

# **Art of Learning**




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**PRESENTED**

**BY**

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# C O N T E N T S

- 
- ✍ **Importance of Education**
  - ✍ **True Concept Of Education**
  - ✍ **Methods Of Learning**
    - Reading
    - Listening
    - Observation
    - Saying or Teaching
    - By Doing



## **Powers Of Effective learning**

- Concentration Power
  - ✓ Methods of achieving
- Grasping Power
- Power of Recollection or Recalling
- Visualization Power
- Memory Power
  - ✓ Introduction
  - ✓ Strategies of Memory
  - ✓ Methods of Encoding Or Recording And their effectiveness
  - ✓ Set Of Techniques for Improving Memory

## **Importance of Rajyoga Meditation in Effective learning**

# IMPORTANCE OF EDUCATION

➤ This is the age of science and Technology, which is also the age of competitions, challenges, crises, problems, emergencies, tensions etc.

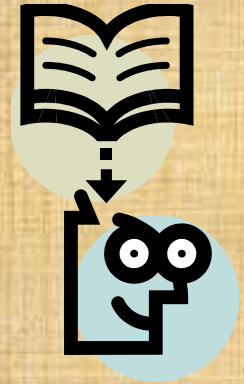
➤ Hence, if one wants to lead a happy, peaceful and stable life and do some thing in life, one must have formal education.

➤ Today an illiterate or uneducated person is considered to be liability to the society.



# TRUE CONCEPT OF EDUCATION

- The word education is derived from the word 'educate'.
- To educate means to bring out i.e. what is inside in human being that is to be brought out.
- But today on the name of education mainly induction is going on i.e. what is out side in the world that is being pushed inside.
- Present education system has made the man full of information but has failed to make him an ideal human being with values, virtues and powers.





- There has been an increased in I. Q of a man but the E. Q., which is more important than I. Q., of the man has gone down due to today's education system.
  
- True Education is that
  - Which leads to true conception and perception of knowledge of various subjects.
  - Which leads to inculcation of values, virtues and powers.
  - Which develops positive attitude, wisdom and maturity.
  - Which liberates the man from all sorts of bondages.

# METHODS OF LEARNING

Learning is the best process of education. There are many methods of learning. Each method is having its own importance.



## (A) READING

- This is the most common and easy method of learning.
- While reading one should see what should be read and how should be read.
- The first two alphabets of the word **READING** tells us **what** should be read and other five tells us **how** should be read.



**R - Related:**

You should read only that matter which is related your goal and field of interest.



**E -**

**Educative:**

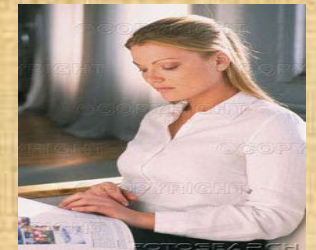
You should read only that subject matter which truly educates you.



**A -**

**Attention:**

You should read with full concentration and attention.



**D -**

**Depth Or Detail:**

Nothing should be read superficially read in depth and detail.





## I - Interest:

You should read with full interest. If the interest is lacking in the subject matter, it should be cultivated.



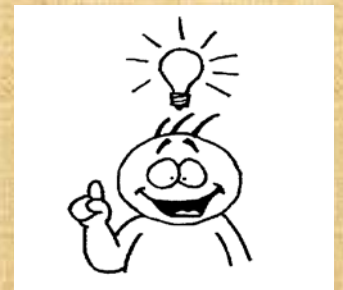
## N - Note:

What ever you read note down at least the salient point of the subject matter.



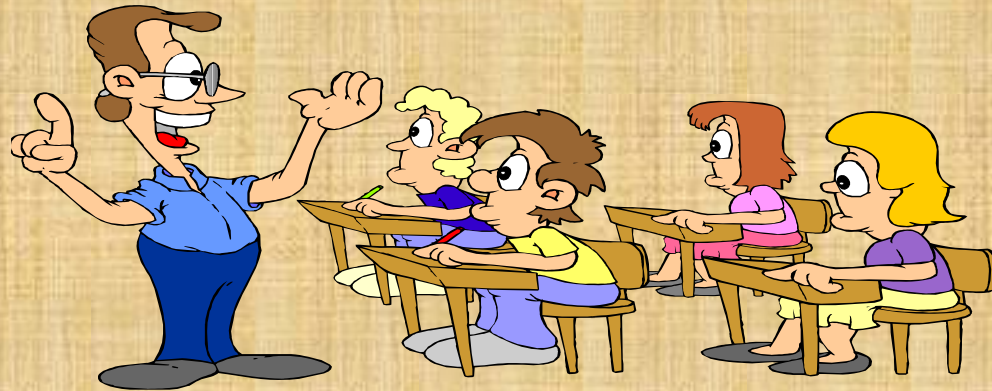
## G - Grasp:

Main purpose of reading is to grasp. While reading you should try to grasp each and every aspects of the subject matter.



## (B) LISTENING

- ✓ In education institutions mostly the learning is through listening. Teacher, gurus, guides speaks and students listen.



- ✓ Just like the word **'READING'** the word **'LISTENING'** itself tells us how to listen for best learning.





## **L - Lovingly:**

Listen to your teacher lovingly.



## **I - Isolate:**

In order to concentrate and focus your attention on subject matter.

## **Interrogate:**

To clarify the doubts or ungrasped matter.



## **S - Solace:**

Listen with ease and comfort not in tension and anxiety.



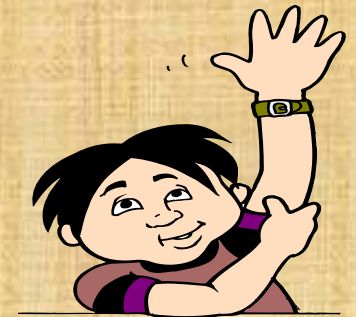
## **T - Trust:**

Trust and accept whatever is being said by your teacher.



## **E - Enthusiasm:**

Have full enthusiasm to learn subject matter.



## **N - Nicely:**

i.e. satisfactorily and with good manner.

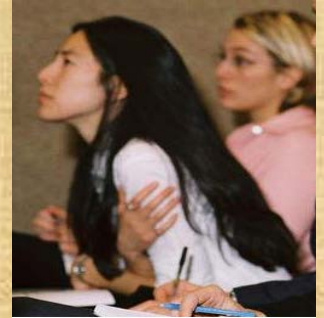
### **Nicety:**

i.e. in exact detail.



## I - Interest:

You should listen with full interest. If the interest is lacking in the subject matter, it should be cultivated.



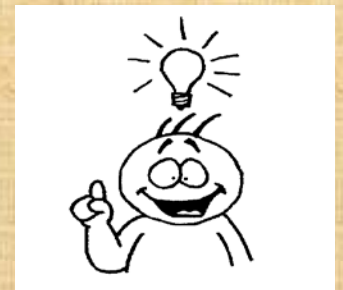
## N - Note:

What ever you listen note down at least the salient point of the subject matter.



## G - Grasp:

Main purpose of listening is to grasp. While listening you should try to grasp each and every aspects of the subject matter.





**( C )      OBSERVATION**

One can learn a lot from observation of the nature, environment, changing situations, behavior of different human beings, animals and other living organisms.

**( D )      SAYING OR TEACHING**

It is said that teaching is the best of method learning. If you say or teach to others, your perception of the subject matter will get strengthened and will get well settled in your memory.

**( E )      BY DOING**

Learnt matter when you put it in practice or when you do the things as per your learning and get the results, it adds to your experience and your learning gets strengthened.

# POWERS FOR EFFECTIVE LEARNING

## CONCENTRATION POWER

- This is the most important power required for efficient and successful learning.
- Nothing can be learnt without focusing our attention on the subject or the object.
- If you want to develop a special skill or want to learn a special art then you will have to put your efforts with full concentration of mind.
- Thus, concentration power is the foundation of the successful and effective learning.



## The present status of human mind

- It is highly polluted and degraded.
- Under the influence of vices our thoughts, attitudes, perceptions, words and deeds have become negative, which has developed a large amount of negativity in our subconscious mind.
- We have so many wasted and selfish interests.
- Psychologists say that human mind is so vague that around 35000 thoughts are generated in a common man mind per day. Out of these around 80% of our thoughts are toxic, negative and wasteful.



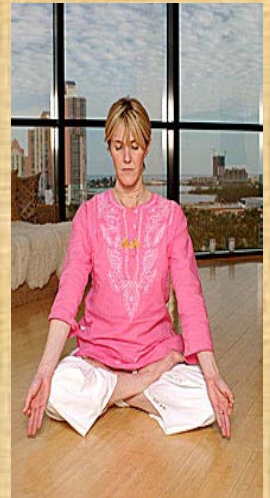
***With this state of mind it may be difficult for someone to concentrate.***





# Efforts to be made to increase the concentration power-

- ✓ Have a burning desire for learning the subject.
- ✓ Try to get mentally and physically relaxed by adopting any relaxation method.
- ✓ Reduce the speed of thoughts i.e. number of thoughts generated in mind.
- ✓ Withdraw your mind from all sides especially from wasteful and vague thoughts.
- ✓ Initially try to concentrate your mind on physical object or process.
- ✓ Then transfer your concentration on reading, listening, observing etc.



# Deep Breathing Technique For Achieving Concentration

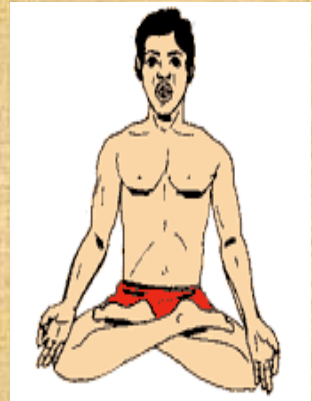
## Position

- Sit up in an upright position on the floor in *Sukhasan* with both the legs flat and crossed on the floor.
- Hold your hands loosely in your lap, with palms one over another ( *Lopa Mudra* or *Gyan Mudra* ).
- Keep your head erect so that your back and neck are aligned.
- Keep little distance between upper jaw and lower jaw.
- Lips may touch each other.



## Breathing technique

- Breath in for the period of 1.5 to 1.75 second or for 4 counts through your nostril.
- Hold the air (breath) in lungs for the period of 0.5 to 0.75 second or for 2 counts.
- Breath out for the period of 2 to 2.5 second or for 5 counts gently and slowly through your nostril.
- Before you start next cycle of breathing take rest of 0.5 to 0.75 second or for 2 counts.
- When you breath in let your belly come out steadily and gradually and when you breath out let your belly go in.
- Now fully concentrate on breath and try to feel the inflow and out flow of the breath within your nostril.
- Increase your concentration on your breath and now try to reel, within your nostril, the coldness of the air, which you inhale, and warmth of the air, which you exhale.
- Try to feel fully relaxed.



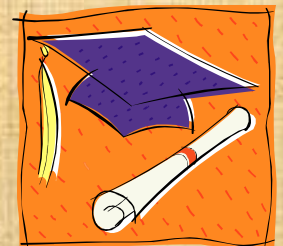
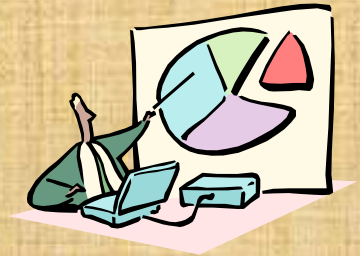
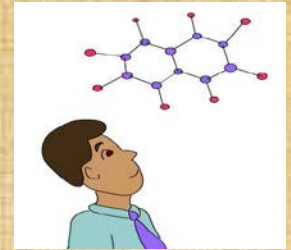
# GRASPING POWER

- ✓ Nothing can be learnt without grasping. Grasping will clear your fundamentals and will develop true conceptions and perceptions of the subject.
- ✓ One should try to understand the subject matter rather than trying to memorize it.
- ✓ Grasped subject matter leaves long lasting impression on our subconscious mind and hence can be remembered for long time.
- ✓ Memorizing or remembering any thing mechanically without understanding it, is not at all a real learning.



## For developing grasping power

- You should have a keen interest in the subject. If don't have, try to inculcate it.
- Try to understand the importance of learning the subject and how the knowledge of that subject will be useful to me in my practical or professional life.
- Rationalize your intellect.
- Adopt logical and analytical approach toward your learning.
- Your intention of learning should be to acquire the knowledge of the subject, not of merely passing the examination.



# POWER OF RECOLLECTION-RECALLING

- ✓ What ever you have learnt by reading, listening, observing etc, that should be recalled or recollected on the mental screen in a relaxed state of mind for firmly fixing and stabilizing the subject matter on your subconscious mind.
- ✓ Recollection of the subject matter on mental screen needs thinking in words as well as visualization.



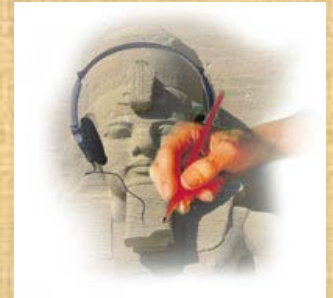
# VISUALIZATION POWER

- ✓ Visualization means what ever you think, read, listen in words, parallel picturisation of the same carried out on the mental screen.
- ✓ Subject matters are always learnt by our subconscious mind.
- ✓ Our subconscious mind understand pictures better than words.
- ✓ Words are effective only by 25% while pictures are effective by 75%.



# VISUALIZATION POWER

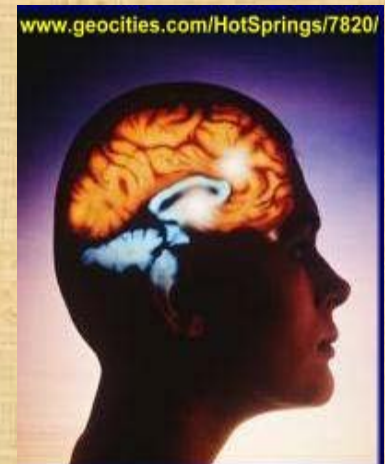
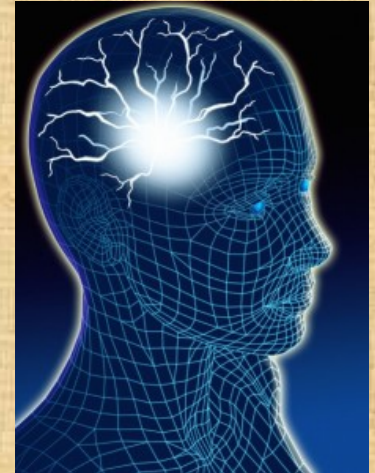
- ✓ Visualization makes the mind more creative. Most of the creative people in the world possessed very high power of visualization.
- ✓ The most successful scientist **Thomas Alva Edison** was once asked by his friend that why he was so successful in the life. Thomas replied in one sentence '**I never think in words but I always think in pictures**'.





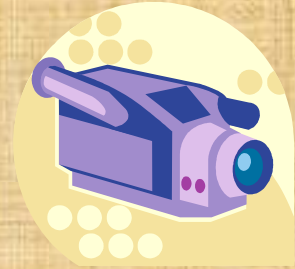
# MEMORY POWER

- ✓ Human being is having very vast memory power, however the most successful man utilizes only up to 15 to 20 % of his memory power.
- ✓ Remaining is just lying ideally.
- ✓ Hence the question is not the improving memory power but of utilization of it.
- ✓ Brain has 10.5 millions neurons. Even 10,000 die everyday, at the end of 80 years there will be difference of 3 % only.

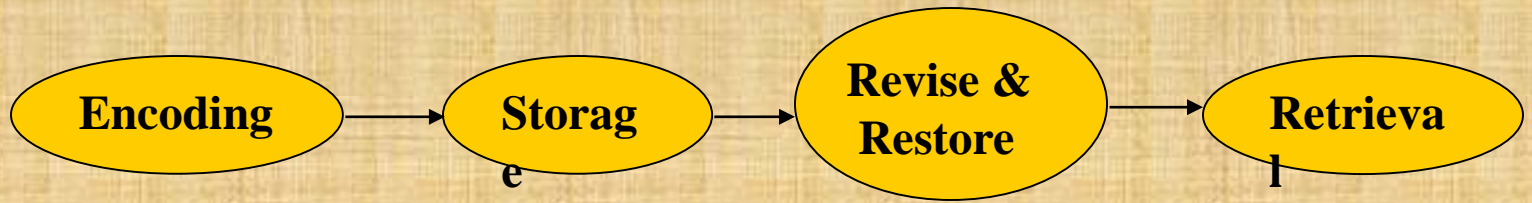




- ✓ Brain records every event and information like a faithful video camera.
- ✓ Once a thought or perception has been input to your memory it stays there for the rest of your life.
- ✓ What we call “forgetting” is either the inability to recall or failure to store information in the first place.
- ✓ Hence, Memory may be defined as :
  - (i) A process of storing incoming new information to be recalled in future.
  - (ii) A process of recalling a typical pre-experience.



# Strategies of Memory :



You Remember -----

25 % of what you read



35 % of what you hear



50 % of what you see



60 % of what you say



75 % what you do.



90 % of what you  
read, hear, see, say

and do.





- Revision is the best method of converting short term memory into long term memory.
- The following revision scheme may be adopted,
  - ✓ **First revision after 24 hrs.**
  - ✓ **Second revision after 1 Week**
  - ✓ **Third revision after 1 month**
  - ✓ **Fourth revision after 6 months.**
- Our sensory memory refrains any thing for 2 second e.g. telephone number special attention can keep if for 30 seconds.





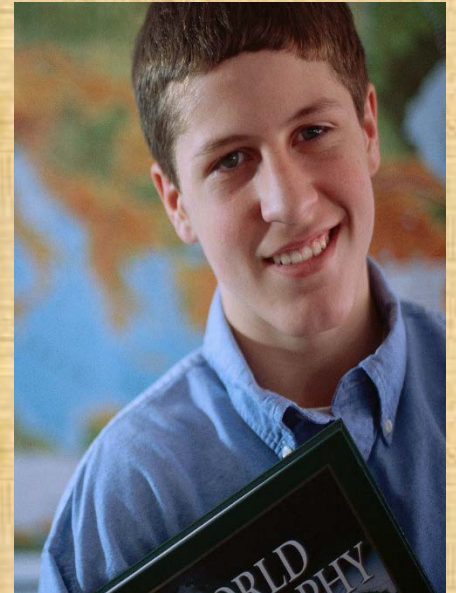
# Tips for Successful study

## Be Confident

Often students become very anxious and remain in doubt whether they will get good grades. This may be because of lack of confidence.

**Confidence comes when we have,**

1. faith in ourselves
2. no doubt in our capabilities
3. put best efforts to prepare well
4. faith in goodness and justness
5. learnt well from our teachers



## Be Consistent

- You must have certain amount of consistency in your efforts and some control over your senses.
- During examination time see that you don't allow any distraction to come in your way, and do not get influenced by the surroundings. e.g.
  1. dreaming about things of your liking,
  2. going to restaurants,
  3. seeing movies and televisions.
  4. remembering and meeting friends and relatives.

This may drift your mind.

- Keep away from all the sources creating disturbances in your study at least on the few day of your final revisions.



## Understand What You Study

When you read a book of your course,

- try to understand and grasp the subject matter.
- don't try to cram it out or blindly memories it. When you cram anything it leaves temporary impression on your subconscious mind.
- Hence, there is all possibilities of forgetting it which makes you nervous.
- Comprehension leaves permanent impression on your subconscious mind which is part of your long term memory.
- Hence, you are able to recollect the subject matter at any time any place.





## Don't Study Just For The Marks

Gaining good marks alone don't make you successful in life. It is, how many marks you got by understanding the subject matter; **that makes you successful**. Therefore try to study with the intention of absorbing and retaining the knowledge of the subject.

## Visualize What You Study

A Simple but most effective way to understand and remember something is to visualize it on your mental screen and **save it in your mind as a picture**.



## Fight The Tendency To Copy

1. By copying you do not learn anything, **very purpose of education is not served.**
2. In copying half of your time passes in thinking when and how to copy.
3. When you decide not to copy, you **stop wasting your time and energy on it.**
4. Have a trust on educational ethics, be honest and have a faith in yourself.

## Don't Keep Your Goal Small

Don't keep your goals low, always keep them high. **Keep your goal to learn and acheive something.** Let not getting marks or admission to a course be your only goal. Let knowledge be your goal.



## **\_\_\_\_Never Compare Your Self With Others\_\_\_\_**

Think that you are unique in this world. Don't try to compare yourself with other. This may crop up jealousy and may also develop superiority or inferiority complex which may hamper your energy. Don't think that anybody is better than you. **You do your best.**

## **\_\_\_\_Never Despair If Things Do Not Go Your Way\_\_**

Remember you are never a failure unless you think you are. **Do your best and life will bring you the best.**



## \_\_\_\_\_Improve your value system\_\_\_\_\_

Try to inculcate **at least** following values in your life to lead happy, peaceful, successful and contented life :

- ✓Honesty
- ✓Sincerity
- ✓Truthfulness
- ✓Punctuality
- ✓Humbleness
- ✓Hardworking
- ✓Curiosity of knowledge
- ✓Humility



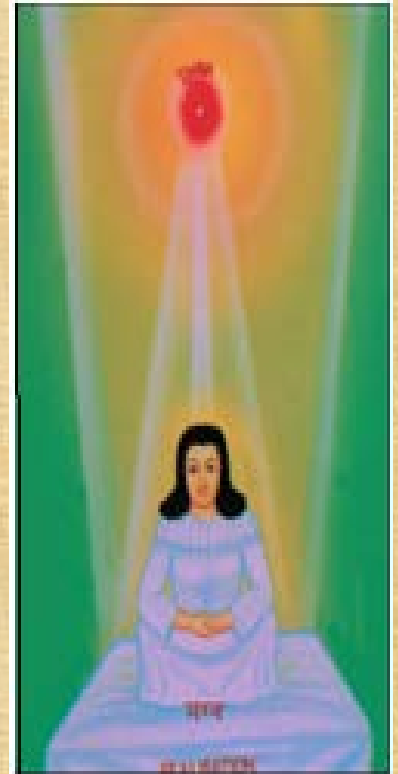
# RAJYOGA MEDITATION FOR EFFECTIVE LEARNING



- Rajyoga meditation has been proved to be the total and gross tool for the positive enhancement of mind potential.
- As very first step of Raj yoga meditation is to get relaxed physically and mentally which leads to alpha and higher state of mind.
- It is essentially an art of positive and creative thinking as well as of visualization leading to the development of positive attitude and perceptions.
- The very first realization of Raj yoga meditation is self-realization through introversion and introspection, which leads to the visualization of one's original self, which is essential for Learning power development.



- Due to self-realization one gets stabilized in soul consciousness and hence one easily gets free from vices, which leads to inculcation of values and virtues in life.
- Raj yoga meditation ultimately establishes a love full and purposeful union of the self with the supreme power, which leads to enlightenment, empowerment and enrichment of the self, ultimately leading to divine personality.
- It is a key leading to total personality transformation through self-realization, God realization and world realization.



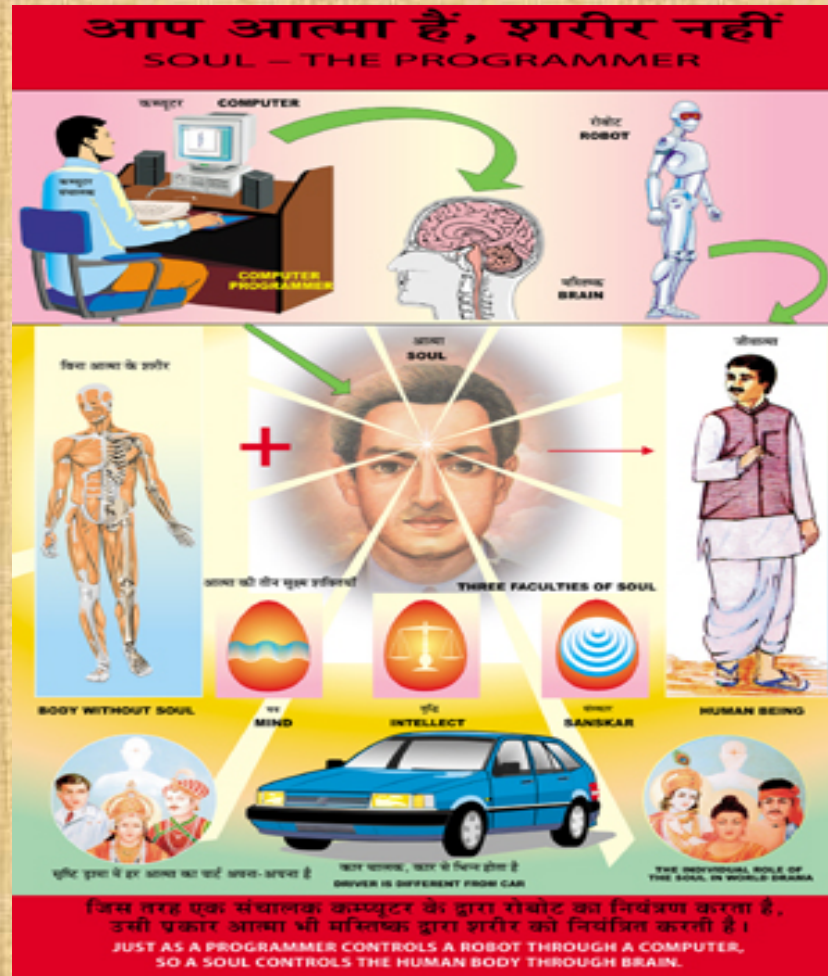
# ***Major Steps of Raj Yoga Meditation***

- Physical and Mental Relaxation
- Withdrawal
- Concentration
- Introversion
- Introspection
- Self Transformation
- Self Realization
- Linking up with God
- God Realization
- Empowerment And Enrichment of Self



# Self Realization

Means knowing one's own self





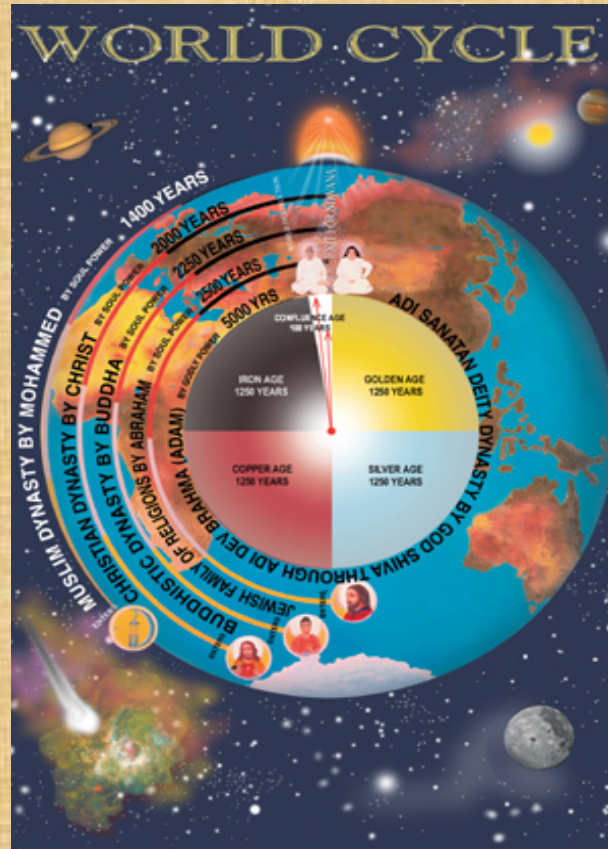
# God Realization

Means having true concept of GOD



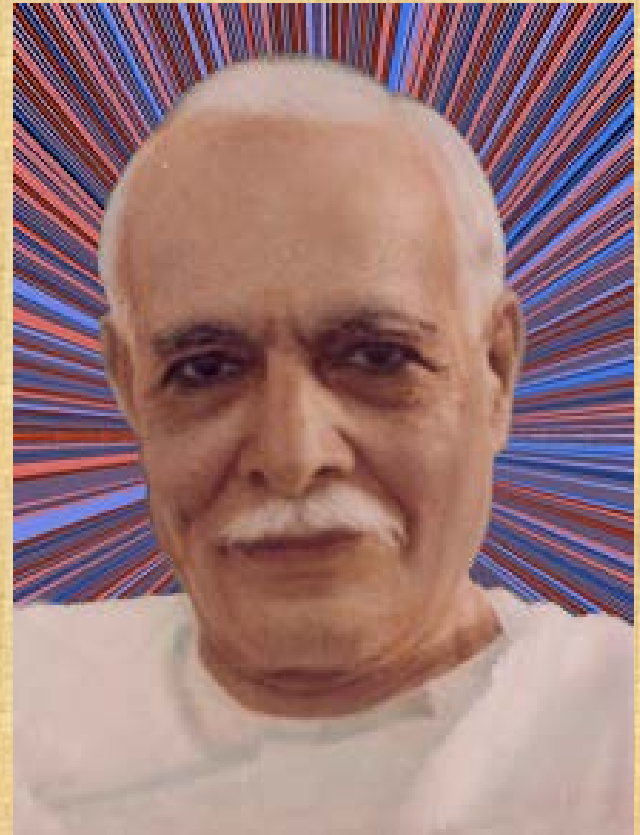
# World Realization

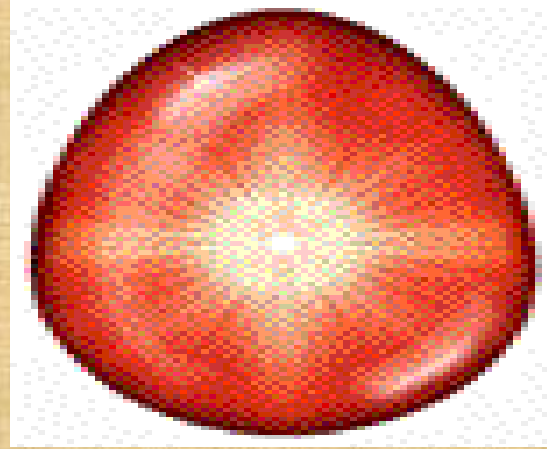
Understanding the eternal world drama and its principles



# THANK YOU VERY MUCH

FOR YOUR ACTIVE  
PARTICIPATION IN  
THIS PRESENTATION.  
WE HOPE YOU WILL  
CONTEMPLATE OVER  
VARIOUS POINTS  
SHARED IN THIS  
PRESENTATION AND  
MAKE IT A PART OF  
YOUR PERSONALITY.





Om  
Shanti