

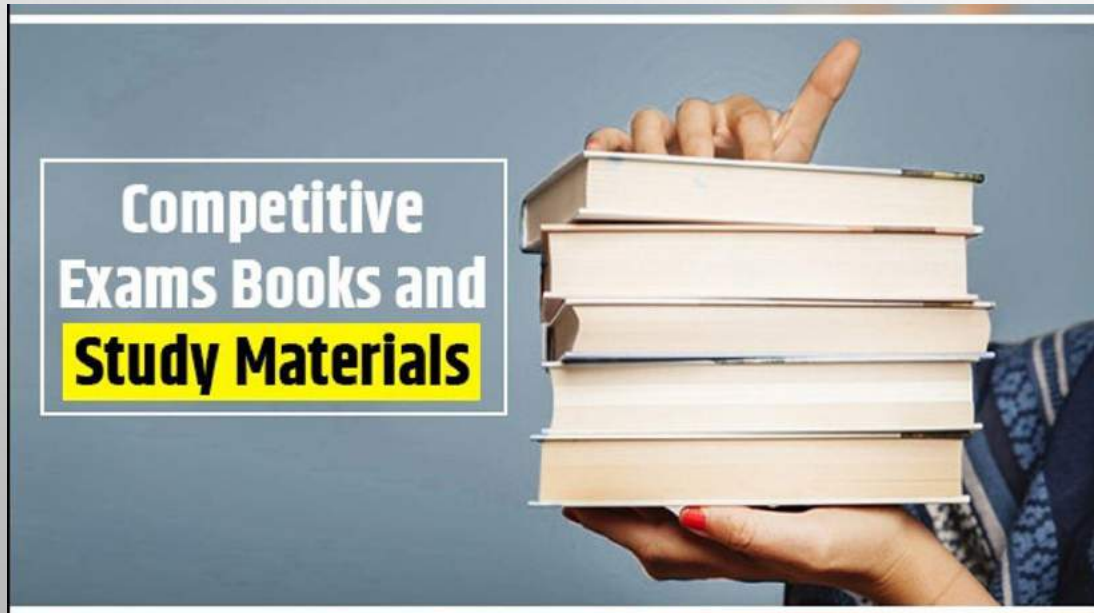


VSPM Academy of Higher Education  
ARVINDBABU DESHMUKH MAHAVIDYALAYA, BHARSINGI  
Tah-Narkhed, Dist-Nagpur



# HOW TO STUDY EFFECTIVELY FOR COMPETITIVE EXAM

## Lecture Series-1



**MR. BHARAT. B. MADAVI**

**ASSISTANT PROFESSOR**

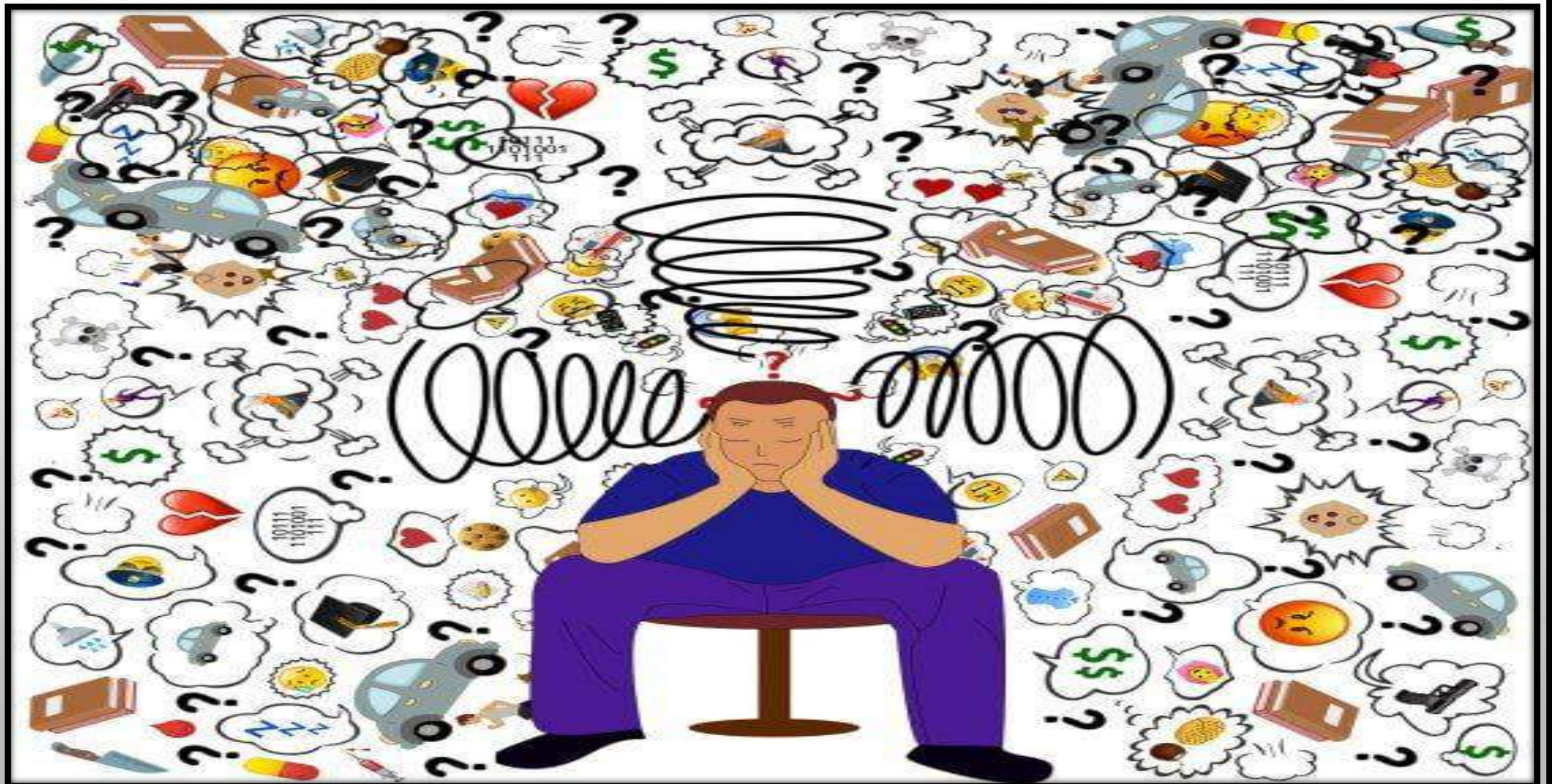
**DEPT OF PHYSICS**

**ARVINDBABU DESHMUKH MAHAVIDYALAYA**

# INDEX

- THE STUDENT PROBLEM
- MOST COMMON PROBLEMS IN STUDENTS
- BRAIN SYSTEM
- ENEMY OF BRAIN
- HOW TO TRAIN YOUR MIND
- LEARNING PYRAMID
- IQ & EQ
- EQUATION OF HAPPINESS

# PROBLEMS IN STUDENT LIFE



# MOST COMMON PROBLEMS IN STUDENTS

1. Less time more syllabus (Time Management)
2. Difficult to remember anything from syllabus (Less Concentration)
3. Financial problems
4. Medical problem (health issue)
5. Peer's pressure
6. Discrimination/Partiality (on the basis of Gender, Cast, race, religion or anything)
7. Language problem
8. Depression (Emotional imbalance)
9. Relationship
10. Not getting proper food (Diet)
11. Family problem
12. Easily Distracted
13. Locality
14. Festivals (some time)
15. Confused about right career options
16. No guidance
17. No Ambition
18. Involved in unwanted gossips
19. Less Motivation
20. Over thinking
21. No interest in studies



**DON'T!**  
**GIVE UP**

THERE IS ALWAYS A  
SOLUTION TO EVERY PROBLEM!



“

“Having a strong mindset is the  
key of success.”

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- Atalay Aydın

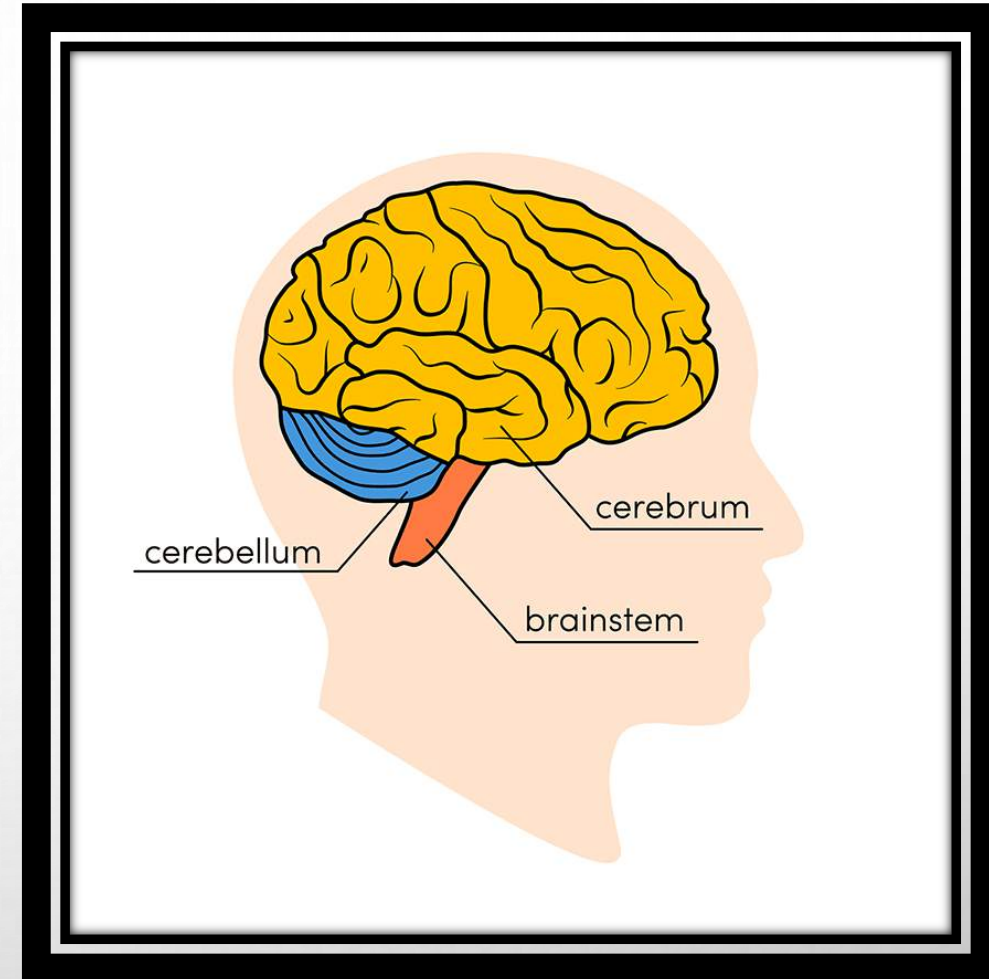
- **What is brain ?.**

the brain is a complex organ that controls our thoughts, memory and speech, movement of the arms and legs, and the function of many organs within our body.

- **Main parts of the brain**

The brain can be divided into three part cerebrum, brainstem and cerebellum.

1. **Cerebrum-** the cerebrum (front of brain) comprises gray matter (the cerebral cortex) and white matter at its center and it is the largest part of the brain.
2. **Brainstem-** the brainstem (middle of brain) connects the cerebrum with the spinal cord.
3. **Cerebellum-** the cerebellum (“little brain”) is a fist-sized portion of the brain located at the back of the head,

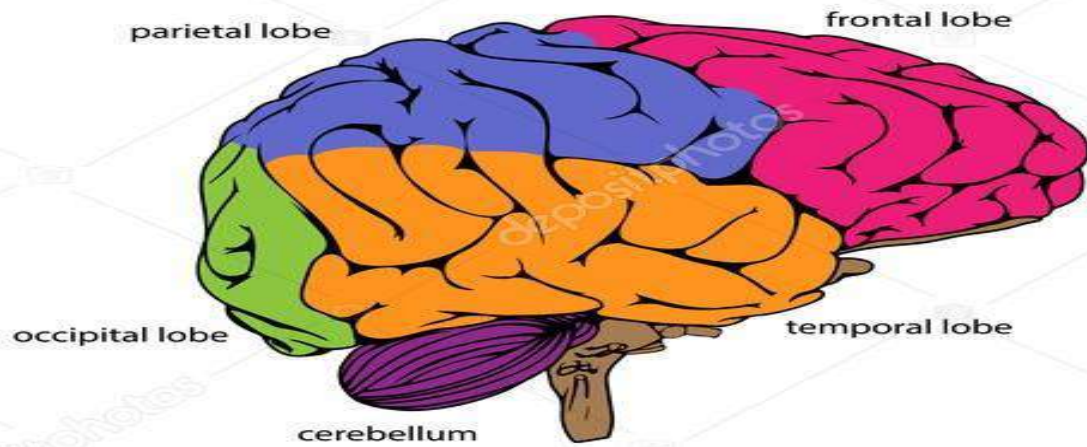


# HOW DOES BRAIN WORK

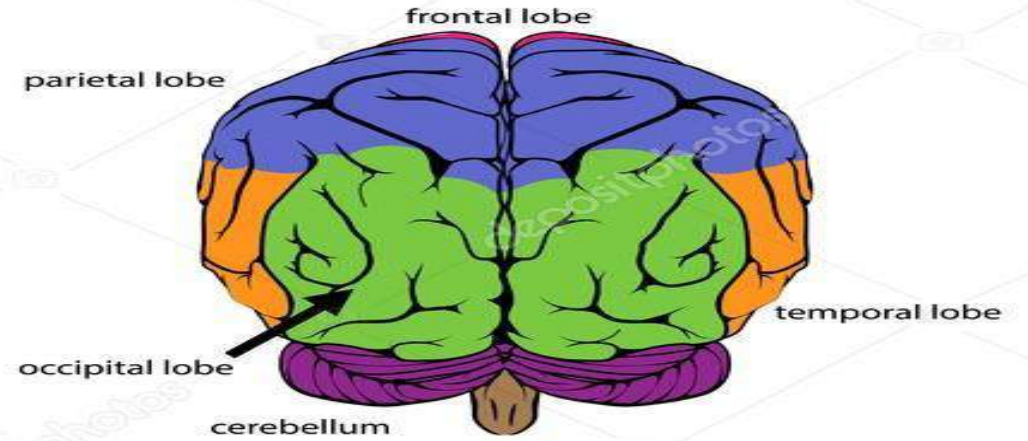
- The brain works like a big computer. It processes information that it receives from the **senses** and sends messages back to the body. But the brain can do much more than a machine can: humans think and experience emotions with their brain, and it is the root of human intelligence.
- The human brain is roughly of weighs about 1.5 kilograms. Brain tissue is made up of about 100 billion nerve cells (neurons) and one trillion supporting cells which stabilize the tissue.



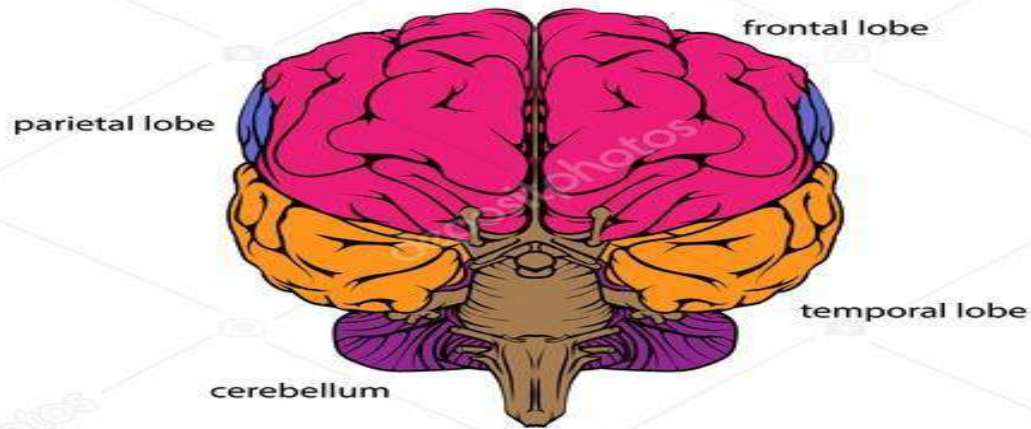
# VIEW OF HUMAN BRAIN



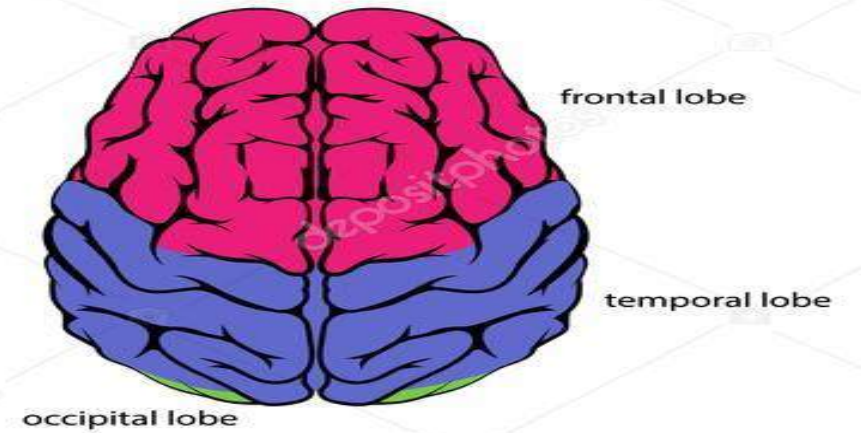
SIDE



BACK



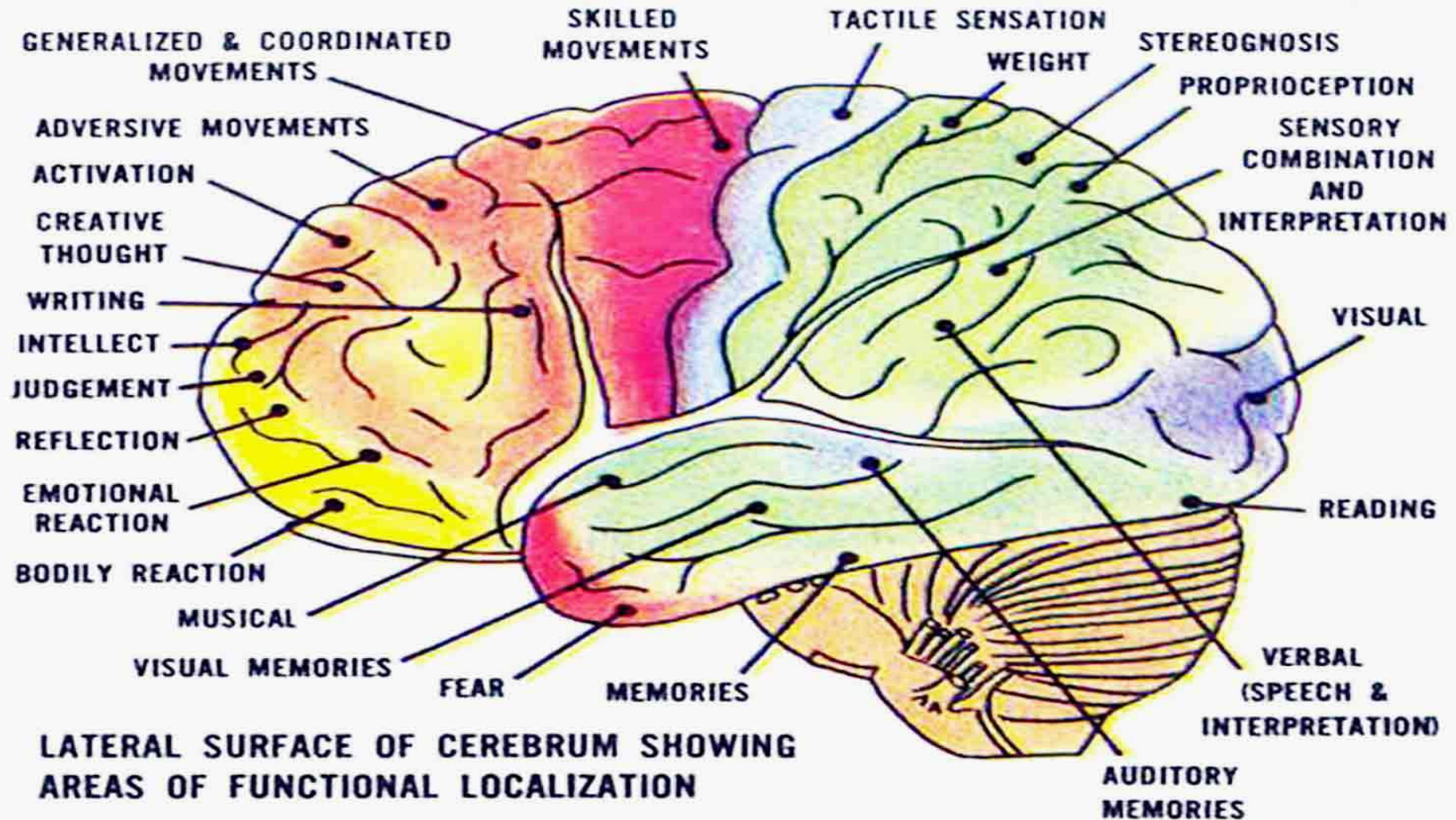
FRONT



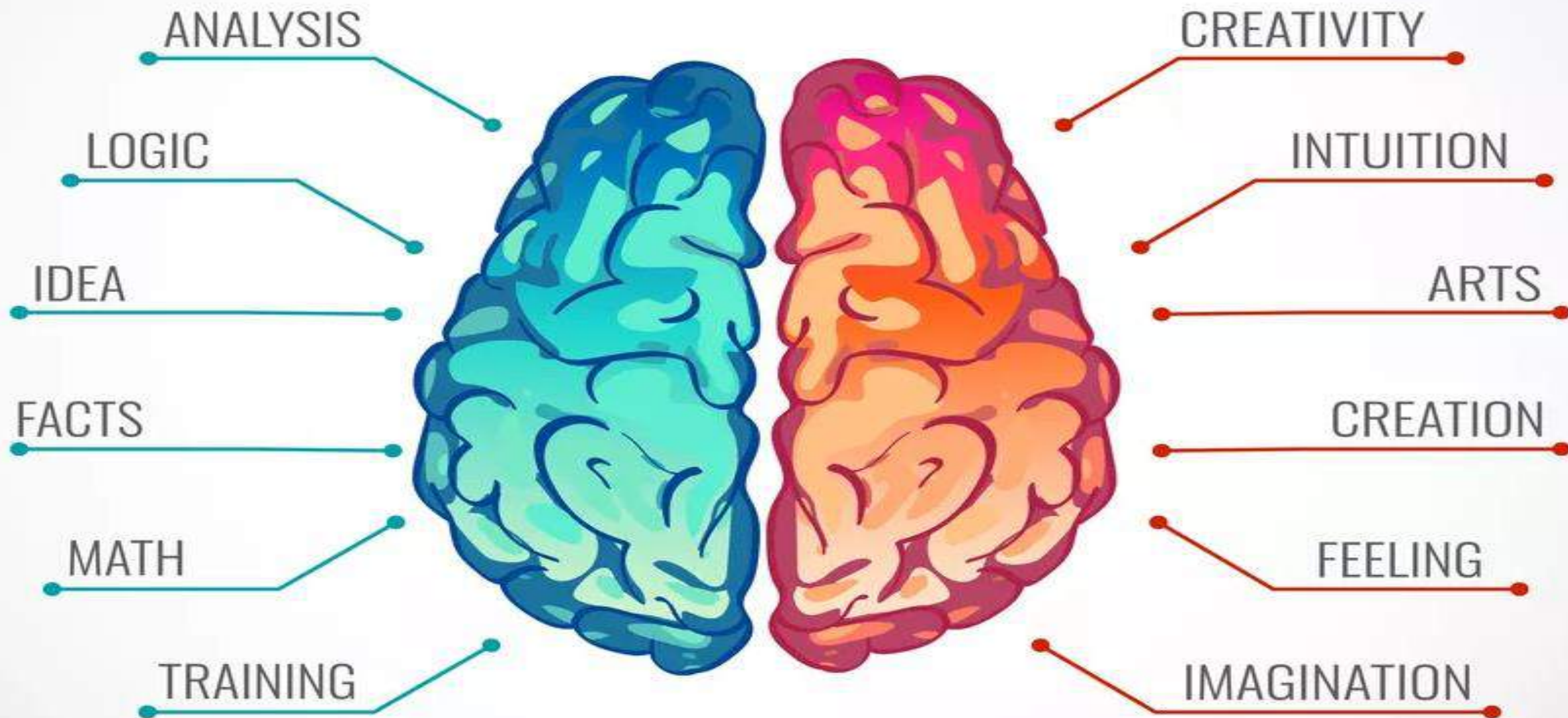
TOP

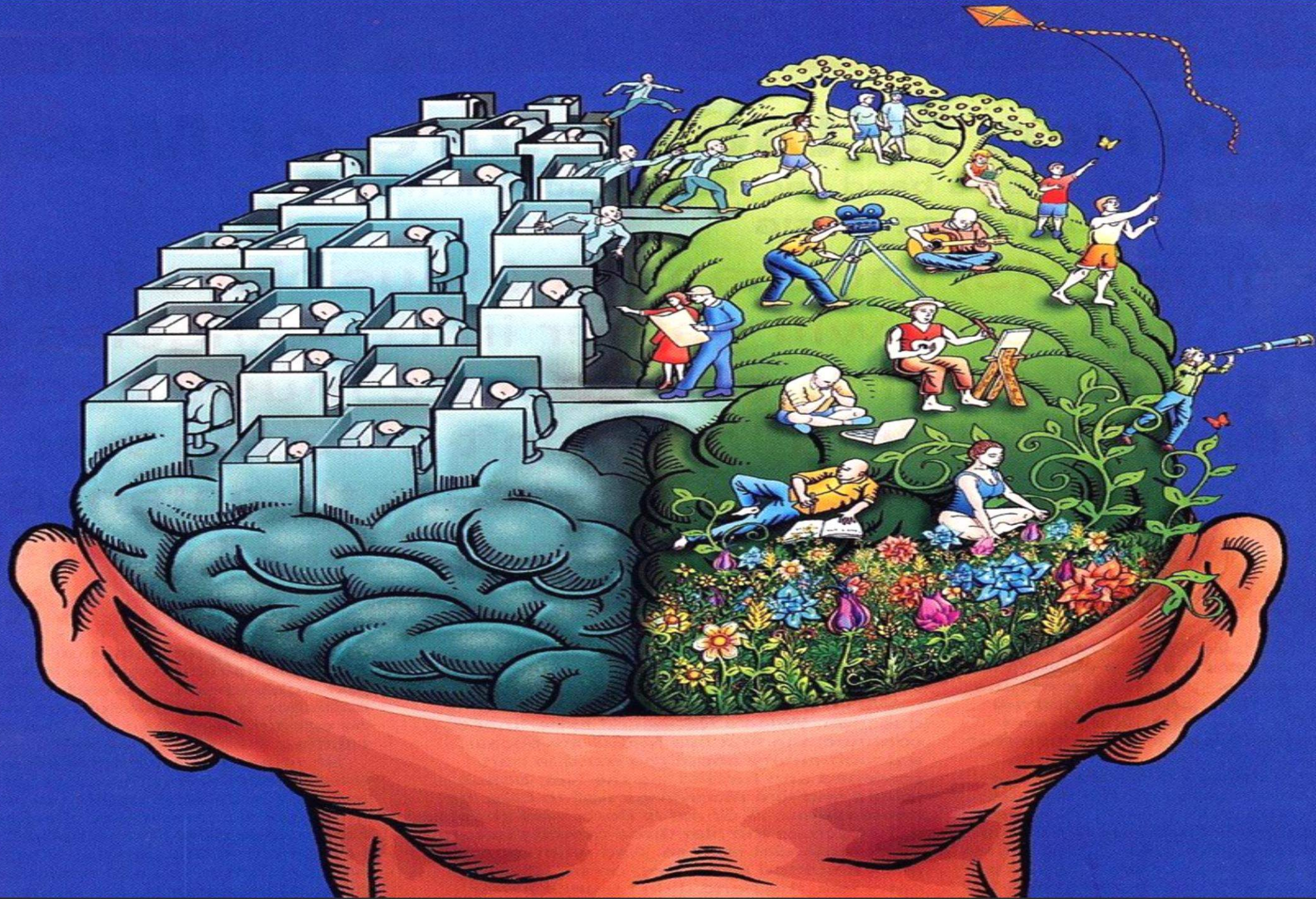


# FUNCTION OF HUMAN BRAIN

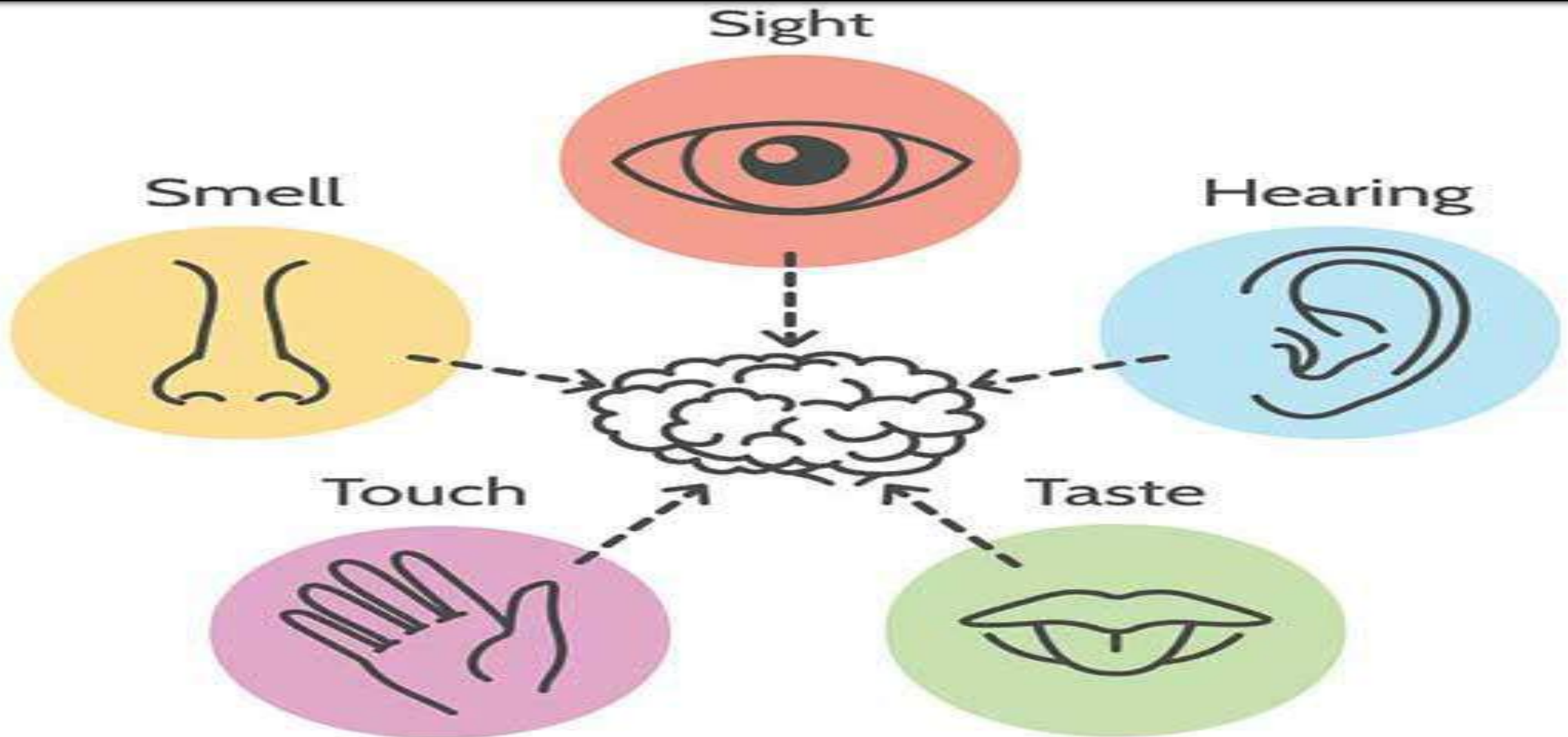


# LEFT vs RIGHT BRAIN

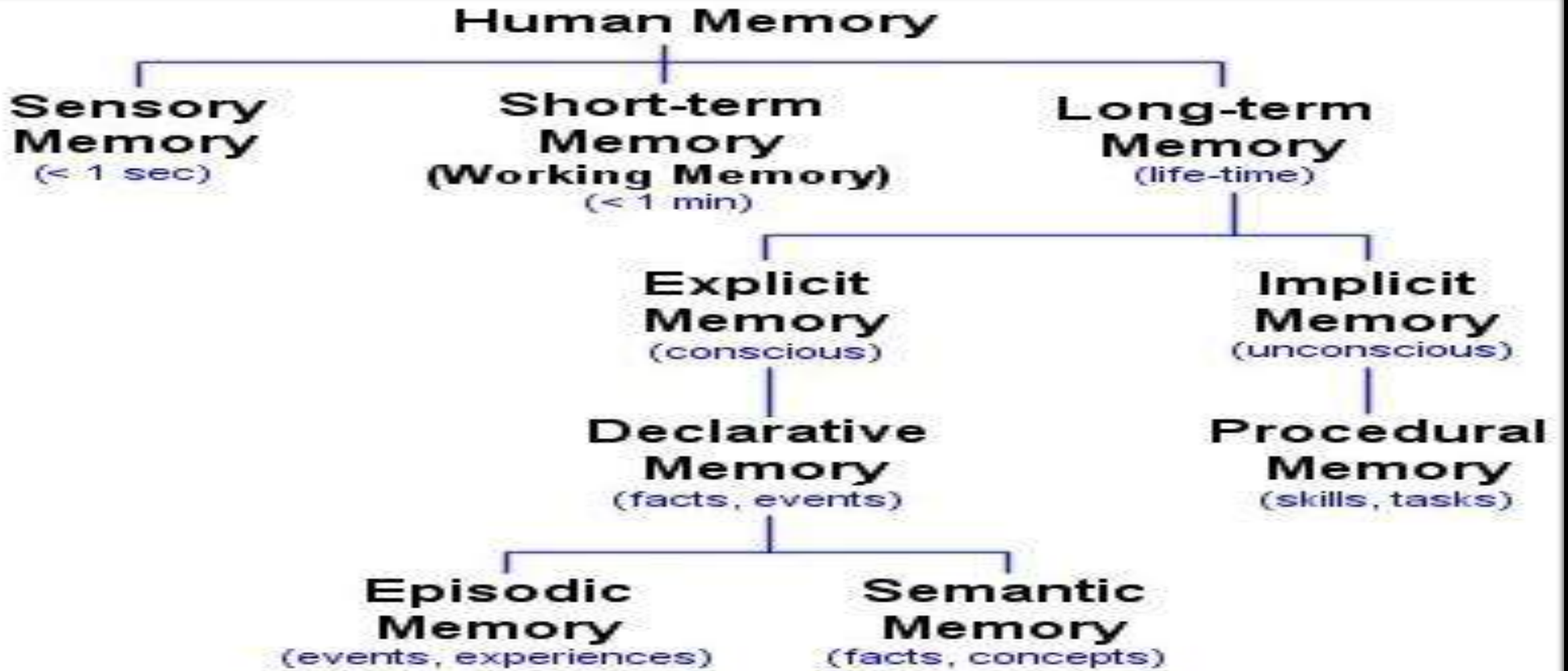




# 5 SENSES OF HUMAN BODY



# TYPE OF MEMORIES



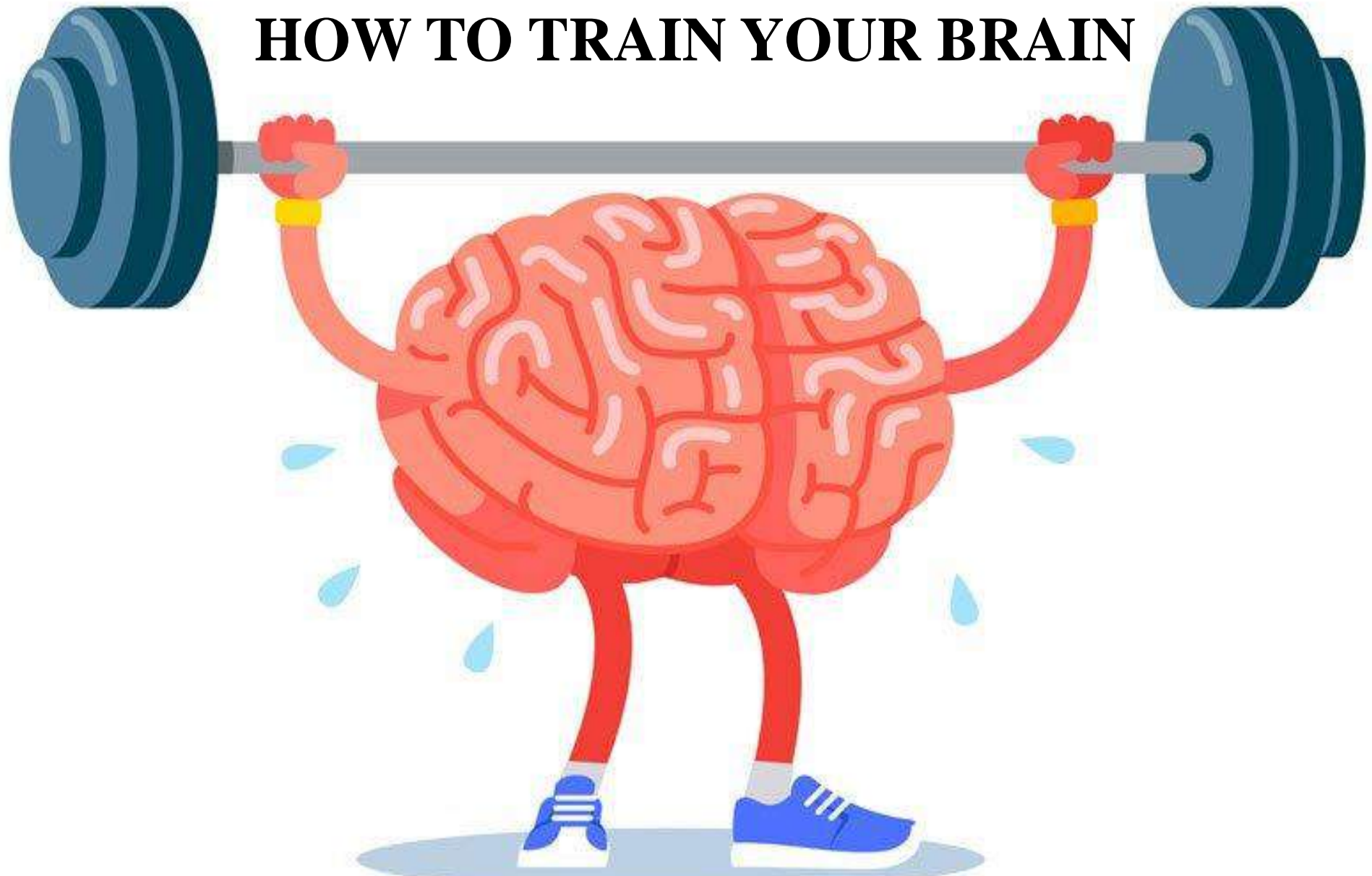
In addition to this there are good memories and bad memories

# ENEMY OF BRAIN

1. External damage to brain by means of accident
2. Dealing with some brain decease
3. Orthodox thinking or Narrow mind (not willing to accept opinions, beliefs, behaviours, etc. that are unusual or different from one's own)
4. Skip breakfast
5. Not taking proper diet
6. Not drinking enough water
7. Stress
8. Depression (Emotional Imbalance)
9. Addicted to Bad habits (Smoking, drinking Alcohol or anything)
10. Negative thoughts
11. Living in unhygienic area or not maintain hygiene
12. Eating excess food or junk food
13. Excess sleep and lack of sleep
14. Overthinking
15. Getting angry (Short temper)
16. Spend excess time on social media



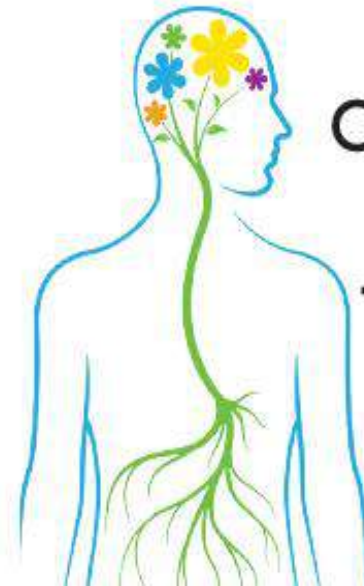
# HOW TO TRAIN YOUR BRAIN



**Your mind is the strongest and most valuable muscle you can grow in the gym**



# BRAIN NEED FOOD



Our **brain** is our **garden**.

The **roots** are nurtured  
by the **food** we eat.





# BRAIN BOOSTER



Every day 3-4 nuts



Less than Half liter every day



During Dinner



Anyone everyday (Season)



Once in a week and one egg every day is good for taking in breakfast (Season)



Once in a week



Either green tea or black tea everyday



Every day in lunch and dinner

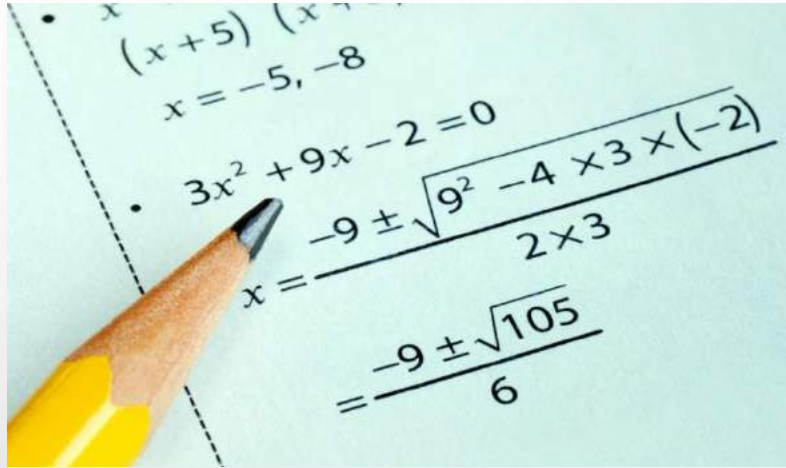


Add Ghee in your meal everyday (One Spoon)



6 liter of water every day

# MIND NEED EXERCISE



Solve Mathematical problems



Read Books Every day



Read news paper every day



Play challenging games



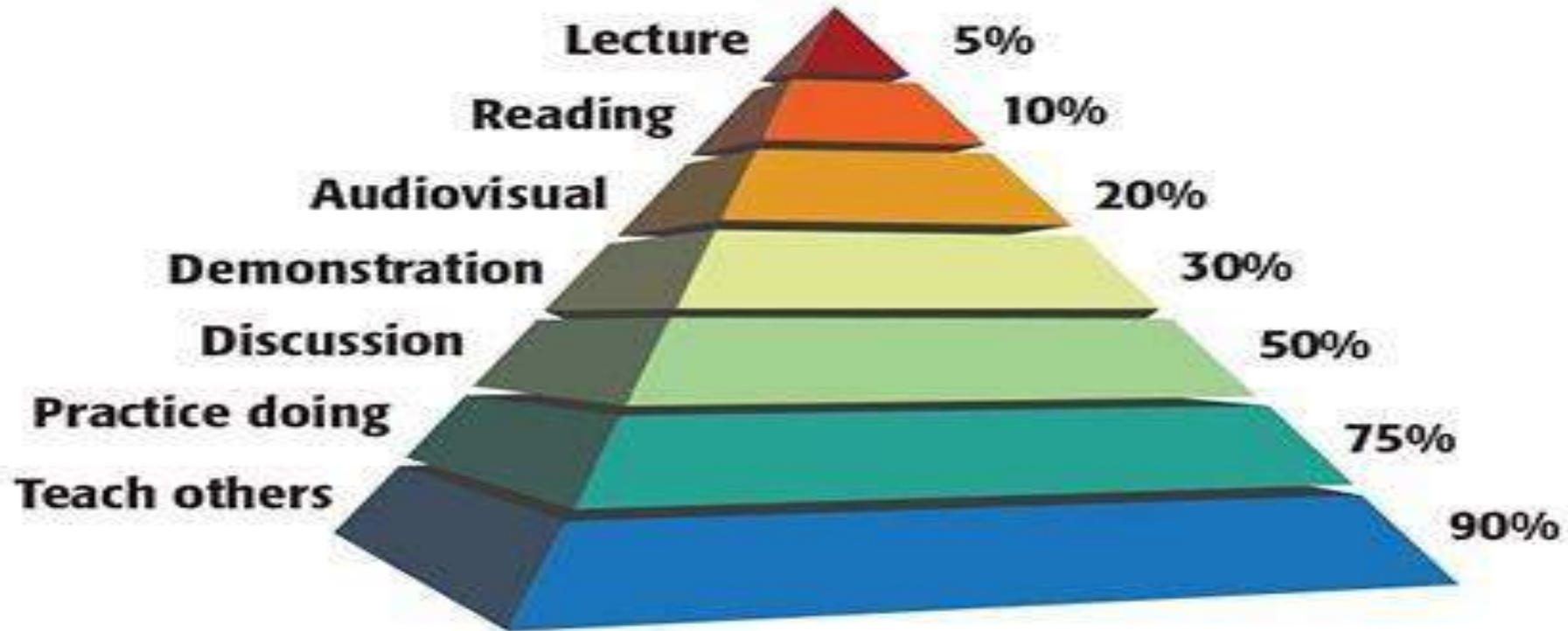
Learn different way of writing skill



Meditation, yoga, walk or Run

# Learning Pyramid

Methods of training and retention rates



Tip: Revision and writing can further enhance studies

**Who was Responsible for their Grief?**



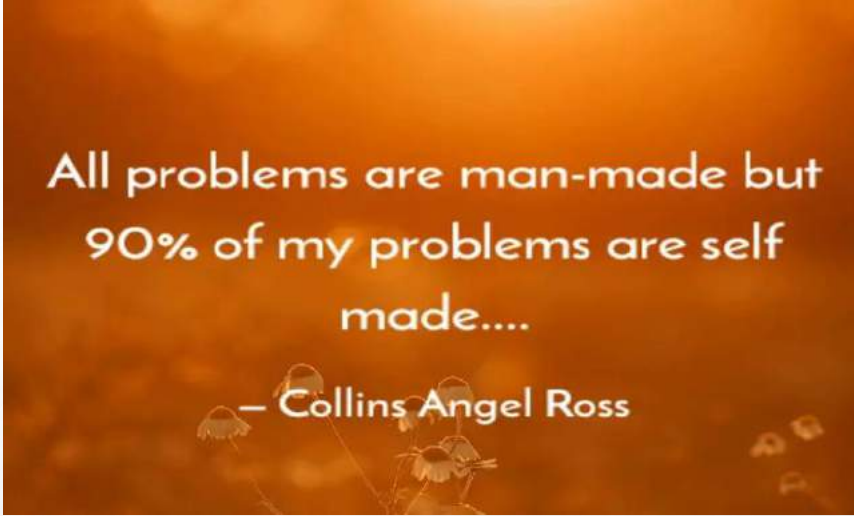
**HUM DUKHI THEY**



**LEKIN HAMSE BHI JYADA  
DUKHI DO AUR LOG THEY**

# SELF CREATED PROBLEMS

1. **Inferior complex (scared to participate in any events or competitions).**
2. **Always get angry on small things (Short-temper)**
3. **Live in a world of Imagination.**
4. **Choose not to talk with others or Shy personality (Socially inactive)**
5. **High ego (I am great)**
6. **Enjoy the company of bad people**
7. **Not going to college regularly and attending lectures.**
8. **Choose to sleep despite having a lot of work**
9. **Not trying for self-improvement.**
10. **Think that I am not intelligent or that I am dumb**
11. **Overconfidence.**
12. **Always leave in Comfort zone or not socially involved**
13. **Addiction to bad things**
14. **Involved in unwanted gossips**
15. **Leave in fear of future**
16. **Procrastination in work**
17. **No Ambition**
18. **Bad Listener**



All problems are man-made but  
90% of my problems are self  
made....

— Collins Angel Ross

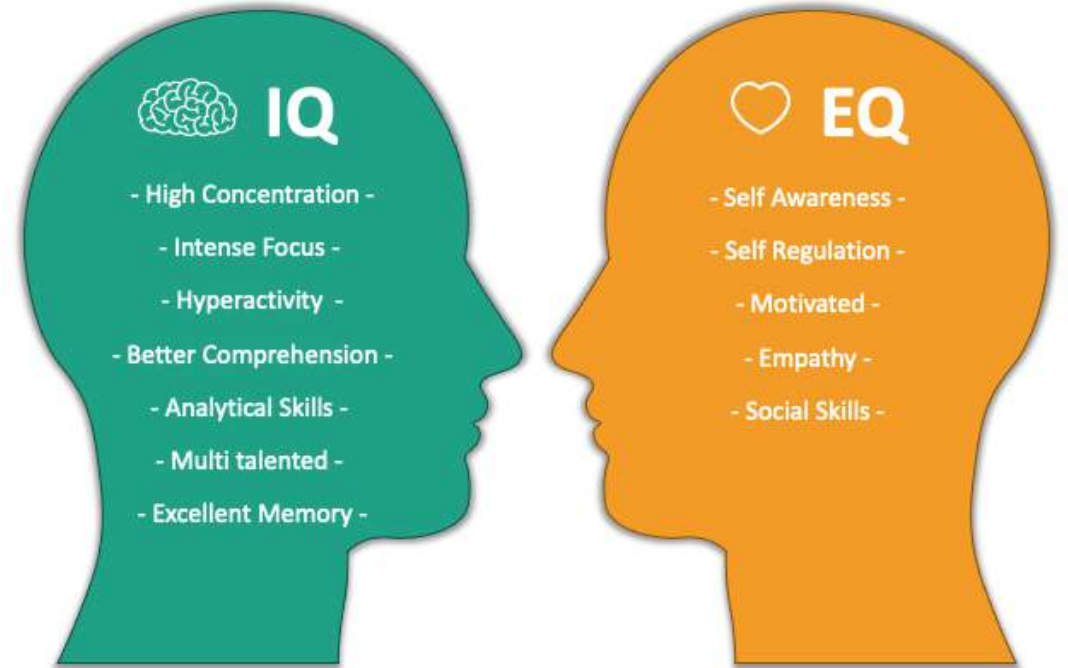
# IQ & EQ

EQ is Emotional quotient and IQ is intelligence quotient both having equal weightage. But researcher found that IQ can help you to be successful to the extent of 20% only in life. The rest of 80 % success depend on your EQ.



*High Concentration  
Intense Focus  
Better Comprehension  
Analytical Skills  
Excellent Memory*

*Self Awareness  
Self Regulation  
Empathy  
Social Skills*



# Low Emotional Intelligence

# High Emotional Intelligence

Aggressive  
Demanding  
Egotistical  
Bossy  
Confrontational



Assertive  
Ambitious  
Driving  
Strong-Willed  
Decisive

Easily Distracted  
Glib  
Selfish  
Poor Listener  
Impulsive



Warm  
Enthusiastic  
Sociable  
Charming  
Persuasive

Resistant to Change  
Passive  
Un-Responsive  
Slow  
Stubborn



Patient  
Stable  
Predictable  
Consistent  
Good Listener



**Equation of Happiness= Engaged in work + Achievements + Moksha**



Thank  
YOU!