

# STUDY MASTERY

*Study mastery is a journey in which we strive to take our knowledge and skills to the highest level. This book is for all those students and individuals who want to make their studies more effective, organized and purposeful. Success can be achieved through the right way of studying, time management, mindset and motivation. In this book you will need to focus on study techniques as well as psychology, efficiency, and mental balance. The steps and tips provided in the chapters will make your study experience simple and inspiring. Additionally, this book is also meant to awaken your self-motivation, so that you can realize your full potential and achieve your educational goals. Through this book we will teach you ways in which you can make every aspect of your studies organized, productive and interesting. After reading this, you will not only be able to study better but will also move towards self-confidence and success.*

## **-:About the author:-**



*DRx Devesh Pal is a renowned life coach, motivational speaker and expert in the field of personal development. Understanding the real challenges of life, he has guided people to identify their life purpose, overcome mental obstacles and achieve their goals.*

*During his personal journey, DRx Devesh Pal learned a lot from his own struggles and experiences. He is now working to convey this knowledge and understanding to others. He believes that with the right mindset, self-confidence and positive thinking, any person can change the direction of his life.*

*DRx Devesh Pal has written several books and conducts workshops and seminars where he trains people on self-motivation, commitment to life goals and mental strength. Their purpose is to inspire every person to be their best self and show them that they can overcome any obstacle by using their full potential.*

*His workshops and coaching sessions are packed with practical tools and strategies to help individuals turn their dreams into reality. He believes that the key to making life simple and happy comes from within, and this is the message he spreads through all his work.*

# Topic In This Book

1.	How does our mind work while studying?
2.	How to remember what you read for a long time (part 1)
3.	How to remember what you read for a long time (part 2)
4.	Should we study?
5.	What is the difference between Brain and Mind?
6.	How to crack any exam?
7.	How does our mind work?
8.	How to remember what you read for a long time?
9.	What is the right way to read any chapter?

# PART – 01

## How does our mind work while studying?



This is a very important topic, it is very important to understand it. If we understand this then we can study in a much better way and can crack any exam. If we want to achieve self-mastery in life, we can do it. If we can, then let us understand how our mind works while studying...



It works on focused and diffuse mode, understand focused and diffused mode, here we talk about study, now you will say that sir, we were talking about study, so that thing is such that you people Will you understand or know? It may be that many people know things which are not reality, very few people know the reality, like before I started blogging, people used to think that education and study are the same, but we have come to know that we should study. We don't have to, we have to study



When we study, our mind remains in focus mode, we study with full focus but for how long... It depends on our concentration, how much time we spend on studies in our focused mode, that is, how much time we can concentrate and study, the concentration is different for some people and less for some people. If it is more then how does it become more or less... And how to increase concentration power...we will talk about this in the upcoming topic. Here we understood that when we study, our mind is in focus mode but for how long depends on our concentration power whether we will study for 2 hours or 4 hours or 8 hours. Now if we talk further, we keep reading and reading but a time comes when our mind goes on diffuse mode, diffuse mode means that there is a limit to study as your concentration is 2 hours. You will study with focus for 2 hours, after that your mind will become diffused.



What will happen when it gets diffused? Diffuse means taking a break from studies. When you study or study, you take a break and after some time your mind goes to focus mode.



And then you start studying again but this is about good people who study very well or who study very well. For example, if someone's concentration power is 2 hours, then

after 2 hours he brought his mind to diffuse mode, took a break of 5 minutes and then put his mind to focus mode and started studying again. But now what is the biggest problem with everyone, with almost 90% of people that this does not happen to them, when they come to diffuse mode, they go to diffuse mode too much, that is, you studied for 2 hours and then thought. that I take a 5 minute break and That 5 minute break becomes 5 hours and our mind remains on diffuse mode, so why does this happen...

So let us talk here in our mind Why does it remain in diffuse mode only...



What is the reason for this, the reason for this is that, when we study, we remain sitting at the same place, where we are studying, we stay at the same place, while studying we were at one place,



But when we have to put our mind on diffuse mode, we remain lying on the same bed or sleeping, then how will our mind go on focus mode. And the second reason is that when we take a break, we use our mobile, whereas mobile is the biggest cause of distraction, so it is obvious that our mind remains on diffuse mode. So if we talk about taking our mind from diffuse mode to focus mode, then what will we have to do? What is the solution, then you have to use the diffuse mode very well, and in this mode yourself **Energetic** You will have to come back to your focus mode after making...



## **Focus mode:**

You will reach focus mode very quickly, so the solution is that when you were in focus mode, you were studying and then took a break.... Solution of diffuse mode - So what you have to do is to relax the mind, How? So let us talk that when our mind is in diffuse mode then we have to bring the body in action mode, then how will we bring it, then the best thing for that is to start doing some work, there are many tasks in student life, you have to do some Do it also or if you are hungry then you have to make maggi and eat it...



This means that you have to divert your mind, secondly you start having fun, now to have fun it is not necessary to upset someone, you can also have fun with non-living things like table, chair or anything else or Then if you feel like talking to living things So if you have a dog or cat in your house, you can talk to them also.



**You can call for a short time... You can call your girlfriend or boyfriend or if you have any relative then you can call him or a friend,**



**Hearing the name of your girlfriend or boyfriend brings a smile to your face, then imagine what will happen if you talk, then you have to talk but for a short time, after that you can also listen to music, this is scientifically said... ..**



**Science also says that if you listen to music then your mind gets relaxed, after this if we talk then after listening to music you can dance...**



**Now it is not necessary that you have to dance like Hrithik Roshan, you can dance as you know, so that your brain comes**



from focus mode to diffuse mode and after diffuse mode, which one more face will come? On relax mode, so that your mind becomes relaxed and after being relaxed, where does it go? On focus mode.

The things that we have just mentioned will take your mind to a relaxed mode, will make your mind relax and after relaxing, will take you to a focus mode. After this, the second solution is that you have to leave the place where you were studying, because it is the biggest reason for staying in diffuse mode, that is why you have to leave that place. What will happen from all this? Due to all this, your mind will become relaxed and after getting relaxed, it will go back into focus mode and then you will start continuing studying again, then your studies will go well and there will be no disturbance.

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# PART – 02

## How to remember what you read for a long time (Part-1)

We will talk about another important topic, How to remember what you read for a long time? The biggest problem of student life is that we study a lot, work very hard but we do not remember what we have read for a long time, we keep reading the next and forget the previous, today we solve this problem. Gonna do...



So first of all we see how we remember things. The oldest method of cramming is that we read or memorize the topic repeatedly without understanding it so that it gets saved in our brain and that data also gets saved but after a day or two. After a maximum of a week, that data disappears from our mind, now why does it get deleted?



The second way is - “Use lipstick”. Now many people will ask, Sir, how to use lipstick? If girls use it, then I call it lipstick, which most of the people call highlighter, so while reading, we have to use highlighter. Why did I use the word lipstick? Did that because it has filling, girls are more attached to it and boys too now Boys, there is no need to tell me what is attached, so what happens, we have to use

**highlighter, now the question comes that how much highlighter to use? So we have to use three highlighters.**



**Now some people will ask that when the work is done with one highlighter then why three? So the first thing is that when you are reading for the first time, you have to use one highlighter and whatever important thing is there in it, you have to highlight it. But when you use that topic for the second time, you have to use a highlighter of a different color, what will happen with that? So what you have read once, when you highlight it for the second time, that data will go deeper into your brain and when you do it for the third time, you will not see other things, you will see only those things which are important for you, we call that This is active reading, because there you will be reading in a very active manner, you will not be able to see other things except that, otherwise your reading will be done very well.**



**The third way is – “Use your knowledge”. You have to use your knowledge, how to use it.? If you are reading a topic or a chapter, can you do something creative related to that chapter, or see if you can read that chapter in a different way? What any teacher does is that he does not teach the same topic as given in the book, he will teach the same topic but will teach it in his own way and will bring some changes in it, that is why we get help in studying from the teacher, so what do you have to do whenever you want to learn any**

**topic? While reading or reading any chapter, try to do something creative in it, then you will enjoy reading a lot.**



**Fourth method - The most important is “Follow Study Pyramids”. What is this study pyramid? It will help you a lot in studying, in remembering any read thing or in remembering any data, so let's go. We understand the study pyramid - Research says that when you read or read anything or learn anything, Only 5% of the data goes into your brain. If the method is of lecture, it means that if you are watching a lecture, then only 5% of the data will go into your brain during the lecture.**



**Secondly, when does 10% of the data go to our brain when you read... and when does 20% of the data go to our mind when you listen to it in the form of audio visual, that means you understand it. You are both listening and seeing,**



**When does 30% data go to our mind? When we get to see a demonstration, it means like there are practical in school, if we get to see a demo of that topic, then 30% of the data goes to our brain. .**



**Now when does 50% data go to our mind when we discuss that topic with someone, if we discuss a topic with someone then 50% data goes to our brain.**

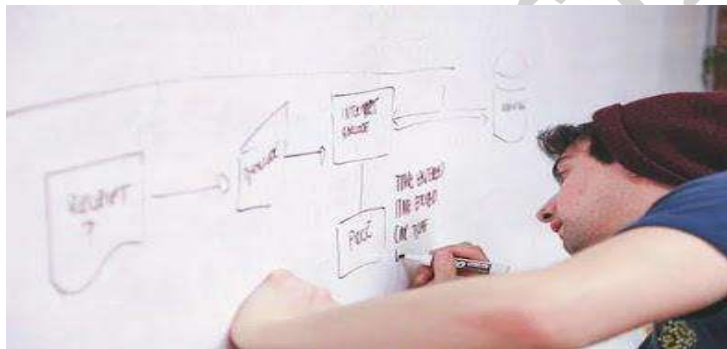


**Now when does 75% of the data go to our mind when we practice something..... I tell every student that whenever you read any topic, practice it, do return work but most of the students do not do this because they feel that time will be wasted. This is the era of technology. If we want notes, we photocopy them or keep them on our mobile. If we take photos, there are many such technologies, we practice using technology but this should not be done if you want to remember things very well for a long time, then you will have to practice whatever topic you have studied. And you will have to do it again and again...**

**After this, when does the most important 90% data enter our mind - when you teach others.**

# practice practice practice practice

Now the biggest confusion in student life is that if I teach the student in front, he will also learn, but you should also think that he will learn but you will learn more than that and that data is in your brain. It will be published and it will be remembered forever. Now another problem with the students... Sir, we cannot teach others, why can't we? So sir, we do not find anyone else to teach us and secondly, if we want to teach someone, then what to do if he does not want to study with us -



So what you have to do now is that when you cannot teach others then you have to teach yourself, how? What you have to do is to record the audio of that topic and when you go on a morning walk, or an evening walk, or go for a walk on the terrace at night, whenever you get free time, you have to listen to it. What will happen is that data will enter your brain.



**Now you will say that Sir, you will listen to the audio but unless you explain it to someone, you will not enjoy it, then there is a solution for that too and that is that you have to explain your data to non-living things like chair, table, pillar, and other things in which There is no life, But you will then say that sir, unless someone gives the answer, it will not feel like teaching, then there is a solution for that too and that is that you have to give your data to a living thing like a dog, a cat, a parrot, anyone in between. If you keep shaking your head in between, you will enjoy teaching and you will feel that you are teaching someone, then this is the solution to your problem.**



**So if you use the pyramid in this way, you will remember the data for a long time.**

**Now some of you will say that Sir, you were saying that during the lecture, only 5% of the data goes into our mind but when our teacher explains, we understand 90-100%...so Such teachers are great, their technique is great, what they have done, they have implemented all these things during their lectures, so you can get 100% understanding from any teacher. It comes, I am not talking about every teacher, not every teacher understands 100% but some teachers are so good that they implement all these things and use this in their lectures. They represent in such a way that the student understands 100%, so if you have such a teacher then it is very good, thank yourself and also thank your teacher that he is teaching you.**



**The next point is repetition, repetition means repetition in a smart way, I have my own quote which I keep written on my mobile (Repetition is the key to success), it means that you have to repeat things again and again. If you repeat then that is the key to your success but how... “actively” If you do it actively, smartly. If you repeat things again and again, they become well set in your mind and then you can remove them whenever you want.**



# PART – 03

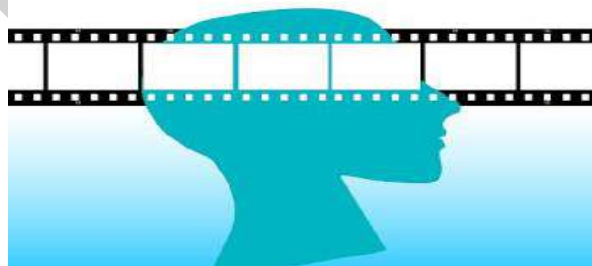
## How to remember what you read for a long time (Part-2)

We are going to talk about another important topic, how to remember what you read for a long time and this is the second part of this topic. The biggest problem of student life is, That we study but we do not remember it for a long time, so what should we do for that, then for that you must have heard from many people that we should study smart.



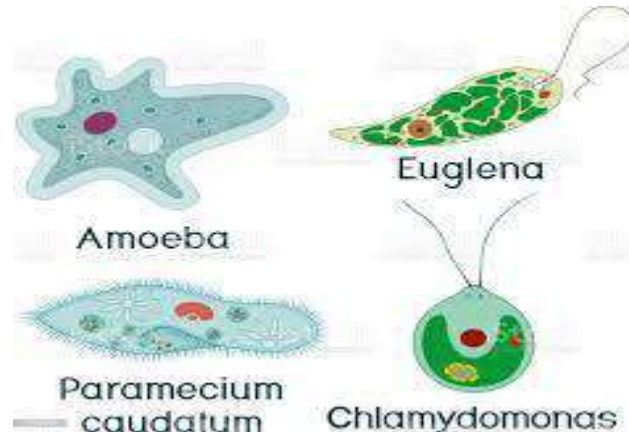
But no one tells how smart study should be done, so I had told some tips in the previous part also and in this part also we are going to see some tips with the help of which we can easily remember what we have read for a long time. So let's start...

### 1). Association-



What does Association mean? So Association means that, as our mind is, a lot of data is already stored in our mind, that means old knowledge is already present in our brain, when we read, we get new data or new information in our brain. Knowledge fills in. Many things are already available in our mind. But when we study, we assimilate a lot of knowledge which is new to the brain or mind and what

happens is that our mind does not adjust to any new thing quickly, so The new knowledge in our brain also does not adjust and we forget it very quickly, so what to do about it now? So for that you have to associate new data or new knowledge with your old knowledge. How to do that, let us understand it through an example... Suppose we learn something...



Like - Amoeba, Paramecium, Cyanobacteria, now this is a new term for many people, so it will not be remembered that quickly, so what we have to do is to associate it, like we call Amoeba as Ammi - Ammi. She wore the parachute, Amma started talking psychotic... Our mind already knows what Amma is, Parachute. Our mind already knows what happens, our mind already knows what is psycho, our mind already knows what happens, so what will happen now, if this old data was available with us. We have associated it with new data, so now you will learn these things very easily. As soon as you remember your mother, you will remember the amoeba. From Parachute you will remember Paramecium and from Cyco you will remember Cyanobacteria, so in this way you can associate your studies with your old data.

## 2).Story Or Song Or Poetry –



So now we have to see whether we can convert our studies into Story from or Song from or Poetry from, so now if I talk about Poetry, not everyone does it, some people write songs but This does not happen to everyone, but if I talk about the story here, there is no person who does not know the story. From the time we wake up in the morning till we sleep, so many stories happen in our lives that we cannot even forget them. So now you people will ask how Stari is made, then we will talk about making Stari in the next topic.

### **3). from strange things-**

We can remember the data through strange things, so now you will say what are you saying sir... Let us understand this also with an example - So suppose I have to make a Human Body. So can I make him in such a way that his hands are wide, his legs are thick, his ears are like animal ears and he has worn earrings, his hair is like that of a bear and there is a little something on his mouth. Have done makeup...



I applied some lipstick on his lips, now he is a perfect man, so now you will say sir, what kind of human is he? Many people must be laughing, now what if I had made him very beautiful, you have seen a very beautiful person, do you remember? They don't survive, but I say, it's a strange thing, our brain reads it very fast.

Now put the data in that body where you have to enter, make a heart, make a liver, make a kidney. You read history, in it you read about a person who has fought a war somewhere or you want details about the war or about which. Also, if you have to read the biography of a person, make it and write the details next to it, then by doing this you will remember the data very easily. So in the same way you have to remember in a simple way, you do not have to take your studies too seriously and you have to study while laughing.

# PART – 04

## Should we study?

We are going to talk on another important topic that should we study or should we study, we have two words that we should study or study, how many people will be very confused because till now they have not studied and Study is considered the same and many people might be saying in their mind that Sir, till now we know that education and study are the same,



This does not happen at all. Today on this topic I am going to tell you that education and study are different and what should we do, so let's start... We have two words, education or study, so let's start it. If you understand, then what is study? The meaning of study is very simple. You pick up any book and start reading and keep reading till the last one is read and then you ask yourself what did you read? Many people do not know what they read, they read but they do not know at all what they read?



**What it means is that you don't know at all, research says that only 5 or 10% of the data is remembered from reading. If you studied all day long, read a lot of books all day long, I am not saying that you studied. If you just read, only 5 or 10% of that data will be stored in your brain and the rest will be deleted, hence what we read, we do not remember for a long time. ,**

**Now let's talk about what study is? What is study? So let me give you an example to understand the study - You must have seen in TV serials or movies that when policemen or CID officers ask them what they are doing? So he says that I am studying this case, what is the meaning of study?**



**What do they do if a murder takes place somewhere, who were the friends of the person who was murdered, where did he live?**



**What did he eat, what did he drink, which people did he meet, where from which items did he buy, all the details from A to Z, they collect it, it is called study, was there anyone in the room where that person was? Has his hair falling out? If there is any blood spilled, and if so, whose blood it is, where it came from, how it came, then they do a complete study from A to Z.**



**So you must have understood the meaning of study, getting the complete gist of any topic is called study, you collected data from different books, if you are studying a topic then what will you do? You will not read from one book, you should have multiple books from which you can extract different data.**



**See, the topic is the same, the chapters are the same but different books have different data, which means that the way of writing it is different, the languages are different, the way of explaining is different, so from there you will get a lot of data. Will get to see,**



**After this, what you can do is you can watch different videos of the same topic and you can learn about that topic from different teachers... and one way is if you have knowledge of that topic. If there are any old notes then we can collect data from that also, then your study will be like**

**this, did you use multiple sources to understand that topic? Now you will say, Sir, if we watch so many videos and study from so many teachers, then it is better that I read some topic myself because I will have to read it only once. And if I read so many books and collect data from so many sources, I will waste a lot of time...**



**Yes, your time will be wasted and a lot of hard work will also be required, but if you study a topic, you will become a master in it. You will remember that topic so well that even if someone asks you in your sleep, you will be able to tell them about that topic. .**

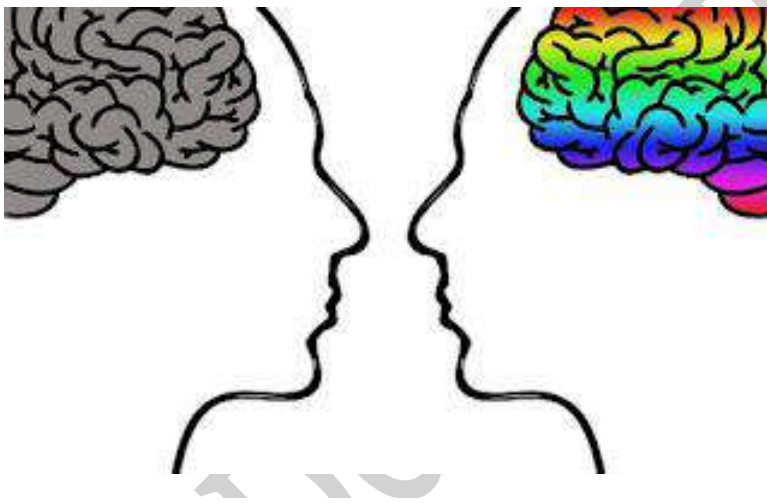
**So if you are preparing for a topic then don't read it, study it so that you do it once, do it well, but what do we do, we read it, do it once, do it twice, do it thrice, again and again - Do it many times, but still forget. So that's why we don't have to study, we have to study, it will take time but you will become a master of that topic.**

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# PART – 05

## What is the difference between brain and mind

Friends, we are going to talk on another important topic, which is what is the difference between brain and mind, which we call brain means brain and mind means mind, many people have a lot of confusion, or they do not know this. Don't know what is brain and mind? Everyone thinks that the brain and mind are the same, but it is not so at all, that is why we are not able to function properly in our lives.



If we understand what is brain and what is mind, then before this we see some statements, when we are in school, many teachers tell us that son, study diligently or when we stay at home. So mother says, son, study diligently, work diligently. When we go to the office, our teachers tell us to work diligently, but no one tells us what the mind is and how to use it, and that is why we Do not work properly and do not give 100% in any work.





**Let us understand what is brain and mind, so here we talk, so here I have given a name to explain the brain, which I have said that brain is a hardware and I have tried to explain the mind. That the mind works like a software in our body, now you will ask how, so let's understand it...**



**You must have seen a computer or a laptop. We can touch the body of a laptop. If we can touch it, then what is our hardware? Now you look at the computer in your office, look in another office, look in the neighborhood, it is almost the same. You will see, but when we talk about software, then a lot of changes come, if we talk about laptop or computer, then what happens when we bring computer to home, install some software, like ms- I put office, I put word, I put excel, So see, a computer has word, excel, ms-office, powerpoint and many other software too, but there is a computer which does not have any software, then now whose value will be higher... the one which has the software, the one which has the software. Or if it does not have it, then the one with software will have more value.**



**Well, one thing, if you buy software from the market, do you know how big it is, what color it is, what size it is, then do you know, do you not know....**



**Because we cannot see the software by touching it...we cannot touch the software, we can feel it. We have to remember that this is our brain, you can touch it, you can see it, you can open it and many studies have been done on it.**



**But here we talk about what is mind? So I said that mind is a software which is invisible which we cannot see and can only feel, now we talk here, many people often keep saying that I do not feel like working, So what is the mind, then it is the mind which we are calling software, and if we say one thing then many people say that the mind is in our body, okay, you said that the mind is in the body, so You can do research or ask a doctor or any person. Ask where the mind is in our entire body part, you tell me where the mind is and in which part of the body it is, no at all, the mind is invisible and cannot be seen.**



So till now we have understood that the brain is our hardware, and mind is our software which is not visible, so now you have to remember that what is not visible to us means that software or mind is the most powerful. So we just saw an example of laptops and computer, they were created by humans, how humans created them, by using what, they were created by using mind, that is, they were created by using the mind, so let us understand now.



If we talk about mind, then it is of two types, one of which is conscious mind, which we call conscious mind in Hindi, and the other is subconscious mind, which is called subconscious mind in Hindi. So if we talk about the conscious mind, whenever we study or do any activity or take any action, our conscious mind works there.



If you are reading now, then which mind is working? Conscious mind, you are reading in a very active manner, now whatever I am telling you here will go into your mind,



**And even if you don't read the book, you will still remember it for a long time... Now why is this so? So here our subconscious mind works. Now what is the subconscious mind, so we call it a data storage house, data is stored here...**

**We understand this through an example. We had many friends in our school time. Many times we suddenly meet them in the market and we don't immediately recognize them but it clicks in our mind that friend. I have seen this somewhere, maybe we remember it immediately in the market and maybe we remember it later also because it takes time to recover the data.**



**Even if we remember, we don't know his name Because our mind does not remember text and numbers, it remembers images, so we recognize the friend we met but do not remember the name. So now when we study or do any work, we have to remember something, so we have to work on the subconscious mind, if you are a student, want to grow in life, want to be successful or want to crack any exam, then the most You will have to work more on the subconscious mind.**



**Let us look at another example, if you are a student then you are asked to get up at 4:00 in the morning to study and that is because There is a silent environment, there is no**

**disturbance and the data you read goes directly into your mind.**



**But students never do this, they are not supposed to get up in the morning, but now they are told in school that they have to get up at 4:00 in the morning and come to school by 4:30 because they are going on a picnic from school. So whether you wake up or not...**



**The mind opens completely and it opens before time. Now why is this, because before sleeping you told yourself that I have to wake up early in the morning, then the data goes directly from the conscious mind to the subconscious mind and you wake up on time. So you have to remember that only 10% of our brain is the conscious mind through which you are reading and watching now, but the subconscious mind is 90%, so the most work you have to do is on the subconscious mind. When to do it? What Should I do? You will get to read all this in the upcoming topics.**

# Part – 06

## How to crack any exam

We are going to talk about an important topic, whose name is – How to crack any exam...?



There is a simple answer to this, which we all get - by studying... We get it from everyone that if we want to crack the exam, we will have to study. Now everyone knows that if you want to crack the exam then you will have to study. The one who is preparing for the exam should do so...but how? Now everyone aspires to study but not everyone's exams pass... so what should we do so that our exams pass?



For this it is important to understand three things:-

What do we have to study to pass any exam? It is very important for us to understand this. If someone tells us that you want to become a doctor, then what should we do? It is normal that we have to study medicine, engineering to become an engineer, but often this does not happen; When many people are asked for which exam they are preparing, then they have the answer, we are not preparing for any particular exam, only the preparation is going on, now whatever exam comes out, we are satisfied. .



**Friends, our brain does not work like this. For example, if we order a shirt for ourselves from a friend, his first question will be..what size shirt should I get? Like half or full trending or formal or party wear We will be asked many questions. But when we start studying, we do not ask ourselves what we have to study? So now the first thing we have to ask ourselves is What do we have to read? What to study?**



**If someone is preparing for Railways then he should prepare for Railways only, if someone is preparing for SSC then he should prepare for SSC only or if someone is preparing for NEET then he should prepare for NEET only then he should focus only on those. . So first of all we should be clear about what we have to study? Now the question comes that how to read what has to be read? This is also an important question about how to study.... Before this you will get a video topic in this book that is necessary for us to study or study? So we don't have to study, we have to study.**



**I have already told you how to do this. Can you do it yourself? Can you join any institute? Can you take online courses? So first of all you have to understand how it can be done? For this, first of all we have to plan. Sitting with friends and talking about whether one has to do this or that, this cannot be good planning, it can only lead to discussion.**



**For this we will have to take a blank paper and a pen and write down all the things that we have to do, how to do it, from where we have to do it, what things have to be done, what resources are available with us. By doing this we can study and pass exams. Now the most important thing comes to mind: why to study?**



**After all, why do we have to study... There are many people who do not read, they might not even regret this... Why do we have to study? It is very important to be clear to everyone. We see that when a child or student has to go to school or college, he gets up early in the morning, gets ready, completes his work on time, reaches school or college and studies, but the same child, on Sunday or any holiday, Yes, neither does he wake up on time, nor does he study because he does not know why he has to get up early in the morning?**





Many people do not wake up in the morning because they do not know what to do after getting up in the morning. Here the third question which is in front of us is why do we have to study...if this is not cleared then we will not be able to clear any exam. So here's a tip for all of you... Whenever you clear your 'why', add one of your important feelings along with it. Many people say that we have to clear the exam for our father or our mother or our girlfriend.



So there is a feeling of LOVE attached here, or if we want to clear the exam for ourselves, then doesn't anyone love themselves? So here it is worth remembering that there is a very big thing in LOVE POWER which we often see in films too, like a hero earns money by working very hard in a film and the heroine is given money from this money. Now HEROINE studies and also clears her exams.



What I mean to say is that the LOVE POWER is very STRONG. So we see that the first thing which is imposed on us by everyone to crack any exam is That I have to study. But the second important thing is to study, but what to do in studies? How to do it and why to do it? First of all we have to find answers to these three things. If we get these answers then it will not take much time to pass our exam.

# PART – 07

## How does our mind work?

We are going to talk about another important topic named “How our mind works”, so it is very important for us to understand it because it is our mind that decides whether we want to achieve success or failure in life, so let's go. Let's start this topic.....



Every day lakhs of thoughts are received in our mind, every day we meet lakhs of people, not lakhs but still we meet thousands, hundreds or a few people, I said lakhs because we do not meet but we definitely see them and from somewhere or the other. Those thoughts go into our mind.



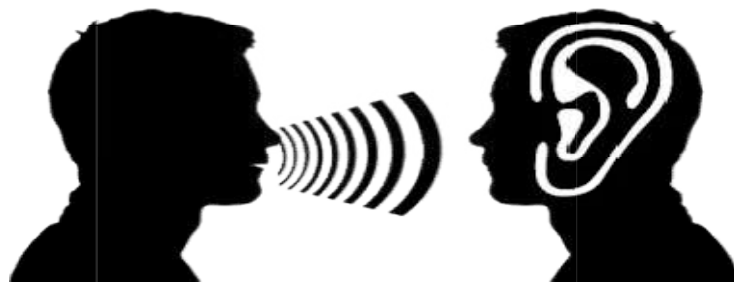
What happens here is that many thoughts are received in our mind. And as soon as thoughts are received in our mind, we act according to them. A belief system is formed, and after the belief system is formed, a process starts running in our brain, the name of that process is the process of filtration...



Now as soon as filtration happens, a thought is created in our brain and if we talk about it, as soon as a thought is created in our brain, We get the same feeling in our brain and as we get the feeling in our body or brain, we take the same action and you know very well that as we take action, we also get the same results. .



Now let us understand this whole process as an example, as we talked about how every day millions of thoughts come in our mind. As we talk, as soon as we leave the house, while leaving, we think somewhere at a shop, somewhere at a crossroads or Somewhere in the market. Many people talk about different things, some say good things, some abuse, so won't they listen to you...? Will definitely do...



Now let me tell you one more thing, this is the data from where it enters our body and our mind, so we have already talked about it in a topic, if you have not read that

topic then go and read it. So, if we talk about where the data comes to our mind, it comes from our five senses...



Eyes, ears, nose, our tongue and our skin, all the data gets entered into our mind through these five senses. Now as soon as the thoughts are received, our belief system is formed...we Let us understand this also through an example. Now as we talk... If someone tells you that you want to have a love marriage or an arranged marriage...? Now what happens is that as people have told you, your belief The system is made like that...



If you have been told that love marriage is useless, then your belief system has formed that love marriage is useless. So you will never even think about doing a love marriage, the belief system has not been formed yet, the belief system is being created right now, a process goes on here which we call filtration, so we see the same example that people have already spoken to you. It was said that love marriage is not good, etc... and many other things, so now it happens that you have fallen in love with someone, and your partner says that I am in love now. Have to get married, now if such a thought enters the mind then there will be a process of filtration to see whether it is right or wrong, now on what basis will this filtration be done, it will be done according to our belief system.... Now like Our belief system is - whether it

is strong or loose, it will be filtered in the process of filtration and now as per your thinking and as per your belief system, a thought will be created according to it, If you have been told That love marriage is useless will create the same thought in your mind. That yes, love marriage is useless and love marriage should never be done in life, then here your thought has been created, now you will feel the same that love marriage is useless etc. etc. If you don't get any love feeling, then you get a bad feeling, now as soon as you get the feeling, the same will happen. You will take action...



This means that you will not do a love marriage, now the result will also be the same that if you do not get married then will love marriages happen, if not then the last result will be the same. Now the biggest question that is seen or heard among many people is that if you take wrong action then the results will be wrong and if you take right action then the results will also be wrong. Will come right...

Still, why do people take the wrong action when they know that? Do you know why people still smoke because smoking cigarettes is bad for health? It is necessary to learn to be successful, yet people do not learn. If we do then what is its reason then its reason is simple....people Why do people take wrong action? People take wrong actions because their belief system is not right, that belief system is wrong since childhood. If I ask you a question whether God exists or not? So some of these people will say yes and some people will say no, they will give answers according to their belief system. And we have already talked about whether God exists or not in the previous topic, so if you have not read the topic then you can see it.

# Part – 08

## How to remember what you read for a long time

The biggest problem of student life is, how to remember what you have read for a long time? We read a lot and remember it too, but as we read further, we start forgetting what lies behind. So today we will find a solution to this problem. How were you able to remember what happened for a long time? So first of all we see how we remember things, we remember by the old method and in this we do it by rote learning, meaning we repeat it again and again, so that it gets saved in our brain. Now this data gets saved and stored but after two days, three days or a week this data gets deleted from our brain. So now why does this data get deleted, we will discuss this in the next topic...



### Use Highlighter-

While studying we have to use lipstick (highlighter), why I used the word lipstick because it has filling and girls are very attached to it, and boys are also very attached to it, you already know why they are attached. So we have to use highlighters, now the question comes to how many highlighters do we have to use? So you have to use 3 highlighters, so now the question comes that when the work is being done with one highlighter, then what is the need of three highlighters, then the first thing is that when you are reading for the first time, you should use one. You have to use a highlighter, and whatever is important in it has to be highlighted, but when you read that topic for the second time,

**you have to use a highlighter of a different color, then now it will happen that you By highlighting again the topic which was highlighted earlier, the data will go very deep in your mind, and when you do it for the third time, you will not see other things, you will see only those things which are important for us. And we call this – “Active Reading” because you will do a lot of active reading there and you will not see other things.**



### **Use your Knowledge:-**

**You have to use your knowledge...now how to use it? So if you are reading any topic or any chapter, then what you have to do with it is whatever knowledge you have related to that topic or can you do something creative related to that topic? Can you read that chapter in a different way? What any teacher does, he does not teach as given in the book, he teaches the same topic in his own way, he brings some change in that topic, hence we get help in studying from the teacher.**



**So what you have to do is that whatever chapter you are reading, try to do something creative in it, then you will enjoy reading it.**

## Follow Study Pyramid-

This is most important, it will help you a lot in studying or remembering any data... so let us understand it. Research says that when you read or learn anything, only 5% of the data goes into your brain. If the method is a lecture, if you are watching a lecture, then what will happen is that during the entire lecture you get only 5% of the data. Will go to your brain.



Secondly, when does 10% of the data go to our brain, when you are reading, when does 20% of the data go to our mind, when you are in the form of audio visual, that is, when you are seeing it as well as listening. had been . Now when 30% data goes to our mind, when we get to see a demonstration, it means that just like there are practical in school, similarly if we get to see a demo of that topic, then 30% data goes to your brain. Is .

When does 50% of the data enter our brain, when we discuss that topic with someone?

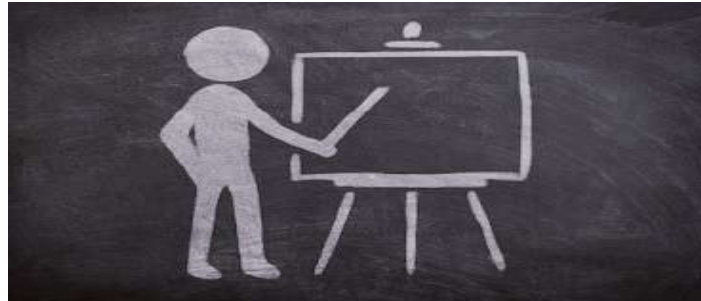


Now when 75% of the data goes into our brain, when we practice, it is very important for us to practice.





**90% of the data goes to your brain when you teach other people about that topic. Now what happens in student life is that you think that if you tell others then they will also learn, but you should also think that by teaching them they will learn but you will learn more than that and that data is in your brain. Will go away, and will be printed in your brain forever.**



**Now another problem is with the students that we cannot teach others, why can't we teach, then sir, firstly we do not find any other person and secondly, if we want to teach someone then they do not want to study from us. So what to do? So now you have to teach yourself and not others, that means you have to record the audio of that topic and whenever you go on a morning walk or evening walk or go for a walk on the terrace, you have to listen to that audio.**



**Now what will happen is that that data will go into your brain, and you will remember things for a long time. Now you will say that sir, we will listen to the audio but if we have to explain it to someone, how will we do it? So you have to explain which ones... So you have to explain the non-living things like a table, a chair, a utensil or a pillar and many other things. So now this will give you very good practice. now you will speak Sir, unless you give the answer, it will not be fun, so the solution for this is that you should now teach living things like dogs, cats, or parrots etc., they will also**

answer you by shaking their neck in between. So what you have to do is to feel that you are teaching someone. So this problem was solved. So this is how you have to use the pyramid. You will remember this for a long time. Now some people will say that Sir, you are saying that only 5% data goes into our mind from the lecture, but when our sir teaches, 90% data goes into our mind. So if you have such a teacher then it is a very good thing, these teachers are the ones who implement all these things that I just told you, that is why they teach in such a way that you people understand 90%, 100%. So, those students are very lucky to have such great teachers.



## Repetition-

Repetition means repetition in a smart way, I have my own thought “Repetition is the key to success”, it means that you have to repeat things again and again and this is the key to your success. But how ? Actively, smartly and by doing this those things will be set in your brain forever.

# PART - 09

## What is the right way to read any chapter?

We are going to talk about another important topic: what is the right way to read any chapter? If we understand what is the right way to read any chapter.



So, we will achieve mastery in that chapter and if any question comes from that chapter in any exam, we will solve it easily. So let us try to understand what is the right way to study any chapter. Is .

## Preparing the Foundation-

To read any chapter, you must first. The foundation of that chapter has to be prepared, and this is why we Students mostly make the same mistake that they do not prepare the foundation of that chapter. Even if we build a house, we first prepare the base. So now it comes to how to prepare the base, so first of all you have to write down how many topics are there in that chapter, then we have to take a pen copy,



And if we have to write the topic and subtopic of that chapter, then now this is our Once the foundation of the chapter is ready then this will happen. When you look at the chapters, you will know how much material you will need. How much material to study and not to study, how many days will it take, how much? It will take time, you will know.

## Detail Study-

You have to study the entire chapter in detail, taking each topic one by one. Now how to do this detailed study? So, we have already talked about this in a topic, its name is, “Should we study or study?” If you have not read that topic, then definitely read it once, then detailed study means that you collect data from different sources. Do .



Now when you are done studying, now you have to read, pick up the book and read that chapter, what many people do is that they read first, I told you earlier also that whenever our mind is focused on any When you come across a thing for the first time, you do not understand it that well, that is why you have to study it in detail first and then do the reading...



If you read first then you will not understand 80-90% of that chapter and you will get bored and you will not feel

like studying and you will say that now I leave this chapter, so first you have to study in detail. And then reading has to be done, and when you have studied and read also, then Now if you are preparing for any competitive exam then you have to take MCQs of that chapter and if you are in school or college then you have to see the IMP questions of that chapter.



If you are preparing for any competitive exam then how should you apply MCQs? So what you have to do is that you have to attempt all the MCQs of that chapter. What we do is that there are only MCQs in that chapter and we attempt only that many MCQs, so you do not have to do this, you should also have important BOOKS related to that chapter. You have to attempt MCQs from all those books and now what you have to do is to attempt MCQs from the last 10 years, most of the students do not do this. Let's do it. What will be the benefit of MCQs from the last 10 years? So you will know which part is important from which topic and which is not, now that you have MCQ If you have applied then after that you have to summarize the chapter i.e. To write briefly, to write briefly means that you MCQ. If you have applied it then you will know which part of that chapter is important and Which part is not important? It is possible that some part was important earlier but as time is progressing that part is not important or it may happen that questions from some parts were not asked earlier but are coming now. ....



So you will come to know, maybe the weightage of this chapter was less earlier but now it is more, then from where will you get this experience. MCQ If it is from then you will summarize the chapter according to it. What is meant by summarizing is that you will be able to extract the important material of that chapter, what is the important material in that chapter, meaning you will remove the garbage. After this, if we move ahead, after making the summary, you have to make short notes. Short notes do not mean that you write a lot and make short notes of very thick books.



**Meaning of Short Note Short to Short (Without Diagram)** When you are making a short note, there should not be any diagram in it. You do not have to make any diagram because the diagram is already in your mind, now you will use only terminology here, only important ones. If you use things, then this is a short note where it takes you 8 to 10 pages to complete the entire chapter, if you make short notes then one or two pages of A4 size. If you feel that you will be able to read it easily during the exam, then what you have to do after making short notes, you have to make micro notes. The meaning of micro notes is that (Self-understanding) means these notes will be such that only and Only you will be able to understand and no one else will be able to understand, so hopefully you have understood all these things, so if you use all these things then you can achieve mastery on any chapter.

## Thank you



*Thank you very much from the bottom of my heart for reading the book 'Study Mastery' and changing your life and the lives of people around you. If you want to learn such good secrets about life from DRx Devesh Pal, then you can learn through DRx Devesh Pal's Youtube Channel - DRx Devesh Pal, his Blog - [motivationblogs.com](http://motivationblogs.com) and his Courses - [skillsikhe.com/courses](http://skillsikhe.com/courses). You can, if you want to invite DRx Devesh Pal for your school, college or business, then you can contact me on the information given below.*

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