

**ADDRESS BY THIRU BANWARILAL PUROHIT, HON'BLE GOVERNOR OF  
TAMIL NADU AT DISTRIBUTED BOOKS TITLED 'HONEY DROPS TO  
BEAT EXAM STRESS' ON 17.03.2018 AT 01.00 P.M.**

1. 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".
2. 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.

Self-confidence comes by challenging ourselves and working hard. We should always think of improving ourselves.

3. 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.
4. Practice Yoga, the Asanas help in relaxing the mind and ease up the body making your efforts more productive. Yoga gives positive energy and reduces stress.

Nandri !!! Vanakkam !!!