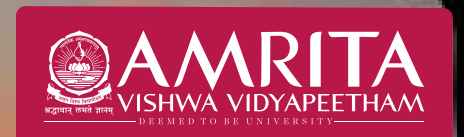


IS YOUR CAREER  
CURVE TOO  
**STEEP TO  
CLIMB?**

TAKE A CUE FROM THESE CRUCIAL MANTRAS  
TO CONQUER CHALLENGES



School of Engineering



“**Love** is the power  
that leads us to  
**Victory.**”

- Sri Mata Amritanandamayi



1

The law of Nature and of life is selflessness. This is why people who do not have control over their ego and selfishness cannot wholeheartedly enjoy life: they are trying to live against the law of Nature.

2

The factor stringing together life, individuals, society and nature is missing from today's educational system. That factor is spiritual values, like compassion, patience, honesty, etc.

3

All our actions should be done with the attitude that this moment alone is ours; the next moment is not in our hands. Every action should be performed with discernment, alertness, enthusiasm and a smile.

4

Just as humans have their system of laws, Nature also her laws as well. We have to understand and abide by Nature's laws. We should have the awareness that, in fact, Nature governs all the governments of the world.

5

The love and compassion that overflows from our heart is the power that leads us to victory. It was the love and compassion that filled the hearts of people all over. This strength destroys all barriers and joins all hearts on a single string. May this love and compassion ever illuminate our hearts.

**To Read The Full Texts, Visit: <https://www.amritapuri.org/teachings/messages>**



**DREAMS,  
GROWTH &  
ACHIEVEMENTS**

Growing up, all of us must have had faced this quintessential question, at least once – What would you like to become, after you grow up? In childhood if becoming an engineer sounded fancy enough, turning into a doctor was obviously the best career choice many of us would instantly lean towards, given the name and fame associated with it. These days children are opting for more career choices, right from a chartered accountant, advocate, media professional to dreaming being a Michelin star chef.

And there is nothing wrong in dreaming and hoping. In fact, we all should. Like late President of India, Eminent Scientist and Bharat Ratna Dr. A P J Abdul Kalam rightly said, “Dream is not that which you see while sleeping it is something that does not let you sleep.”

But why is that a very few can dream, achieve and successfully sustain it, crossing every milestone one after the other? That’s because even as the learning curve becomes steeper, we tend to lack that child-like curiosity and that hunger to know more and execute the newer tasks fizzles out.

Agree or disagree, the career graph is often like a snake and ladder game. You may rise and fall, but there are certain thumb rules that can turn you into a responsible person, a thorough professional and ensure your holistic growth.

In this third E- Book series by Amrita Vishwa Vidyapeetham, we bring you 10 golden rules, you can imply and tackle toughest of the career challenges at any time, age and day.

Let luck and work be on your side!

# CHOOSE REALISTIC GOALS

The first and foremost step while planning your career, is to zero in on the prime objective of your life.

Understand that your skills might differ from others and your abilities often serve as a benchmark in measuring if you are actually moving forward. Set realistic goals after careful consideration of what you would like to achieve, that are motivating, relevant and timebound.





# FIGHT BACK FEARS

Clinging on to the fears will put your career growth on hold. Question yourself about fears, anxieties and worries and get over it by clearing away negative and unnecessary thoughts. Talk to people close to you, confide about your fears with parents, faculty, colleagues or even a boss. If you are afraid about failure, write down all your apprehensions, change thought process, perspective and see yourself being successful than as a failure.





# BE SELF-RELIANT

Being self-reliant is the starting point of any journey and kickstart it with making the right decisions.

Accepting responsibility, garnering more practical skills and ceasing to compare your abilities with others will make you not only a reliable person but also an admirable, independent personality among your peers and colleagues be it at home or work.

# KEEP A TRACK OF PROGRESS

The performance at your workplace is proportionately dependent upon the progress you make at regular intervals. Being aware of your growth aids in staying focussed, getting over hindrances that might be blocking your growth. It will also support you in revisiting goals, assessing if they were relevant and instil with positivity. However, make sure that you stop obsessing over it as it may pave a way for insecurity.



# PUSH PAST YOUR LIMITS

If you love being in your comfort zone, please step out of it right now! Working within your limitations will never make you realise your true abilities, passion and may make you complacent. Pushing the envelope, as they say may sound tedious and taxing in the beginning but do not fret over at initial challenges. Learning is a perpetual process and you will keep on mastering new skills.





# UNDERSTAND LITTLE DETAILS

Each job comes with an array of tasks that we often tend to ignore, unless confronted with it. Being aware of the job, seeking to understand the intricacies involved in executing the tasks will earn the title of a 'detail-oriented' person. Having an overall understanding about the process often leads to newer ideas, quick assessment of the situation and finding a sure-shot solution.

# COMMUNICATION MATTERS

Do you know that many people however strong in their area of expertise, often lag due to lack of communication? That is one of the main reasons why language skills are being given equal importance these days from a young age. Communication is crucial in putting forward the views, thoughts clearly, sans any confusion. A good communication skill is a very added advantage, at all stages.



# READ, RESEARCH & REASSURE

Many of us tend to stop reading and acquiring new skills soon after getting into a job. This would certainly make you irrelevant in your organisation one day and put a full stop to your career. With internet and other apps being accessible to one and all, there is scores of information available online, make use of it. Read relevant info, research new discoveries to stay reassured.



# CONFIDENCE COUNTS

Well, if you have a skill flaunt it but don't boast it. An individual displaying his expertise confidently, yet humbly is a sight to behold and would be an inspiration for others. Trust yourself while handling major tasks with self-confidence, unmindful of the result, give your best as it will eventually help you in doing away with all the fear, anxiety and even those troublesome thoughts with failure.





# STAY TECH SAVVY

Technology is advancing at a rapid pace but unfortunately, many of us use it for entertainment and to suppress the boredom. Look around online, you will find countless cool tools that will open new vistas of opportunities via diversified modules and trends. Being tech-strong will make you the most-sought after colleague, friend and what's more, you can make a difference to many in their careers, by helping them!





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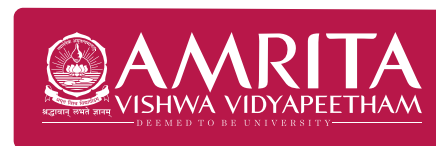
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