**Fear Of Losing Marks**

**During Exam**

The marks or results which we receive after giving an exam in smaller classes is not seen by anyone further in life but still some of us have a fear of losing marks during exam. It’s also the case with me but I have trust on myself before and after giving exam that I would do well. It’s the same state with most of the students. The fear is something which would only scare and frighten us. Fear is something which we have to defeat to progress in life. The fear which I can defeat is by having full faith and trust on myself. This is the best way by which we can face it with confidence. But I still fear of exams results rather than exams for losing some of marks. There are different fears which we will face throughout our life. It would come, there is a certain chance, but the main point is how we face the fear and challenges. Usually the marks are not so important to be noticed but still, there is a small fear stick in the mind which is not easy to win over it, of losing marks. The marks is only noticed when we receive our results, so it does not usually has a good value. So the main focus is to face it confidently.

**-ARUL KASHYAP**