

Career Manthan

CHOOSING THE RIGHT CAREER: SELF-DISCOVERY & PLANNING

Featured Article: How to
Choose the Right Career:
Bridging Passion and Profession

Skill Of The Month:
Self-Awareness

Practice Worksheet For
Self Awareness



JANUARY 2026

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About Exambandhu Skill & Career Solutions

Exambandhu Skill & Career Solutions is a student-centric learning initiative created to guide school, college, and competitive-exam aspirants towards confident, stress-free success. We believe that every learner has potential — sometimes all they need is the right guidance, supportive mentoring, and smart exam strategies. At Exambandhu, we combine subject expertise with life-skills training to help students not only score better in exams but also understand themselves better, build discipline, and develop clarity about their careers.

Our programs cover School Education (Class 6–12 Arts & Social Sciences), CUET UG & PG Entrance Guidance, and UGC-NET Political Science & International Relations, along with personalized mentoring sessions. We also provide downloadable exam-focused study material, strategy classes, career counseling, and confidence-building workshops designed to remove fear and anxiety around exams.

The word “Exambandhu” means “a friend in your exam journey” — and that is exactly who we are. We walk with students step-by-step, helping them plan, prepare, practice, and perform—while nurturing self-awareness, curiosity, and a positive mindset for life beyond exams.

We are an educational initiative under the MSME Act, Government of India

About Career Manthan

Career Manthan is an initiative under Exambandhu Skill & Career Solutions aimed at helping students and parents pause, think, and reflect on education beyond marks and report cards. The magazine brings together simple ideas, practical career guidance, inspiring stories, and self-development tools in a friendly, student-focused format. Each issue is designed to spark meaningful conversations at home and in classrooms — about choices, interests, talents, skills, and the real purpose of education. Through Career Manthan, we wish to reduce exam fear, build clarity about career paths, and encourage students to discover who they truly are, not just what they score. It is not just a magazine, but a gentle mentoring companion for learners and families on their journey of growth.



From the Editor

Dear Readers,

Welcome to the first issue of our monthly career e-magazine. This magazine has been created especially for students who are curious, confused, excited and sometimes anxious about their future. One of the biggest questions during school and college life is: “Which career should I choose?”

Very often, decisions are influenced by marks, relatives’ suggestions, social media trends or peer pressure. But real success and happiness come when your career choice matches who you are — your interests, abilities and personality.

In this edition, we will begin with Self-Awareness as the most basic life-skill. It is the first step in the journey of learning. And very often, most of us learn a lot about the world but very little about ourselves. This leads to loss of motivation at times. This issue also provides a self-awareness practice set.

We hope this issue becomes your friendly guide in your journey ahead.
Warm wishes and happy reading!

Dr Uddipta Ranjan (PhD)

Editor-in-Chief

How to Choose the Right Career: Bridging Passion and Profession

Career Manthan | January 2026



Imagine this.

You are standing at a crossroads. One road leads to what everyone else expects from you — relatives, neighbors, rankings, “scope,” and job security. Another road leads to something that quietly excites you — the subjects you enjoy, the activities in which time flies, the questions that keep you curious. Many students feel torn between these two paths. Choosing a career doesn’t feel like picking a road; it sometimes feels like choosing an identity. The good news is this: your career is not a one-time final decision. It is a journey you shape step by step.

Passion + Profession: Finding the Sweet Spot for a Fulfilling Life

We often hear a well-meaning piece of advice: “Follow your passion.”



It sounds beautiful, poetic, even heroic. Many people imagine themselves walking away from all obligations, doing just one thing they love, and somehow life will automatically take care of the rest.

But reality gently—and sometimes harshly—reminds us that passion alone does not pay the bills.

There is rent to be paid, families to support, parents to care for, dreams to finance, and a future to secure. The modern world demands not only meaning, but also stability. And that is where the idea of Passion PLUS Profession becomes powerful.

Passion is the flame. It is what excites you, keeps you up at night, makes you forget time, and fills you with energy. Passion answers the question:

“What do I love doing?”

Profession, on the other hand, is the vessel that holds this flame. It is your formal occupation, recognized by society, rewarded by money and security. Profession answers the question:

“What will the world pay me for?”

A fulfilling career emerges when these two begin to talk to each other.

Without passion, a profession becomes dull routine. Without profession, passion becomes an unsustainable hobby. The goal is not to choose one over the other, but to build a bridge between them.



Passion is not always loud — sometimes it is quiet

Many students feel confused because they do not have a “big passion.” They do not wake up saying they were born to be a singer, pilot, or scientist.

That is completely normal.

Passion is not always a dramatic lightning strike. Sometimes it is a small curiosity that keeps returning, a subject you enjoy a little more than others, a task you don't mind doing repeatedly, or a problem you naturally like solving.

Passion grows with:

- exposure
- practice
- success
- appreciation

You do not find passion first and then start working. Often you start working, and then passion grows within the work.

Profession is not the enemy of passion

There is a misconception that profession is rigid, boring, and mechanical, while passion is colourful and free.



But professions evolve.

- A boy who loves video games becomes a game designer or developer
- A girl who loves writing becomes a content strategist, author, editor, or academic
- A student excited by social causes becomes a policy researcher, social worker, or civil servant
- Someone who loves talking becomes a teacher, presenter, trainer, or counselor

When guided properly, passion can flow into a profession instead of getting crushed by it.

The key is skill-building. Passion becomes profession when you add:

- training
- discipline
- credentials
- consistency

It is not magic. It is design.

Locating The sweet spot

The sweet spot is where what you love, what you're good at, and what pays well overlap —turning passion into a sustainable profession.



Career counselors often speak of three intersecting circles:

- **What you love**
- **What you are good at**
- **What the world needs and pays for**

Where these three meet is the sweet spot — the zone where passion becomes profession.

The journey of career-building is about moving toward this intersection step by step, not finding it all at once.

Skill of the month: Self-Awareness

“You cannot believe in God until you believe in yourself.” - Swami Vivekananda



There is one person you will live with every single day of your life. You see them in the mirror each morning.

You hear their voice inside your head.

You carry their hopes, fears, dreams, and doubts everywhere.

That person is you.

Yet, strangely, we know everyone else better than we know ourselves. We know what friends like, what teachers expect, what society admires — but we rarely stop and ask:

“Who am I, really?”

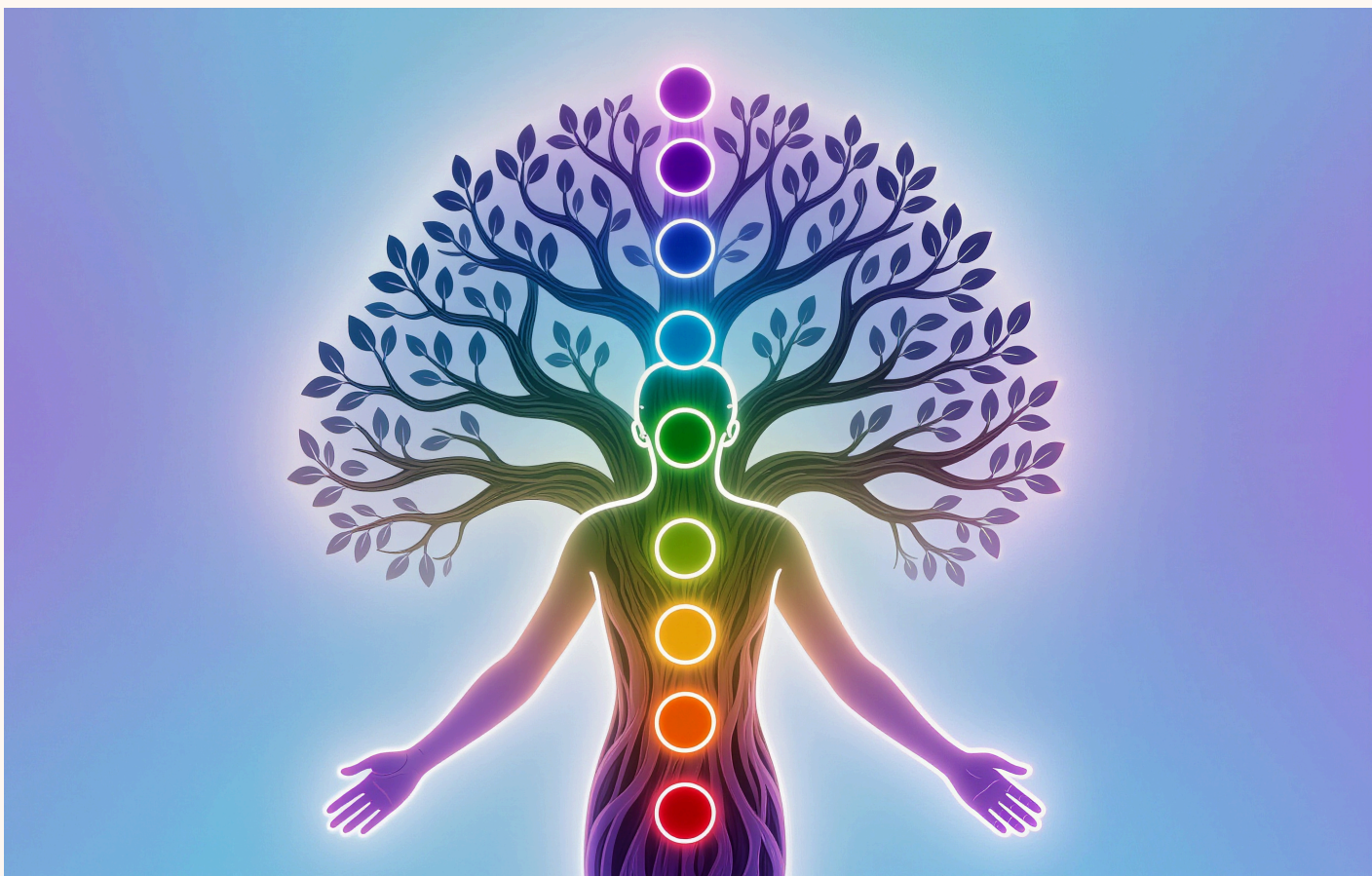
This simple question is the beginning of self-awareness. A conversation that many families never have. In many homes, conversations sound like this:

“Which stream will give a better job?” “What is the cut-off this year?” “Sharma ji’s son has done this — why can’t you?”

But imagine a different conversation:

“What makes you happy?” “What are you curious about?” “What kind of life would you like to build?”

When parents and students talk like this, something magical happens — pressure turns into partnership. Self-awareness is not only a student skill; it is a family skill.



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How Do You Become More Self-Aware?

Self-awareness begins when you learn to listen to your own inner voice in the middle of all the noise around you. It isn't about heavy books or personality tests — it starts with small daily moments of honesty.

7 Step Guide For Greater Self-Awareness



01

Pause & Contemplate every day

Take a brief break from screens, activity and people each day, sit quietly with yourself, and gently reflect on your thoughts and feelings without rushing to change or judge them.

02

Identify & Name your feelings

Take a moment to honestly recognize what you are feeling and give each emotion a clear name (such as anger, sadness, confusion, or joy), so you become aware of what is actually going on inside you.

03

Watch your thoughts like passing clouds

Watch your thoughts drift by like soft clouds in a twilight sky, simply noticing their shapes without chasing them, letting each one pass gently as if carried by a warm evening breeze.

04

Notice not just your results, but your reactions to them

Notice not just the results or consequences, but how your heart and mind respond to them—often your reactions quietly reveal more about you than the outcome itself.

05

Journal Daily

Journal daily, turning your thoughts and experiences into words so you can see your inner world more clearly and track how you grow over time.

06

Talk to people who know you well

Talk to people—share your thoughts with trusted friends, teachers, or a mentor, because guided conversations and mentoring can help you see what you might miss on your own and speed up your journey of self-awareness.

Student Self Reflection Worksheet

You may send your responses to exambandhu@gmail.com for free assessment and counselling.

Section 1: About My Feelings

1. Today I mostly felt:
☐ Happy ☐ Excited ☐ Confused ☐ Stressed ☐ Bored ☐ Calm
2. One thing that made me feel good today was: _____
3. One thing that bothered me today was: _____
4. When I am upset, I usually:
☐ Talk to someone ☐ Stay silent ☐ Get angry ☐ Cry ☐ Distract myself
5. Three things I think I am good at are:
 _____, _____, _____
6. Two things I want to improve in myself are:
 _____, _____
7. People usually come to me for help with: _____
8. Activities in which time flies for me: _____
9. Activities that tire or bore me: _____
10. Subjects/topics I enjoy reading or talking about: _____
11. Which matters more to me (tick one):
☐ Stability and security
☐ Freedom and exploration
12. I enjoy working:
☐ Alone
☐ In groups
☐ Depends on the task
13. Three values important to me are: (You may tick more than three if you wish.)
☐ Honesty ☐ Respect ☐ Success ☐ Creativity ☐ Helping others ☐ Leadership
☐ Learning ☐ Family ☐ Independence ☐ Discipline
14. I get angry when: _____
15. I feel nervous when: _____
16. I feel confident when: _____
17. When I imagine my future, I see myself: _____
18. One small step I can take this month towards my dreams: _____
19. One sentence about "Who I am becoming": _____



Our Life-Skill Sessions

Unlock Your Potential: Master Self Awareness Today

Interactive Sessions With Activities



करुणा

शांति

सत्य

धर्म

कृतज्ञता

अहिंसा

Human Values Through Indian Knowledge Systems

Mulya Pravaah

Time Management & Efficiency

Win The Clock: Effective Time Management

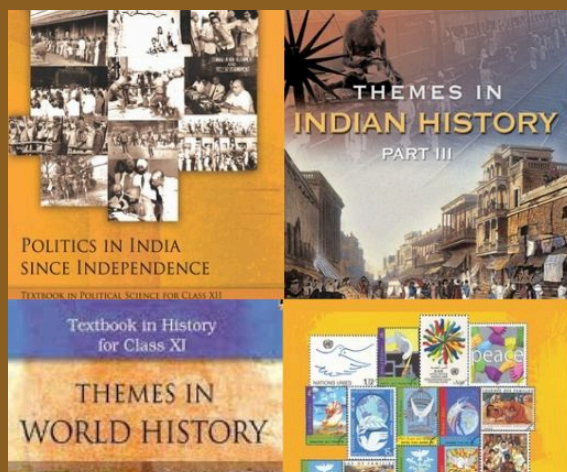
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