

Text series on 'Balsanskar' : Vol. 5

How to study ?

(Includes remedies to overcome failure in exams)

(English)

Compilers

Proponent of the 'Hindu Rashtra'

**Sachchidānanda Parabrahman (Dr) Jayant Athavale
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Sanatan Sanstha

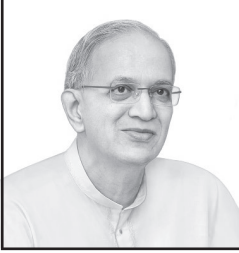
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Marathi (345), English (201), Kannada (199), Hindi (196),
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Introduction to the Compilers

Brief introduction to the unique mission of Sachchidananda Parabrahman (Dr) Athavale



1. Established 'Sanatan Sanstha' to propagate Spirituality
2. Propounder of 'Gurukrupayoga' for faster God-realisation : By performing spiritual practice as per 'Gurukrupayoga', 128 seekers have become Saints and 1,043 seekers are progressing towards Sainthood as of 20.9.2024.
3. Unique creation of Spiritual texts on various topics such as Deities, spiritual practice, daily conducts, Nation & Dharma, etc.
4. Founder-Editor of Hindu Periodical 'Sanatan Prabhat'
5. Proponent of 'Hindu Rashtra' (Divine Rule) (Year 1998)
6. Uniting Saints, Sects, devout Hindus, patriots and social workers and providing spiritual guidance to them to establish the 'Hindu Rashtra' (Divine Rule)

(For complete introduction, visit - www.Sanatan.org)

Assurance of Sachchidananda

Parabrahman (Dr) Athavale to seekers

*The gross body has limitations of time and space
How can I be with everyone, at all times
Sanatan dharma is my eternal form
In this form I always exist everywhere*

Jayant Balaji Munde

17.5.1996

Introduction to H.H. Sandeep Alshi



Besides compiling Sanatan's Texts, H.H. Sandeep Alshi also composes Prasar material (for example - Sanatan Almanac, Dharmashikshan Posters, etc.). He writes inspiring articles for the 'Sanatan Prabhat' Periodicals which provide information on spiritual practice, Nation & Dharma.

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Note for Readers

The perspective of students as well as parents towards studies, obstacles in studying etc., has been discussed in this Text. Hence, as per the need, a topic has been discussed in Chapter 1 as well as Chapter 2.

❧ Dear parents ! ❧

This Text series helps get rid of all child-related worries



A pot gets the shape that a potter gives it. Once baked, its shape cannot be changed. Likewise, we need to take special care to mould a young child's mind. It is difficult to create good *sanskārs* in a grown up individual. However, in youngsters the mind is more receptive and hence, it is easier to inculcate good *sanskārs*.

Parents worry how they will find time in their busy work schedule to keep their child away from temptations such as television, cricket, etc. and in addition inculcate good *sanskārs* in them. Sanatan's 'Sanskar' Text series provides a solution to this problem. This series is a valuable treasure that will make the life of your child blissful.

Nature has bestowed the mission of moulding a child's mind on the child's parents, and sowing the seeds of *sanskārs* in it. Every point in each of the Texts of the 'Sanskār' series is practically the seed of a good *sanskār*. Hence, parents must make their child read this series and discuss the points with their child. Advise them to repeatedly read this Text series and make them practise the acts mentioned in these Texts. Children love to emulate their parents. Hence, through your conduct and thoughts, set ideals for them; this is our sincere request to all parents. - **Compilers**



Preface



“Actually, I am fed up of studies. I study only because my mother is pressurising me”, says Master Vinay, a 6th standard student. Today, most children are seen studying either due to their

mother’s insistence or due to fear of their father. Sometimes it is the stress of competition that motivates them. Thus, children do not study wholeheartedly, and the expected success is not obtained in exams, giving rise to sorrow. This reduces the child’s enthusiasm, leading to further failures, and he is caught in a vicious cycle of sorrow and failures. This Text provides an excellent way of breaking this cycle.

Dear children, if you try to understand the correct perspective of studying, you will enjoy your studies instead of feeling bored. There are specific techniques that can help you to study. By following them you can bring about a qualitative improvement in your studies. This Text will guide you on how to improve your concentration with regular prayers, chanting God’s Name, taking autosuggestions, etc. Some students may get suicidal thoughts due to the stress of studies or failure in exams. This 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 children while they are still young and inculcate good *sanskārs* in them, then the child will grow up to



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become someone who has an ideal personality, just as a well-cared for sapling grows into a beautiful tree. For the bright future of their children, parents too should read this Text. We pray unto the Holy feet of Shrī Guru that all students may perform various acts as mentioned in this Text, and succeed not just in their school exams but in the examination of life as well. - **Compilers**

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Clarification on prefixing a title to Paratpar Guru (Dr) Athavale's Name

Great Maharshis have written the future in the Jeevanadipattis thousands of years ago. Saptarshis guide Sanatan Sanstha through the medium of Jeevanadipatti Readings. As per the instructions of Saptarshis through the medium of Saptarshi Jeevanadipatti on 13.7.2022, the title 'Sachchidananda Parabrahman' has been prefixed to Paratpar Guru (Dr) Athavale's Name. Even if this be so, seekers have earlier (and continue today too) addressed Him as 'Param Pujya' [or His Holiness] and 'Paratpar Guru' in their writings. We have retained the way He has been addressed by the seekers.

Note : For non-English and spiritual words used in this Text, please see the Glossary at the end of this text.

Read Sanatan's Booklet in the 'Balsanskar' series

**Protect your children from the harmful
effects of TV, Mobile and Internet**