


DOES LEARNING NEW THINGS ENTICE THE STUDENT WITHIN YOU?




10 Life Lessons For The Perpetual
Knowledge Seekers






LOVE IS THE POWER THAT LEADS US TO VICTORY

-SRI MATA AMRITANANDAMAYI



A renowned humanitarian leader and spiritual teacher, Sri Mata Amritanandamayi is the guiding light of Amrita Vishwa Vidyapeetham. Amma's concept of education, stress on research and commitment to instilling universal values have come together to shape Amrita Vishwa Vidyapeetham into an institution where the latest advancements and discoveries combine with compassion and service-mindedness. As Mata Amritanandamayi said in 2010 when the State University of New York honored her with an honorary Doctorate in Humane Letters: "It is Amma's prayer that we develop the expansive-mindedness to embrace both scientific knowledge and spiritual wisdom. We can no longer afford to see these two streams of knowledge as flowing in opposite directions. In truth, they complement one another. If we merge these streams, we will find that we are able to create a mighty river—a river whose waters can remove suffering and spread life to all of humanity."

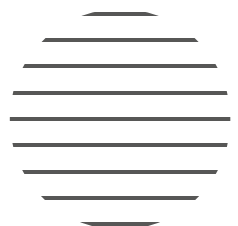
Due to place constraint, we are giving you 5 very inspiring, thought-provoking quotes, compiled from her talks that would always stay relevant for all of us, today and forever.

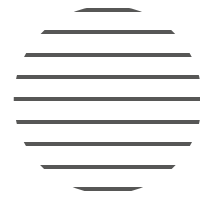


1. When the desire to know the Self arises, you will start doing all the things that are required to attain that goal and start avoiding all the things that will take you away from it. The more love you develop for the goal and the more you understand the need for the various disciplines and spiritual practices, the easier it will be to adhere to those disciplines and practices.
2. Don't feel sad that you cannot be as disciplined as you would like to be. Do what you can. Don't be sad about what you are not able to do. Don't push yourself too hard. Don't suppress or judge yourself.
3. When you fall down, instead of lying there on the ground thinking how comfortable it is, remind yourself of your goal. Get back up and keep moving forward. Never accept defeat.
4. When you find yourself reacting in a negative way to different situations, you should contemplate upon the workings of your own mind, remind yourself of the Goal, and then rectify your behaviour. We should take every situation that comes in life as an opportunity for us to learn.
5. Maintaining equanimity of mind in all situations should be our focus. It verily is the goal.

To Read The Full Texts,

Visit: <https://www.amritapuri.org/teachings/messages>





ONCE **A STUDENT,** ALWAYS **A STUDENT**

Ratan Tata, Narayana Murthy, Anand Mahindra, Bill Gates, Jeff Bezos, Larry Page, Sergey Brin and the list goes on, if you want to jot down the names of multi-billionaires but that's not what we are going to talk about. For a moment, just think a little different and try finding out what all these uber successful people have in common? Money? Vast business empires? Nope. Surprising, as it may sound. All these gentlemen lead their lives by a single motto – constant learning.

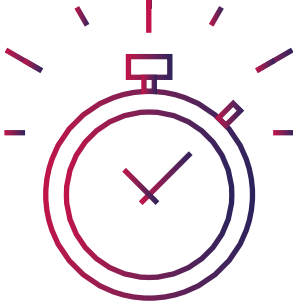
Many of us may still nod our heads in disbelief, but learning is a perpetual concept and it should neither cease nor get disrupted, the moment you step out of your educational institute. Linguistically speaking scholastic and learner may sound quite synonymous however, they are two different terms, vastly diversified.

Look around, you may find many such people within your family, friends, colleagues and even among children. The next time, you come across a granny trying to learn on how to send a message via Whatsapp, give a pat on her back. That undying appetite for mastering new concepts, with an indomitable spirit to solve the tasks at hand, often attributing inspiring actions to 'never give up' attitude, is what will make us move forward.

Hold on to that child-like curiosity, ask, listen and care and remain as a student for lifelong even after you 'make it.'

In this series of E-Books published by Amrita Vishwa Vidyapeetham, we bring you what it takes to reach all your goals – without any hindrances.

MANAGE YOUR TIME



Be it as a student or a working professional, always keep in mind that time is super precious. Managing your time efficiently in a day helps you learn new tasks, do more and better work. While few people like working early in the morning, some others are night owls. You can be either of it but pan out all your 24-hours without compromising on the body's circadian rhythm and health.

LISTEN FIRST

One of the primary qualities is to cultivate the habit of listening to others. Be a good listener, let others finish their sentences, understand their opinions before you start talking. Even in an argument, do not lose cool, take a deep breath, sort out your thoughts before putting forth your opinion. That's because, the other person can actually make you a big revelation and that's a kind of learning too!



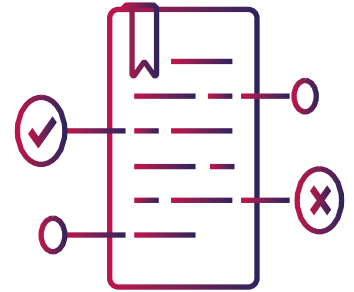
STAY COMMITTED

Never give up and never quit is the first step towards to make success a habit. Staying committed to acquiring knowledge, however small and big it will take your career to spiralling heights. Concentrate deeply on learning the task at hand to get more efficient results. And staying committed doesn't mean executing only the work on hand. If you have had made a promise, honour it, stand by the ethics at all costs.



MISTAKES ARE GOOD

Yes! It may sound like an ad caption, but mistakes are fine, as long as you are willing to learn from it. The best way to learn from the faulty outcome is to admit about the lapse and then trying to resolve it. Do not be afraid to start and learn something new. Remember, learning out of shortcoming is a lifelong process and no body is perfect in this world.



STOP COMPARISONS

Comparisons are common, inevitable but if they are pushing you into insecurity, do away with it, right now! It is important to believe in yourself, sharpen capabilities and thrive on one's own abilities. If you have any doubt while executing the task, talk to the right person, get over hesitations and put advice in to practice.

PERSONALITY DEVELOPMENT

A pleasing personality doesn't necessarily mean a well-groomed person. Body language should be an eclectic mix of confidence, humble nature, willing to learn and ready to accept shortcomings, if any. It is in fact a lifelong process and it is imperative to regularly keep on assessing our skills, qualities and take a stock of how much effort needs to be put in for a better tomorrow.



READ MORE



Do you know that many famous personalities hold their book collection close to their hearts and bask in the pleasure of reading daily? Books are man's best friends and they are the treasure-trove of information which can turn relevant any day. Thanks to technical advancements, countless number of topics are available at the swipe of your finger. Reading is key to learning and remembering in order to understand the fundamental principles at the best.

QUESTION TO CLARIFY

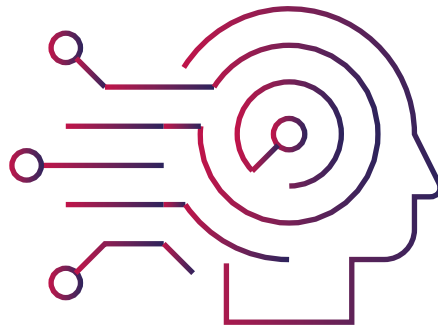
Asking questions in the right way is a steppingstone for your progress. Do not hesitate to ask your doubts, if you have not understood the concept, clear the qualms. A right question will always lead to the correct path and do not be afraid of being vocal, unhesitant and straightforward in the approach.



STRUT WITH CONFIDENCE

Confidence is the coolest thing you can exude at any age or time be it during student days or in professional career. Keep faith in your abilities, accept what's holding you back. Confidence always need to be complemented by humble nature, positive thinking, practice, training, knowledge and most importantly a constant learner.





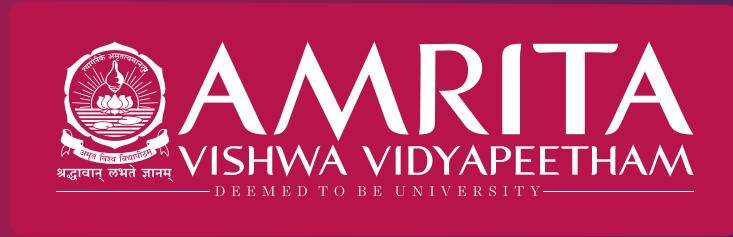
DIVERSIFIED SKILLS

Employers are on a constant lookout for employees with diversified and transferrable skills. Being excellent at academics is not enough. One has to be industry-ready, with practical hands-on training, excellent soft skills, ready-to-learn attitude, take up challenging work environment and be a team leader. Remember, the HR guys are shrewd personnel and would be looking at various factors while hiring you. Once you land a job, the growth depends on all the above factors.

Amrita Vishwa Vidyapeetham believes in nurturing young students into responsible citizens. While offering excellent curriculum and academic training on par with international standards is a norm in this sprawling campus, the students also get trained in a wide range of soft skills, life hacks ensuring their personal and professional growth forever. The calm, serene, spiritual environment guided by esteemed faculty and staff aid students in tackling challenging environment and leap forward in life.

Industrial tours, internships, soft skills, a tab on fast-changing trends in research, technical advancements and jobs help students keep a tab on the present scenarios.

For more information, please visit www.amrita.edu



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