

## **HINTS FOR EFFECTIVE STUDY**

- (1) Follow a fixed routine. Observe the rule 'Study while you study and play while you play.'
- (2) Read always with pen and paper in hand. Keep a habit of writing notes and summary of what you have read.
- (3) Start from the starting, have clear understanding of the fundamentals of subject and then only proceed.
- (4) Do not proceed to next lesson till you have revised the previous one.
- (5) Study with full concentration of mind. The concentration of mind can be increased by:-
  - I. Meditation and prayer to God for concentration of mind, particularly at night before going to bed and after getting up from sleep in the morning.
  - II. Minimizing the diversions – movies, T.V., Magazines, gossiping etc.
  - III. By taking optimum quantity of food – neither less nor more and avoiding the exciting food.
- (6) Take the help of graphs and charts for clarity of understanding and for ease in memorizing.
- (7) Read the books of Swami Vivekananda every day for at least ten minutes.
- (8) Keep off all worries. "Do your best and leave the rest." Dedicate all the fruits of actions including studies at the feet of the Lord.
- (9) Have confidence. Remember the story of 'Lion and the sheep.' Remember the powerful words of Swami Vivekananda – "Come up O lions and shake off the delusion that you are sheep. You are souls immortal, spirits free." Infinite power is residing within every one.
- (10) Remember the law of Karma – 'As you sow, so you reap.' You are the creator of your destiny.' So work hard.

Swami Nikhileswarananda  
Ramakrishna Mission Vivekananda Memorial  
Vadodara  
E-mail: swaminikhileswarananda@yahoo.com  
Web-site: www.rkmvm.com/sn