading & Writing
- MCQs in 2 difficulty levels with detailed solutions
Beginner level Advanced level
- Past year OLYMPIAD Questions (2019-2013)
- Comprehensive Syllabus covering all Olympiad Exams
- Relevant MCQs marked as TRICKY and CRITICAL THINKING



PAST OLYMPIAD Questions



These Olympiad exams are conducted for various subjects like Science (Physics, Chemistry, Biology) , Mathematics, Junior Science, Astronomy, Computer, General Knowledge, and Language Exams and at 2 different levels, Level 1 and Level 2, all those students who clear level 1 exams become eligible for participating in level 2 exams. Students get scholarships, cash prizes, medals, certificates, and recognition & even exposure at the Zonal Level, National Level, and International Level. It also gives space to the students to do research and train themselves in their area of interest for a brighter future.

Significance of Olympiads

Olympiad exams are conducted at a very large scale for students to analyse their abilities and increase their efficacy. Giving exams at State Level or All India Level where students from different schools and regions compete with each other, helps them to boost up their confidence and give them a chance to grow academically and mentally.

Olympiad exams evaluate the conceptual learning and strengthen the reasoning, analytical and problem solving abilities of a student from an early age. This way the students become ready to face the challenges thrown at them from the outside world.

There are many other benefits of appearing in an Olympiad examination such as:

- Giving Olympiads not only improves logical thinking but also paves a path for the career of the budding minds.
- Olympiad Exams provide an opportunity to Learn, Assess and Improve.
- Such exams help school going children to test their conceptual understanding, logical thinking and potential of reasoning.
- They enhance logical thinking and assist speedy performance of the brain.
- Olympiad Exams are conducted by various government and private organisations where even primary students can show their talent at international, national, or state level.
- The talented students attain the appropriate amount of exposure, knowledge and skills required to take the Olympiad exams. Hence, taking Olympiads exams since the younger stage inculcates the habit of taking up challenges in them.
- These exams not only test the basic subjects taught in school but also enhance the analytical reasoning ability in a child. It increases the thinking capacity, problem-solving skills, confidence and hence, helps in an overall development of a child from a young age.

Beyond School Benefits

Not just at school level, the Olympiad Exams will help you throughout your career. Olympiad exams boost your overall resume. Many Olympiads offer scholarships as well, that helps you to pursue your dream of higher education and learning. Some beyond school benefits of Olympiads are:

1. Preparation for Competitive Exams like JEE / NEET
 - Conceptual understanding
 - Problem solving
 - Time management
 - MCQ format
2. Application for Higher Studies
 - Useful for undergraduate programs outside of India
 - Beneficial for PG programs (e.g. MBA) in India

3. Job Prospects

- Olympiad ranks' add to academic credentials
- Highlights subject strength in the resume

Things to know:

Famous Organisations conducting Olympiads

There are many independent private organizations who conduct these Olympiad Exams. Some of the major Olympiad Exam conducting bodies are given below, you can check their respective websites given below for more details on the syllabus and pattern of examination :

1. SOF (Science Olympiad Foundation)

<http://www.sofworld.org/>

2. CREST Olympiads (Online Olympiad Exams)

<https://www.crestolympiads.com/>

3. Unicus Olympiads (Summer Olympiad Exams)

<https://www.unicusolympiads.com/>

4. ASSET

<https://www.assettalentsearch.com/ats/index.php>

5. Humming Bird Education

<https://www.assettalentsearch.com/ats/index.php>

6. Eduheal Foundation

<https://www.eduhealfoundation.org/>

7. Silver Zone Foundation

<https://www.eduhealfoundation.org/>

8. Unified Council

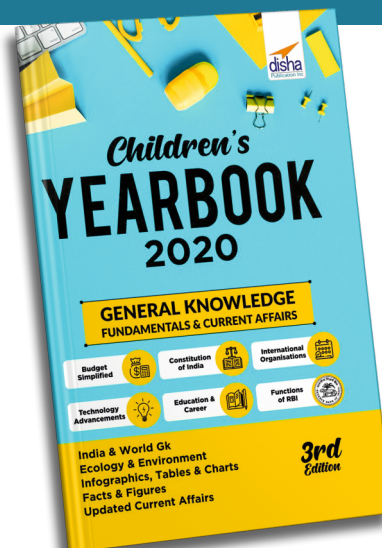
<https://www.unifiedcouncil.com>

HOMI BHABHA CENTRE FOR SCIENCE EDUCATION

Apart from these private organisations, there is a government organisation working at central level which conducts national and international olympiads based on the merit of a child.

The Homi Bhabha Centre for Science Education is the body that conducts the national stages of the physics, chemistry, biology and astronomy olympiads alongwith Indian Association of Research in Computer Science conducting the Olympiad in Informatics for selection of bright students to the International stages of the respective Olympiads. These Olympiads are very prestigious and are respected by most students, professors, parents and teachers around the world alike. These are truly international in nature where students from around the world gather to compete with each other and win medals. The medals go on to contribute to scholarships as high as a 100% in some renowned universities over the world. There are 14 International Olympiads recognized by the United Nations Educational, Scientific and Cultural Organization (UNESCO).

General Knowledge Basics Every TEENAGER Must Know



**Budget
Simplified**



**Constitution
of India**

**International
Organisations**



**Technology
Advancements**

**Education &
Career**



**Functions
of RBI**

Each Olympiad also has a training camp (for the actual selection for the International team) where students meet their fellow aspirants and some of the best professors in India, not only learning about the respective subject but also about life.

HBCSE is the premier institution in the country for research and development in science, technology and mathematics education. It is India's nodal centre for Olympiad programmes in mathematics, physics, chemistry, biology, astronomy and junior science.

The international Olympiad movement is aimed at bringing the most gifted secondary and higher secondary students of the world together in a friendly competition of the highest level. The Olympiads do not lead directly to any career benefits; rather, they provide a stimulus to begin a career in science or mathematics, to undertake a lifelong journey into the realms of exciting intellectual challenges. The Olympiads are not merely competitions, they are the meeting places of the brightest young minds of the world, and many friendships forged at the Olympiads form the seeds of scientific collaboration later in life. Much like the Olympics in sports, the Olympiads are a celebration of the very best in school level science and mathematics.

A major national Olympiad programme in basic sciences and mathematics which connects to the international Olympiads is in operation in India. The Homi Bhabha Centre for Science Education is the nodal centre of the country for this programme. The programme aims at promoting excellence in science and mathematics among pre-university students.

Among the sciences, the Olympiad programme in Astronomy (junior and senior level), Biology, Chemistry, Junior Science and Physics is a five stage process for each subject separately. The first stage for each subject is organized by the Indian Association of Physics Teachers (IAPT) in collaboration with teacher associations in other subjects. All the remaining stages are organized by Homi Bhabha Centre for Science Education (HBCSE).

The mathematical olympiad programme is a five stage process conducted under the aegis of National Board for Higher Mathematics (NBHM). The first stage PRMO is conducted by the Mathematics Teachers' Association (India). The website for PRMO is <http://www.mtai.org.in/prmo>. All the remaining stages are organized by Homi Bhabha Centre for Science Education (HBCSE).

Whether you are a student or a teacher of science/mathematics, you are invited to explore the various dimensions of the olympiad program, dimensions that are not often encountered in regular education. If you are eligible, we strongly encourage you to directly participate in the programme. If you are outside the eligibility window, you are invited to use the olympiad resources as a learning opportunity for yourself and your friends.

Olympiad Exams In India

Before getting into the details, let's have an overview of the National Olympiad Program in India”

| Name of the Program | Olympiads |
|------------------------|--|
| Nodal Centre in India | Homi Bhabha Centre for Science Education (HBCSE) |
| Exams Conducted | Science Olympiad & Mathematics Olympiad |
| Subjects | Astronomy, Biology, Chemistry, Junior Science, Physics, & Mathematics |
| Participating Students | Students of Class 1 to 12 |
| Type of Exam | National Level |
| Frequency | Once a Year |
| Number of Stages | Five for Science Olympiads and Six for Maths Olympiad |
| Official Website | olympiads.hbcse.tifr.res.in |

As mentioned above, the National Olympiad Program in India has two exams:

1. National Science Olympiad
2. National Mathematical Olympiad

Let us now look into the details of each of the two exams.

National Science Olympiad

The National Science Olympiad which culminates with the International Olympiads has five stages. Students from around 1400 schools from all over the country participate in the exam. The exam is conducted for five subjects – Physics, Chemistry, Biology, Astronomy, and Junior Science. The syllabus of the National Science Olympiad is based on the syllabus of Class XII (for Astronomy, Biology, Chemistry and Physics) and Class X (for Junior Science) of CBSE. However, the difficulty level of the questions are far higher than that of regular school and even board exams. The questions test the students' conceptual knowledge, application and analytical skills, critical thinking ability, experimental and observational abilities, and problem-solving skills.

The five stages of the exam are as under:

National Science Olympiad Stage 1: National Standard Examination

This is the Preliminary exam of the Science Olympiads. The details are tabulated below:

| | |
|------------------------------------|---|
| Name of the Exam/Stage | National Standard Examination (NSE) |
| Organizing Body | Indian Association of Physics Teachers (IAPT) |
| Exam Conducting Body | Chemistry – Association of Chemistry Teachers (ACT) Biology – Association of Teachers in Biological Science (ATBS) Physics, Astronomy, Junior Science – Indian Association of Physics Teachers (IAPT) |
| Approximate Number of Participants | Anywhere Between 20,000 to 60,000 |
| Type of Questions | Objective Type Questions |
| Language | English/Hindi (For Physics, Addition Languages Available) |
| Exam Conducted in the Month | November |

National Science Olympiads Stage 2: Indian National Olympiad

Shortlisted students from NSE, around 300 in each subject, appear for the Indian National Olympiad. The details of this stage are as under:

| | |
|------------------------------------|---|
| Name of the Exam/Stage | Indian National Olympiad (INO) |
| Conducting Body | Homi Bhabha Centre for Science Education (HBCSE) |
| Approximate Number of Participants | Around 300 per Subject |
| Type of Questions | Objective Type Questions and Long Answer Type Questions |
| Syllabus | Same as NSE |
| Exam Conducted in the Month | January |

National Science Olympiads Stage 3: Orientation-cum-Selection Camps (OCSCs)

Around 30-50 shortlisted students from each subject are invited for this stage which is held at HBCSE. In this stage, orientation is provided to the students with special emphasis on conceptual knowledge and problem-solving abilities. Students are also exposed to various experiments as well as observational tasks. Theoretical and experimental tests are conducted and based on their performance, 4 to 6 students are shortlisted for the next round. This stage is conducted in April/May/June.

National Science Olympiads Stage 4: Pre-Departure Camp

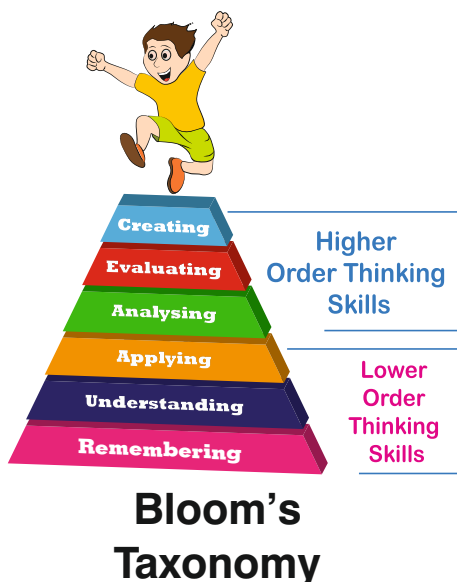
Here, the selected students from the previous stage undergo rigorous training at HBCSE. The training involves

both theory and practical/experiments (observational astronomy for students participating in Olympiads for Astronomy). The training sessions are conducted by teachers and scholars invited from various top institutions in the country. Special labs are also developed at HBCSE for the sole purpose of training the selected students.

National Science Olympiads Stage 5: International Olympiad

This is the final stage of the Olympiads wherein 4 to 6 students (per subject) accompanied by 2 to 4 teachers/mentors participate in the International Olympiads.

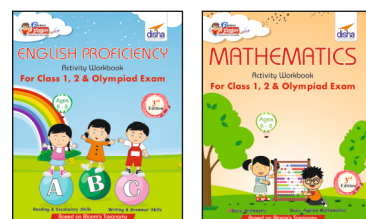
Give your Child an Edge in LIFE



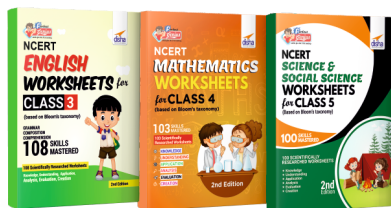
PreSchool



Class 1 & 2



Class 3 - 5



National Mathematical Olympiad

HBCSE organizes the Mathematical Olympiad Program in India on behalf of National Board for Higher Mathematics (NBHM) of the Department of Atomic Energy (DAE), Government of India. This eventually leads to the International Mathematical Olympiad (IMO). It involves six stages as under:

National Mathematical Olympiad Stage 1: Pre-Regional Mathematical Olympiad (PRMO)

This is the Preliminary exam conducted to shortlist students for the next stage. The exam comprises 30 questions and is conducted for two and half hours. The answers are single or double digit numbers to be marked on an OMR sheet. The exam will be conducted in English and Hindi.

National Mathematical Olympiads Stage 2: Regional Mathematical Olympiad (RMO)

Shortlisted candidates from PRMO will appear for this round. This exam comprises six descriptive problems to be solved in three hours. The exam is conducted in English, Hindi, and any regional language as required.

National Mathematical Olympiad Stage 3: Indian National Mathematical Olympiad (INMO)

Around 900 shortlisted students from RMO appear for the third stage of the exam. This exam is conducted on the third Sunday of January.

National Mathematical Olympiad Stage 4: International Mathematical Olympiad Training Camp (IMOTC)

Around 35 of the top students based on their performance in INMO are called for this training and orientation program where special emphasis is given on conceptual knowledge and problem-solving skills. This stage is conducted at HBCSE. During the training, tests are conducted and the top six students are selected to represent India at International Mathematical Olympiads.

National Mathematical Olympiad Stage 5: Pre-Departure Camp

In this stage, the six selected students undergo rigorous training at HBCSE. The training is conducted for eight to ten days.

National Mathematical Olympiad Stage 6: International Olympiads

Finally, the selected students, accompanied by four teachers/mentors, participate in the International Mathematical Olympiads.

Groundwork to do for school Olympiads

Preparing beforehand

It is of utmost importance that you give a strong foundation to your preparation. The things that you need to do before you even think of preparing are:

A. Know the Exam Pattern & Go through the syllabus:

It's very important to check the syllabus of the exam which you will appear for. For every Olympiad exam, you may check the syllabus from its official site. Going through the syllabus before starting preparing for the exam will help you know the particular topics you need to cover so that you may make a preparation strategy accordingly.

B. Prepare Early- Plan a proper study schedule and stick to it:

The students who are preparing for any of the Olympiads need to follow the proper study plan by preparing a complete strategy for every particular subject. A right study schedule helps you devote proper time to each subject and topics. It makes your studies more organised hence helping you achieve your target easily and effectively.

It's a myth that preparation before a week of the exam will give you a good rank. You need to start from NCERT books as they lay the foundation of your advanced knowledge. While you go through a particular chapter, preparation of notes is very important. This will help you to save your time when you revise the chapter before the exam. Cover school curriculum in advance. Prepare notes / underline key concepts. Read NCERT or similar books of one higher grade to understand advanced concepts.

Ideally the school curriculum for the selected subject should be completed by July-end. You may revise key concepts as follows:

1. Mathematics
2. English
3. Science

Read NCERT or similar book of one higher grade to understand advanced concepts. This should be pursued only when the student is comfortable with current class curriculum. This is a must for Level 2 exams.

- Grasp the detailed understanding of the concepts:

As the problems asked in the Olympiad exams are generally based on conceptual facts. So, students should study each topic to the depth so as to gain an adequate understanding of the concepts and logics working behind that particular topic. Only detailed study can make the students confident and capable enough to answer the tricky questions asked in any competitive exam.

Class 6 to 8 Olympiad Books for All Subjects



- Unique Presentation of Concepts in an Interactive Language
- Real-life examples, Amazing Facts
- Problem Solving Techniques
- Mapped with NCERT; Quick Revision to School Exams
- MCQs in 2 difficulty levels with detailed solutions
- Past year OLYMPIAD Questions 2019-13
- Comprehensive Syllabus covering all Olympiad Exams
- Relevant MCQs marked as TRICKY & CRITICAL THINKING

**OLYMPIAD
CHAMPS**

C. Do Extensive Practice

Practice is always the key to score a good rank in Olympiads. Your Olympiad paper will be accompanied with logical reasoning questions; therefore it's very important that you do sufficient practice of logical reasoning questions. The format of the questions in Olympiads will be in the form of multiple choice questions. So, do extensive practice for multiple choice questions.

Do sufficient practice of Logical Reasoning questions. Attempt as many MCQ type questions as possible. Focus on conceptual clarity and practical applications. For extensive practice, one can purchase a Comprehensive Test Series. There are more than 15 mock tests in this package apart from 50+ topic-wise tests. One mistake that students make is insufficient preparation for Logical Reasoning. So, practice sufficient test series and mock tests.

- Prepare notes/quick facts for revision:

As the Olympiad tests are based on the curriculum taught in the school, so students must create notes and quick facts for each topic explained in the class. These quick facts will be very useful for future references and revisions, hence helping you learn faster.

- Solve previous year papers, sample papers and take mock tests:

Previous year papers are always useful to analyse the type of questions asked in an examination. Moreover, practicing these papers will help you in testing your Olympiad skills. Besides this, students must solve sample papers to practice different questions covering each topic. After that take up a mock test and analyze your results.

- Tackling the big day- Tips to score High

1. Stay Energized – Plan It Before Hand
2. Avoid heavy food. If needed, carry protein biscuits Carry glucose water for long-duration tests
3. Start Positive
4. Spend 2-3 mins going through the paper. Mark answers to easy questions.
5. Keep Calm During Exam
6. Take deep breath if needed Mark correct answers on OMR sheet carefully
7. Attempt Questions Smartly
8. Attempt 'Achievers Section' early on Do not spend more than 2-3 mins on any question Attempt all the questions. Eliminate answers which are definitely wrong. Generally, there's no -ve marking
9. Growing Importance of Digital Practice

Digital is the new way of studying. Other than the up-to-date syllabus and questions, the digital study has grown tremendously across the world due to a number of reasons. Increasingly, all competitive exams are being conducted online.

Learn from the best : Topper Bytes

1. At 15, Bengaluru's Pranjal Srivastava brought home a gold medal in the International Mathematics Olympiad (IMO) after seven years. He is also the youngest Indian ever to bag gold in one of the toughest competitions across the globe. Considering the subject a 'fun activity', Pranjal has been participating in math competitions since class 3.

While this was his second attempt at IMO, last year, he bagged the silver medal. Pranjal thinks it is his determination to understand the subject over “mugging” that gives him an edge. A change in approach can

help India get over its math phobia, believes the child mathematician.

"I have been lucky in finding the right mentors, who helped me understand the subject. I have read a lot of recreational math books which helped me solve puzzles with mathematics solutions, thus elevating my interest in the subject." said Pranjal.

"I solved a lot of practice questions and worked on my weak areas, like geometry. I practice complex math problems whenever I get free time," he shared. Claiming there was no particular strategy to attain the gold, Pranjal said he focused on the subject and not any particular competition.

The child mathematician was also the first Indian to grab a gold in the Asia Pacific Mathematics Olympiad and has won the Tournament of Towns along with other competitions. He was also among the national toppers of Olympiads in informatics but chose to pursue the math Olympiad instead.

2. Not all shy kids are shy in their minds. This is the story of Shrinkala Dubey who at the age of 7, a Class One student of Sarla Birla Public School became the State topper of 2013 International English Olympiad (IEO) conducted by Science Olympiad Foundation (SOF) in her standard. The exam was held on January 19.

In today's age when parents find it difficult to control their children, Shrinkala keeps herself busy with studies. "We do not have to tell her to study," said her father Dharmendra Dubey, general manager in a Private Company.

The IEO is a one of its kind examination and first in the history of English language testing in India. It identifies the brightest student in English and prepares them to perform at International level competitions.

3. Hello my name is Lay Jain. I am a gold medalist in the 48th International Physics Olympiad. The students who are preparing for the second stage that is Indian National Physics Olympiad, I would suggest they go through the past few papers and after you have gotten an idea of what the questions are asked and what syllabus they pertain to, start reading things accordingly. You need to be familiar with class 11 and 12 topics as the questions asked are generally of higher difficulty level. You first need to chart out a plan about what you need to complete first and by when and do accordingly as per planned by you. That's what I did and it helped me a lot to complete my syllabus and I was left with enough time to practice past year papers.

4. I am Navneel Singhal and I qualified for the International Olympiad for Astronomy and Astrophysics in 2017-18 and I bagged a silver medal. I would suggest all the aspirants to do the maths and science of 11th and 12th Class and would also suggest you to do some observational part which is an important part of the exam. You should do all the past 3-4 year papers if you want to score well.

5. Hello everyone, myself Mudita Goyal and I got a gold medal in Indian National Junior Science Olympiad. Regarding the preparation of INJSO, there are 13 MCQ and a 60 marks subjective paper that you have to solve in 3 hours. I would suggest you solve the MCQ part in about 45 minutes to 1 hour because the time given for INJSO is very short. Then you should go for the subjective part of 60 marks. To ensure that your paper goes well, you can do the past year papers in a limited period of time so that you can get a feel of how the real paper goes. That's all I would like to say. I wish you all the best for your olympiad, do your best.

Frequently Asked Questions

1. What is the eligibility criteria for participating in Olympiads?
 - A. In almost all the Olympiads, especially the ones conducted by private organisations, Students of class 1 to 12 are eligible to appear for the 1st level olympiads. There is no other eligibility criterion like minimum marks. Students who qualify for the 2nd level of the exam include : Top 5% of students', class wise, who appear for the 1st level exam.
2. On how many levels are the olympiad exams conducted?

A. Each exam is conducted at two levels:

Level 1:

The level 1 exam is an objective-type test. There is a different exam paper for each class. The question paper consists of 35 multiple choice questions of 40 marks, for classes I to IV, and 50 multiple choice questions, for classes V to XII of 60 marks, to be answered in one hour. Students are required to mark their answers on an OMR sheet.

Level 2:

From among 200000 students that participate in each of these Olympiads every year, the top 500 students, top 10 students in each state, as well as school toppers from schools having a participation of more than 10 students in the exam, are selected for the second level.

Three school toppers who got more than 50% means 30 out of 60 or more than 30 marks get medals {gold, silver, bronze} and are selected for the second level of the examination.

3. How do olympiads help us to excel in the respective subject?

A. Children become competitive as They refine and practice skills and develop coordination and cognitive abilities. Competition encourages growth and pushes a child to excel. Most of the olympiad exams are conducted on the similar syllabus that kids are studying at school. This gives them an edge in the class as they are well prepared and knowledgeable about the concepts that they are studying. This helps them to perform exceptionally well in their school exams too.

4. What is the use of Olympiad exams?

A. The Olympiads promote the study of Science and Mathematics. The exams identify the talent of the students and help them reach their fullest potential, improving their analytical, reasoning, application, and problem-solving skills, thereby, preparing students for competitive exams.

5. How to relax and reduce anxiety?

A. Remember that a certain amount of anxiety enables you to become more alert and attentive towards your work. An optimum level of arousal is the key to success. But the moment the anxiety level becomes higher and it starts to hamper your working ability, it is time to take immediate corrective measures.

You can relax on a chair, a bed or stretched out on a comfortable spot. To relax, focus on your breathing and close your eyes to listen to the sound of your breathing in the air as it flows in and out. You will feel at peace.

Other methods:

Self assertion: Do a realistic review of the situation and decide on a course of action and carry it out. Take charge of your life.

Sleep habits: loss of sleep over a long period of time can create stress and affect your thinking ability.

Consultation: Help yourself by seeking consultation from peers, instructors or professional counsellors. Talk to your friends for support and encouragement.

6. What is the right time to study?

A. Research shows that your mental output is higher in the morning than in the evening or at night. Your mind will be fresh after a good 8 hours sleep and will function better. So the morning hours are the most valuable and best time for serious work.

7. What is the amount of notes that I should make for my self study sessions?

A. The amount of notes that you make depends on the following factors:

The content of the lecture: If the lecture deals with solid facts, laws and principles, it may necessitate a great quantity of notes.

Familiarity with the topic: The less familiar you are with a topic the more detailed notes you require. If you are familiar with the topic, just an outline of the lecture will do.

Source of information: If no source of information in a textbook or elsewhere then complete notes will have to be taken down.

8. How much should I sleep?

The time a person requires to sleep varies. Sleeping between 4 to 10 hours is normal. Most people sleep between 6-8 hours a day which is the appropriate amount of time.. Too less or too much sleep hampers your productivity. If you sleep well, you will feel energised on waking up and ready for a new day.

9. Is coaching necessary?

For success in any type of exam, 80 % of the contribution is from the student's efforts, 10% is from the strategy of how to derive the most from the knowledge the student has and 10% is from guidance. Here, the important thing to note is that even though strategy and guidance contribute only 20% but are very important because it is this 20% which decides and defines how the balance 80% of time and energy is going to be used. In absence of proper guidance to a student at home or at school, coaching is advisable.

10. What if my future is ruined lest I fail to gain enough marks in the examination?

Examinations are an important way in which professional colleges select students. Success in them does open doors to many jobs and careers. Lack of success will mean certain jobs and careers aren't immediately open to you, at least at the level of entry that you originally intended. Some may be closed altogether.

However, happiness, wealth, peace of mind, rich experience of life, meaningful status in the eyes of others, a worthwhile career, a useful job and an inner sense of purpose and self belief as a human being, do not depend on examination results.

11. Why should I choose Disha Publication for olympiad preparation ?

Looking to outshine your peers and get recognition? Disha Publication has everything to help you in your endeavours. With its wide range of books, sample papers, study materials and mock test papers, Disha Publication focuses on the holistic development of a child while making sure that the child performs exceptionally well by making the material informative as well as interesting to study, so that the child remembers the information provided to him for a longer period of time. The focus of the study material is on covering all the aspects of the learning while making studies interactive and fruitful. Our aim is to provide whatever it takes to help the ones who work hard and make their work a little simpler, so that they can use their resources to work smart, rather than hard!

Disha Publication presents the best books and study materials for all olympiad examinations. Everything that you need for acing the olympiad, be it of any type right at one place! It provides you with the following:

- The best books for olympiad preparation.
- Free Past Years Papers to understand the typology of questions.
- Free Sample Papers for you to practice.

We are mindful of the fact that many students preparing for olympiads cannot have access to all preparation books and the best study material which is required for their exam preparations. Do not worry, we understand all your requirements, you can download the preparation material absolutely free of cost from the free download section, everything right at one place in PDF format! You can also give a free trial to all our Olympiad preparation material absolutely free, and be assured that it in fact is the best study material for you.

So, fire up your exam preparation with our best and free CBSE study materials. Head over to the free downloads section of our website and get all the resources that you might need for tackling the CBSE examination.

National Cyber Olympiad (NCO)

The National Cyber Olympiad (NCO) is a global search competition that nurtures cyber talent amongst the school-going generation. Its goal is to inspire the younger generation to increase their knowledge and comprehension of issues related to computers as about testing their aptitude in these streams. This international-level competition focuses on Logical & Analytical, Mental Ability, Reasoning in computers and IT.

NCO Syllabus and Marking Scheme

| Class | Section | No. of Questions | Marks/Question | Total Marks |
|---------|-------------------|------------------|----------------|-------------|
| 1 to 4 | Logical Reasoning | 5 | 1 | 5 |
| | Computers & IT | 25 | 1 | 25 |
| | Achievers Section | 5 | 2 | 10 |
| | Grand Total | 35 | | 40 |
| 5 to 12 | Logical Reasoning | 10 | 1 | 10 |
| | Computers & IT | 35 | 1 | 35 |
| | Achievers Section | 5 | 3 | 15 |
| | Grand Total | 50 | | 50 |

Benefits

- Creates awareness about computers education
- Provides early exposure to a computer-oriented world

National Science Olympiad (NSO)

NSO is conducted at two levels:

Level 1: The level 1 of the exam is conducted in the respective schools of the participants during school hours only. It is an objective-type test with a duration of 60 minutes and comprising 35 objective-type questions for classes 1 to 4 and 50 objective-type questions for classes 5 to 12.

The exam consists of three sections for classes 1 to 10:

Section-1: Logical Reasoning

Section-2: Science

Section-3: Achievers Section

Level 2: The level 2 is organised for students of classes 3 to 12. The qualifiers to the second round would include the following:

- Top 5% of candidates class-wise that appear for the 1st level exam. Due weightage to marks scored in different sections will be given. Each section is accorded with a separate weightage.
- Zone wise top 25 rank holders class wise
- Class topper where at least 10 students from a class appear in the exam & have scored 50% qualifying marks

NSO Syllabus and Marking Scheme

| Class | Section | No. of Questions | Marks/Question | Total Marks |
|---------|---------------------|------------------|----------------|-------------|
| 1 to 4 | Logical Reasoning | 5 | 1 | 5 |
| | Science | 25 | 1 | 25 |
| | Achievers Section | 5 | 2 | 10 |
| | Grand Total | 35 | | 40 |
| 5 to 10 | Logical Reasoning | 10 | 1 | 10 |
| | Science | 35 | 1 | 35 |
| | Achievers Section | 5 | 3 | 15 |
| | Grand Total | 50 | | 60 |
| 11 & 12 | Physics & Chemistry | 25 | 1 | 25 |
| | Achievers Section | 5 | 3 | 15 |
| | Mathematics/Biology | 20 | 1 | 20 |
| | Grand Total | 50 | | 60 |

Benefits

NSO is mainly all about application-oriented learning, which is extremely important for children in the long run.

Child learns to think about solutions in alternate ways.

International Mathematics Olympiad(IMO)

This popular Math Olympiad is conducted at two levels:

Level 1: The first level of the exam is organized in the respective schools of the participants during school hours only. It is an objective-type test having a duration of 60 minutes consisting of 35 objective-type questions for classes 1 to 4 and 50 objective-type questions for classes 5 to 12.

The exam consists of four sections:

- Section-1: Logical Reasoning
- Section-2: Mathematical Reasoning
- Section-3: Everyday Mathematics
- Section-4: Achievers Section
- There are separate question papers for each and every class.
- The medium of the exam is English.
- CBSE, ICSE/ISC and other State Board syllabus is followed for the setting of test papers.
- Level 2: The Level 2 is conducted for students of classes 3 to 12. The qualifiers to second round include the following:
 - Top 5% of candidates class-wise that appear for the 1st level exam. Due weightage to marks scored in different sections will be given. Each section is accorded with a separate weightage.
 - Zone wise top 25 rank holders class wise.
 - Class topper where at least 10 students from a class appear in the exam & have scored 50% qualifying marks.

IMO Syllabus and Marking Scheme

| Class | Section | No. of Questions | Marks/Question | Total Marks |
|---------|------------------------|------------------|----------------|-------------|
| 1 to 4 | Logical Reasoning | 10 | 1 | 10 |
| | Mathematical Reasoning | 10 | 1 | 10 |
| | Everyday Mathematics | 10 | 1 | 10 |
| | Achievers Section | 5 | 2 | 10 |
| | Grand Total | 35 | | 40 |
| 5 to 12 | Logical Reasoning | 15 | 1 | 15 |
| | Mathematical Reasoning | 20 | 1 | 20 |
| | Everyday Mathematics | 10 | 1 | 10 |
| | Achievers Section | 5 | 3 | 15 |
| | Grand Total | 50 | | 60 |

Benefits

- IMO helps students master mathematical research.
- IMO makes children sharp-minded and helps them solve clever problems.

International English Olympiad (IEO)

This exam is a written objective-type test with a duration of 60 minutes and includes 35 objective-type questions for classes 1 to 4 and 50 objective-type questions for classes 5 to 12.

IEO Syllabus and Marking Scheme

| Class | Section | No. of Questions | Marks/Question | Total Marks |
|---------|-------------------------------|------------------|----------------|-------------|
| 1 to 4 | Word & Structure Knowledge | 30 | 1 | 30 |
| | Reading | | | |
| | Spoken & Written Expression | | | |
| | Achievers Section | 5 | 2 | 10 |
| | Grand Total | 35 | | 40 |
| 5 to 12 | Word and Structure Knowledge | 45 | 1 | 45 |
| | Reading | | | |
| | Spoken and Written Expression | | | |
| | Achievers Section | 5 | 3 | 15 |
| | Grand Total | 50 | | 60 |

Benefits

- The content of the tests is created in collaboration with British Council and focuses on the practical use of English language and communication, rather than only rote learning and correct grammar.

International General Knowledge Olympiad (IGKO)

International General Knowledge Olympiad (IGKO) is a distinctive Olympiad, which stresses upon the importance of day-to-day knowledge about current affairs in India and the world. Besides current events, the Olympiad is also about building students' knowledge about history, geography, science, etc.

IGKO Syllabus and Marking Scheme

| Class | Section | No. of Questions | Marks/Question | Total Marks |
|---------|-------------------|------------------|----------------|-------------|
| 1 to 4 | General Awareness | 20 | 1 | 20 |
| | Current Affairs | 5 | 1 | 5 |
| | Life Skills | 5 | 1 | 5 |
| | Achievers Section | 5 | 2 | 10 |
| | Grand Total | 35 | | 50 |
| 5 to 10 | General Awareness | 30 | 1 | 30 |
| | Current Affairs | 10 | 1 | 10 |
| | Life Skills | 5 | 1 | 5 |
| | Achievers Section | 5 | 3 | 15 |
| | Grand Total | 50 | | 60 |

Benefits

- Promotes general awareness
- Students realize that even General Knowledge is as important as other subjects

SOF Olympiad Awards

International Awards

| Rank | Scholarships | No. of Awards |
|------|---|---------------|
| 1st | Rs. 50,000 each + Gold Medal*+ Certificate of Outstanding Performance | 12 |
| 2nd | Rs. 25,000 each + Silver Medal*+ Certificate of Outstanding Performance | 12 |
| 3rd | Rs. 10,000 each + Bronze Medal*+ Certificate of Outstanding Performance | 12 |

At Zonal Level

| Rank | Scholarships | No. of Awards |
|-------------|--|---------------|
| 1st | Rs. 5000/- each + Gold Medal* + Certificate of Zonal Excellence | 240 |
| 2nd | Rs. 2500/- each + Silver Medal* + Certificate of Zonal Excellence | 240 |
| 3rd | Rs. 1000/- each + Bronze Medal* + Certificate of Zonal Excellence | 240 |
| 4th – 10th | *Gifts Worth Rs. 1000/- + Medal of Distinction + Certificate of Zonal Excellence | 1680 |
| 10th – 25th | *Medal of Distinction + Certificate of Zonal Excellence | 3600 |
| 26th+ | Participation Certificate | All |

School Section

At International Level

| Category | Awards | No. of Awards |
|-------------------|--------------------------------------|---------------|
| Best Principal* | Rs. 25000/- each + Citation + Trophy | 10 |
| Best Teacher | Rs. 10000/- each + Citation + Trophy | 10 |
| At Zonal Level | | |
| Category | Awards | No. of Awards |
| Best Principal* | Rs. 10000/- Each + Citation + Trophy | 100 |
| Best Teacher | Rs. 5000/- Each + Citation + Trophy | 60 |
| At District Level | | |
| Category | Awards | No. of Awards |
| Best Principal* | Rs. 2500/- Each+ Citation + Trophy | 500 |
| Best Teacher | Rs. 1000/- Each + Citation + Trophy | 300 |

At International Level

| RANK | SCHOLARSHIPS | NO. |
|----------------|---|-------|
| 1st | Rs.50,000/- Each + Gold Medal*+ Certificate of Outstanding Performance | 60 |
| 2nd | Rs.25,000/- Each + Silver Medal*+ Certificate of Outstanding Performance | 60 |
| 3rd | Rs.10,000/- Each + Bronze Medal*+ Certificate of Outstanding Performance | 60 |
| AT ZONAL LEVEL | | |
| RANK | SCHOLARSHIPS | NO. |
| 1st | Rs5,000/- Each + Gold Medal*+ Certificate of Zonal Excellence | 1200 |
| 2nd | Rs2500/- Each + Silver Medal*+ Certificate of Zonal Excellence | 1200 |
| 3rd | Rs1000/- Each + Bronze Medal*+ Certificate of Zonal Excellence | 1200 |
| 4th to 10th | *Gifts Worth Rs.1000/- + Medal of Distinction + Certificate of Zonal Excellence | 8400 |
| 11th to 25th | *Certificate of Zonal Excellence + Medal of Distinction | 18000 |

Olympiads: Building A Strong Base!

The glorious Taj Mahal took around 20 years to be the epitome of beauty it is today. In today's time, one can hardly imagine to mimic the skill and workmanship that existed during our historic period, even with the assistance of enormous machines. That is the level of development it takes to build a skill. After all, Rome was not built in a day, and nor can a mind end up being bright without putting it through strenuous practice, or better put, Olympiads.

There are several primary skills and qualities that need to be inculcated in a student before he or she starts preparing for an entrance exam. These precursors to preparations help a student tackle various aspects of an exam, as it is not just the knowledge of the subject that helps you win the trophy. Being a meticulous student myself, I regularly took part in Mathematics and Science Olympiads of National and International level, from a very young age. The bittersweet results it brought along were of course quite welcome, but so was how these exams shaped me for the ultimate entrance test, JEE.

So how exactly does appearing in Olympiads at younger standards help you? Read on to find out its perks!

- Discipline towards the subject: Students often study subject matter on their own, apart from what is taught in the school. But this study remains haphazard as it lacks a particular goal and specialized syllabus. Due to this, students tend to read as they feel fit and never really grow as far as their knowledge is concerned. Olympiads provide you with a specific date before which you are supposed to finish your preparation, along with a detailed syllabus. This disciplines your attitude towards the subject matter.
- Destroys fear of exams: Appearing for Olympiads regularly completely erases your fear of exams. The continuous cycle of preparing for Olympiads, however less competitive, brings in you the confidence to face any question paper without trembling. If this is established at a young age, you are already halfway through at preparing yourself for the exam!
- Time management: A key ingredient which needs no introduction. Olympiads often contain maths, science and sometimes mental ability and logical reasoning sections too. Handling all of these within the given time frame becomes very strenuous. Although each question paper is designed as per the class the student is in, the bar is set high so that students with better time management can attempt more questions. Needless to say, this will always help you in any sphere of life.
- Getting accustomed to the OMR life: Olympiads, if anything, are experts at helping you get accustomed to the exam environment. Till date, few students appearing in JEE mess up their OMR sheets and end up marking the wrong way. Such mistakes are nothing but imprudence. Knowing how to bubble OMR sheets, where to fill and how not to ruin your exam by bubbling the wrong answers are all the tricks you can only

learn by practice, something Olympiads provide ample number of times.

- Prepping you up for school: One has to admit, while you were busy preparing for Olympiads, you also prepared yourself for the concepts involved in your school curriculum. What could be better than that? Above that, you have probably dived deeper into the subject than the school curriculum demands. A win-win situation for you!
- Finally, you can say that Olympiads at a young age are just organizing the pieces in your armour for the final battle of the entrance exam. It is an excellent experience and one must not shy away from it, however good or bad you are at it!

Shagun Agarwal was ASSET Ambassador of her school from 2011-2012. She has topped the CBSE Class 10 result from Bahraich city. She scored 100% marks in the exam. Whom do you give the credit for your achievement?

First of all, I would like to thank GOD for always being there with me at every step of my life. Apart from GOD many people have contributed to my success. Sometimes in life we meet someone who changes our view towards life. Whatever that person says seems like pleasant music to our ears. The founder manager of Guru Kripa Divine Grace Public School, Bahraich, Madam Chavi is one such person in my life. She always told me to have a positive attitude towards life. The way she motivated and inspired us cannot be defined in words. My parents whom I consider the best parents in this world were of immense help. Their mental support and care never let me down. My teachers were really some of the best teachers, who always clarified all our many doubts and answered our incessant queries.

What helped you to achieve this feat?

A healthy environment both at home and school, time management, working on everyone's expectations and the success mantra conveyed to me by Madam Chavi helped me achieve this feat.

The success mantra: Concentrate in the class while the teacher is teaching, revise the topic as the teacher leaves the class and revise it once again at home.

Did you expect to top the CBSE, Class10?

From the beginning of class 10 I had set my target of getting a 10 CGPA in my boards. I did my best to achieve it and left the results in the hands of GOD.

What message you want to deliver to class 10 aspirants?

I would like to tell all the class 10 aspirants to set their goals from the beginning, learn to manage their time and try to be consistent in performance by working hard from the very first day of the session and keep in mind that nothing is impossible if we are determined to achieve it.

What you liked about ASSET? And how has ASSET test helped in your studies?

The ASSET test is just amazing. It taught me the importance of learning with understanding. ASSET has helped me in many ways in attaining my goals: Learning with understanding is what truly going to help me in my class 10 board's preparation because the kind of questions one gets in the board exams cannot be cracked by cramming the questions and answers pertaining to the text book alone.

The ASSET test provided me a detailed analysis of my strengths and weaknesses and by working on my weaknesses I could convert them into my strengths.

HOW TO PREPARE FOR ASSET?

DO NOT PREPARE

- It tests what you have really understood and does not test your memory or recall of facts, so studying 1 or 2 days before the test will not help you to get better scores.

- Read books, ask doubts, clear your concepts with teachers.
- Try sample question on our site (www.ei-india.com) to get familiar with ASSET questions

It is not a Competitive test

- Compared to others on the market, best price and quality. London uk buy generic viagra! Each and every of the products available through our website has been produced using the best base materials.
- Questions will tests your concepts.
- It will help you to know your strengths and weaknesses, so that you improve.

Quote

“Oh! Here is a question on the heart! My God! I am very weak in biology! I can never remember this aorta / ventricles stuff... I should just move on to the next question. But, hey, hang on! These ASSET people said they don't test factual knowledge and the questions require thinking! Come on, I can think as well as anyone! Let me read the questions carefully and at least try to understand it. READ THE QUESTION – SEE THE FIGURE CAREFULLY – SEE THE MULTIPLE CHOICES – Okay, keeping the answer choices in mind and looking at the figure, I can make out that Is the answer! Hey! I did it! THIS WAS EASY! Really!”

What to do after the test

- Preserve the question booklet carefully – It is an important learning tool.
- Discuss the challenging questions with teachers and check those questions whose answer you were not sure in books and on internet.
- When you get the analyses report, check which you answered wrongly and which concepts you have learnt and which not and then improve on it.

How can I improve

- Read good books
- If you are in the habit of watching TV, try to watch channels like National Geographic, Discovery, Animal Planet.
- If you are in the habit of surfing the web, try to surf sites like NASA, USGS, BBC, etc.
- Do small experiments, on your own or with friends, to understand concepts better

Mock Tests Series for Olympiad

- Assessment of School Learning
- Created by Experts with 10 Years of Experience
- Based on Pattern of Popular Olympiad Exams
- Builds Confidence & Improves Performance



How Does Olympiads Help in the Long Run?

How many of you dart for the door as soon as you hear the word 'Olympiads'? I know taking Olympiads can sound like a daunting and terrifying task, but no matter what you think, they are a great way to instil confidence. Besides that, they provide a great platform for the young learners like you, to build an aptitude in various subjects.

During my school days, I have always been intrigued by the idea of taking the NSO, NCO, IMO, IEO and IGKO Olympiads and Science Olympiad Foundation provided me with the correct path and gave wings to my dreams.

Olympiads are not just about winning or having a desire to prove your worth, instead, they act as a great way to inculcate critical and deep thinking. So let's look at the ways in which taking Olympiads can help you in the long run as it helped me and I am sure you are going to love it. Let's go!

Develops Skills

- When I was in class 6, I saw students from class 1 to class 5 taking Olympiads, seeing them securing ranks made me envy them, so I started participating in Olympiads and took my first National Cyber Olympiad (NCO). Though I could not score a rank, I learned many computer applications which were not part of my syllabus and which I couldn't have learned otherwise. As a student these Olympiads inculcated skills that were crucial for my development like problem-solving, analytical and critical thinking, listening, speaking, reading, and writing.
- Because when we start thinking and reading about it, we start learning about it through newspapers, books and the internet. All of this helps in our development because unknowingly we start absorbing from our surroundings.
- You can prepare through the study material published by MTG Learning Media, which is also available in digital format on SOF Olympiad Trainer.

Test Understanding of Concept

- Let me share an interesting story of my life with you. As a student, I always hated Physics and dreaded solving any of its questions. Till class 8, I somehow managed to understand difficult concepts but When I reached class 9, my fears worsened when we were introduced to Sir Isaac Newton and trust me from that day I secretly wished 'Physics would have been easier, if Tree instead of Apple had fallen on Newton's head.'
- But once I started participating in Olympiads my concepts became clearer. Gradually, I incorporated the concepts learned during my preparation for National Science Olympiad (NSO) and International Maths Olympiad (IMO) in my regular school curriculum. And since then, laws of Physics no longer scared me neither did Trigonometry.

Enhances Confidence

- You must have seen students who make a lot of grammatical mistakes and who fear to submit their notebook for correction because they know it would be drowning in red ink. Sadly, I was one of those students, who dreaded at the idea of dictations, notebook corrections and whatnot.
- It all stopped when I started preparing and focusing on International English Olympiad. It improved my vocabulary and grammar, which in return instilled more confidence in me. Since then I can take on the challenges of the actual tests with lot more ease. Olympiads helped me in taking up new challenges, which ultimately boosted my confidence.

A Stepping stone for Future Competitive Exams

- During school, I was unaware of the competition that exists in this world. But, once I started Participating in Olympiads, I realized that the competition in school is limited. So in order to prepare for the competition, I

started taking Olympiads regularly.

- Olympiads are like self assessment and you are not judged or punished for your mistakes. It helps in fearless learning and growth and development at your own pace. You can exploit the subject of your interest; start understanding and enjoying others like science and maths which otherwise appear like Greek.
- It's true I participated and failed, but in that process, I learned a lot and with my constant efforts finally secured a rank in Science Olympiad. I got to know my potential in the higher competitive exams like JEE, IAS, UPSC, SSC etc.

Helps in profile Building

- Now you must be wondering how Olympiads would help in building your profile. Well, as for me the participation certificates, medals and awards added a lot of value to my profile. Wherever I went for an interview the employers got really impressed with my profile. Moreover, do you know if you won any Olympiad or secured a good rank then it will help you get into the top universities of the world directly? It sounds amazing right?
- Keeping in mind the benefits of participating in an Olympiad, parents should encourage their children to participate. Letting them face competition from an early age will not make them steer away from the competition. In fact, they will learn to face these competitions with a bang on confidence.

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The roots of
Education are bitter,
but the fruit is **Sweet.**

- Aristotle

