

How to study ?

(Includes remedies to overcome failure)

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(An '*' sign has been placed alongside important points)

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Preaface

'Actually, I am fed up of studies. I study only because my mother is after me !', says Master Vinay, a 6th standard student. Today, most children are seen studying due to their mother's insistence or father's fear or under stress of competition. Study never takes place wholeheartedly. As a result, expected success is not obtained in exams, and this gives rise to sorrow. Sorrow robs the child of enthusiasm, leading to further failures and thus, the child is caught in vicious cycles of sorrow and failures. This Holy text provides an excellent way of breaking this cycle.

O Children ! If you try to understand the appropriate perspective underlying studies, you will enjoy your studies instead of feeling bored. There are specific techniques of studying. Following them brings about qualitative improvement in studies. This Holy text elaborates upon how concentration can be achieved with techniques such as regular praying, chanting God's Name, taking autosuggestions etc. Some students get suicidal thoughts due to stress of studies or failure in exams. This Holy text also guides on how to overcome exam anxiety, how to answer question papers with confidence and how to overcome suicidal thoughts.

With a sense of duty, if parents mould the mind of their child while still young, inculcate good sanskars in it, then the child will grow up to become an ideal personality (just like a well-nurtured sapling). For the bright future of their children, parents too should read this Holy text.

We pray unto the Holy feet of Shrī Guru that may all students perform various acts as mentioned in this Holy text, and succeed not just in school exams but in the exam of life as well. - **Compiler.**