

PRESS RELEASE

Hon'ble Governor of Tamil Nadu, Thiru. Banwarilal Purohit released the Tamil publication of the book 'Exam Warriors'

Thiru. Banwarilal Purohit, Hon'ble Governor of Tamil Nadu released the Tamil publication of the book 'Exam Warriors' at Raj Bhavan, Chennai today (04.09.2018). Thiru. Edappadi K. Palaniswami, Hon'ble Chief Minister of Tamil Nadu received the first copy of the book.

Hon'ble Governor said, "It is a matter of great happiness for me to be releasing the Tamil publication of the book 'Exam Warriors'. The book drives home the point that when it comes to examinations there is no need to worry excessively or become nervous. The guidance given by our Honourable Prime Minister Thiru Narendra Modi during the course of his 'Mann Ki Baat' interaction with the students in February 2015 has been encapsulated in this book. Millions of students who appeared for the examinations have been benefitted by it. The availability of the Tamil version will make this valuable guidance available to a wider readership and thus benefit many more students.

The book is a collection of strategies called Mantras meant to counter stress and improve performance. It emphasises 'doing and developing' i.e. when you learn a concept you can understand it fully through practice. In this spirit, there are enjoyable and creative activities after every chapter in the book.

In the course of reading the Mantras, Students who are termed as Exam Warriors will surely have lots to express. Hence, in the book there are 'My Mantra' pages where Exam Warriors can note their own Mantras that can be shared on the Narendra Modi Mobile App, which others can read and draw inspiration from.

In the book you will also find a repository of information on yogasanas and breathing exercises which can be used not only while preparing for exams but also for life.

I have gone through the various chapters and the book has left an indelible impression on my mind. One chapter is titled "Exams are like festivals

and they should be celebrated”. And why? The book tells us succinctly that, just as festivals bring out the best in us, exams are also meant to bring out the best in the Students. And like festivals exams are also being experienced together, since millions of students write them at the same time.

Many students believe that one particular exam will decide their future. It is not so. Our former President Dr. A.P.J. Abdul Kalam originally wanted to become a fighter pilot. But he narrowly lost the opportunity by a few marks at the final stage. Undeterred he set about pursuing a career as a space scientist and went on to become a ‘Bharat Ratna’ for the nation. The book says, that in a similar manner students should prepare for and appear for the exams, but should not fear failure.

The title of the book ‘Exam Warriors’ comes from the Mantra given in the fourth chapter ‘Be a Warrior, not a Worrier’ Children are exhorted to draw inspiration from freedom fighters like Rani Lakshmi Bai who when faced with the two options of fighting the British army or weekly surrendering to the enemy chose the former and thus became immortalized in history forever.

Sharing the entire Wisdom contained in the book will not be possible within the duration of a few minutes. For the benefit of the audience let me mention a few nuggets of Wisdom.

About concentration the book says “Concentration is not something that has to be specifically learnt. “The past is a burden. The future is a dream. Living in the present alone improves concentration”.

Regarding competition the message is “Do not compete with others, compete with yourself. Every one of you has a distinct potential, one should try to do better than what one had achieved earlier. You break your own records, which will improve your will power and make you an achiever”.

The importance of strength and self confidence is underlined by quoting Swami Vivekananda and citing the example of Mark McMorris, who won a bronze medal in the Winter Olympic Games, just eleven months after suffering a life threatening injury. “Self-confidence comes by challenging ourselves and working hard. We should always think of improving ourselves”.

The Prime Minister emphasises the importance of time management by saying “Never say I don’t have time, everyone has only 24 hours a day. One who says that he doesn’t have time doesn’t know how to manage his time and priorities. You should examine as to how you waste your time and divert it for priorities”

Since Yoga gives positive energy and reduces stress the book has a special chapter devoted to certain asanas which will help to relax the mind and ease up the body thus making our effects more productive.

Regarding answer sheets he advises that “There is no point in thinking about the answers in an already submitted answer sheet. It has begun its one-way journey. If you have answered well, you do not need to worry. In case you haven’t, even then, do not worry about it because there is nothing you can do to alter it now.”

There is also a mention about what is to be done by students during the holidays and leisure time “Blessed with unparalleled beauty and diversity, India has many things to offer. The mountains, lush green forests, majestic rivers, historical monuments and forts – symbols of our rich history and traditions – tell stories in a way that you can never find in books.”

I am sure that some of you who understand Hindi heard the original Version of ‘Mann Ki Baat’ in which the Prime Minister decided to directly interact with the Students on the eve of exams and thus support them during a crucial phase of their lives. About that interaction the Prime Minister mentions and I quote “It was an experiment of sorts and the end result was very encouraging. The response to that particular ‘Maan Ki Baat’ was overwhelming. Before the programme, several students from all over India shared their thoughts through letters, emails. Parents and teachers wrote congratulatory messages to me for taking up an issue that deserved attention”.

I see before me hundreds of principals from a variety of Schools, Government, Government Aided, Private, Central Board, State Board etc. All of you must have seen your students experiencing nervousness, stress and even suffering break downs before the major examinations. It is necessary for all of

us to introspect on why it happens. Every child is blessed with unique talents and should be allowed to flower in a manner that is special. That is the purpose of school education. If all of us understand this simple maxim and start believing that achievement and performance in an examination is not an index of social prestige we will all stand to benefit collectively. A school is a place where knowledge and discipline are learnt, where character building taken place and the moulding of youth is pursued in a manner that is helpful for nation building to take place. Let us all play our role in this creative effort. I request all those present here to carry forward the message of today far and wide and I am sure that in this mission this Tamil Publication of 'Exam Warriors' will be eminently helpful.

On this occasion, Thiru. O.Panneerselvam, Hon'ble Deputy Chief Minister of Tamil Nadu, Thiru.Pon Radhakrishnan, Hon'ble Minister of State for Finance and Shipping, Thiru. P. Dhanapal, Hon'ble Speaker, Tamil Nadu Legislative Assembly, Thiru. K.A. Sengottaiyan, Hon'ble Minister for School Education, Thiru. K.P. Anbalagan, Hon'ble Minister for Higher Education, Dr. Girija Vaidyanathan, I.A.S., Chief Secretary to Government, Thiru. R.Rajagopal, I.A.S., Additional Chief Secretary to Governor, Thiru. Pradeep Yadav, I.A.S., Principal Secretary, Thiru Srinivasan, Alliance Publications and other dignitaries were present.

Raj Bhavan, Chennai -22

Date : 04.09.2018

Sd/-

Joint Director (PR)