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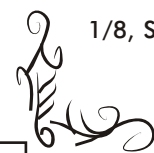
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STUDY

- Study room should be neat, clean & silent.
- face should be to eastern side while studying.
- do not allow to sit for more than one hour.
i.e. sit and study for one hour & then study by walking to & fro across the study room, which helps in necessary exercise also during study.
- do not blame to child for failure but to realize them the reason for failure.
do not appreciate more to child for success by parents but to take appreciations and rewards from outsiders.
- one hour study is equal to 8 hours hard work, hence, necessary protein is to be provided to child in every one hour study time, otherwise it may result in eye/brain weakness etc. hence provide light foods like fruits, biscuits, dry fruits,juices/water.
- watch the child whether he/she is understanding in the evening study or in the morning study. (there is left and right brain functioning and in case the brain is functioning in left then it is useful to study in morning.
- early wake up & early go to bed is good.
- give advices to child to take interest in all phases
 - (1) sports
 - (2) cultural
 - (3) general knowledge.
- allow the child to see TV (discovery channel, quiz programme, news, etc.
- allow to watch the film once in a week preferably friday or saturday so that he/she may pick-up his/her home work and important study assignments in holidays (saturday/sunday).
- do not allow to play or discuss with outsider elder children except relatives or close friends so that they may not divert their thinking to adults way.
- give an eye to friends whether they are well in study / behaviour so that they may also follow and study to well behave and best knowledge.
- try to give interest in each and every games which are related to general knowledge.
- try to provide best books, like- competition success, bio-graphies of Gandhiji, Nehru, Vivekananda, Lenin like others and small stories of children.
- give knowledge in all holy books, like Quran, Bible, Gita
- make a regular habit to read news papers.
- to provide light music on bedtime so that the mind may not divert to any devil screening and get a peaceful sleep.
- do not wakeup forcefully but to disturb in a light / glad way so that gradually he / she get good physical and mental mood.

Kavitha Sharma