

Text series on 'Balsanskar' : Vol. 5

How to study ?

(Includes remedies to overcome failure in exams)

(English)

Compilers

Parātpar Guru (Dr) Jayant Balaji Athavale

('Sainthood' or 'Stage of a Guru' denotes 70-79 % spiritual level, 'Stage of a Sadguru' denotes 80-89 % and 'Stage of a Parātpar Guru' denotes 90% and above.)

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Sanatan Sanstha

Over 7.72 million copies of 316 Sanatan's Texts published as of July 2019 in Marathi, Hindi, Gujarati, Kannada, Tamil, Telugu, Malayalam, Bengali, Assamese, Odia, Gurumukhi, English, Nepali, Serbian, French, German and Spanish.



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 method 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 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**



Why does Sanatan follow Oxford (UK) English ?

Principally, there are 2 types of English all over the world - USA and UK.

The two key dictionaries from either side of the Atlantic are Merriam-Webster (USA) and Oxford (UK). Both these dictionaries accept the differences between American and British English and make references to both in their word definitions. The language one speaks is English; the dialect is American English. Similarly, British English is also a dialect of English, even though it can be thought of as the 'original' dialect. Given the fact that UK's is the 'original' English, Sanatan has selected to follow it in spiritual texts.



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.

Chapter 1 : Guidance to students

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