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Be Tense; Avoid Tension

Negative emotions make us unhealthy, while positive ones make us fit and healthy. Negative emotions drain out all our energy and potential and lead us to failure. Similarly, positive emotion stir up our energy and potential and we put in our best in whatever endeavour we undertake. Tension falls in the category of negative emotions. Naturally it not only affects our mental and physical health adversely, but also paves the way for failures. The sound advice, therefore, is that we should shun tension at all costs before it costs our health and pushes us into the deep pit of despair and dejection. We have however, to distinguish between the tension which is accompanied by action and the tension which is devoid of any action. The first one is not harmful, but good in as much as it leads to greater and better accomplishments. The second one is damaging and destructive. Tension unaccompanied by action is like an engine of a vehicle on full throttle with the gear in neutral. The vehicle does not move an inch. The same applies to our mind. Our mind works better under tension of the first category and we win success after success. In the same way, our mind comes to a screeching halt under tension of the second category. It tells upon our health, both mental and physical, and even spiritual, leading to no successes or accomplishments. When the examination comes, it is natural that tension comes, but if our preparations are good, that is, if we have been in action all along, it works in our favour and enables us to put in our best into the task in hand. As a matter of fact it is not tension; it is a state of mind which is called tense. The conclusion, therefore, is that we may gainfully be tense but avoid tension.

We watched you closely during the examination days. We know how most of you passed the days before and during the examinations.

With a few exceptions, the examinees were one-pointedly devoted to preparing for the ensuing examinations—no hunger, no thirst, no sleep and above all, no thought of picture or the T.V. a very strange thing met our eyes. One very encouraging thing was seen that most of the examinees worked under tension. Tension kept them alert and awake and brought out the best in them. Tension improved their power to grasp, faculty of memory and retentivity. Those, who were seized of the tension towards the end or a few days before or after that, looked normal during the examination days, as if, tension was a part of their normal life. Reason is obvious. It was well-spread over span of time. But some of them were under high tension, because they were seized of it just on the night prior to the examination morning. Such examinees had clear symptoms of both body and mental tension. Their palms were moist with sweat, number of beats of their hearts had increased and developed hysteric habits. A few of the boys and girls were seen suffering from a disease, which we call examination fever. This is due to tension more than their nerves could stand. Psychologists are of the opinion—based on a wide survey of examinees—that tension beyond a

certain level is very injurious to health. Even, brilliant students succum to its pressure and fail to fare upto the mark in the examination hall. We would advise you young men and women to do your best to avoid tension amounting to nervousness and collapse of health.