

INTROSPECTION

In the initial classes, when we were talking about technology and its values, I thought this thing will go all along the course, discussing about technology and how should it be designed so that their negative side effects could be minimized. Little did I know, that that technology in the course name symbolises for me as an engineer and how could I make my aim in alignment with the society.

The course and indeed the introspection helped me in getting a better idea about what I want from my life, how could I achieve it and finally how should I prepare myself for the challenges that might come on my path to that goal.

Before coming to IIT I knew, I had no inclination for money, just wanted to earn enough so that I could have a simple living. I was clear on the fact that I wanted to do something unconventional which might or might not give me money, but I was not very clear about what to do. I wished to do something productive, something whose result could make someone smile. The society could be that someone provided that my work is connected to them. Even the aim of IITs was to make engineers who will prove vital in the development of the society. The director had said in the welcome speech that our aim should not be to become good engineers but to become good human beings who know how to use his/her knowledge not just for the benefit of himself/herself but also for others. It now became a little clearer to me where I wish to head, I want to use my knowledge and skill to solve problems of the people, in subtle words I wanted to be a problem solver. Problem solving is a very broad idea, everywhere there are problems, it just takes the right vision to see them. To develop that vision, I must have a teacher or an inspiration who would guide me and correct me whenever I'm wrong. It is possible to have different views to look at things, each of them being right, I should develop the capability to see and understand those different views.. For example, consider the case of demonetization of money, one point of view would say that it is not a good step as the poor people are the worst sufferers, they don't even have enough money to meet their food requirements, eleven deaths have been reported up till now due to demonetization of money, all from heart attack or while standing in long queues. Moreover the claim that it would help to recover back black money is overrated, a thief can always find its way, there are ways in which black money can be converted to white money. On the other side it could be said that eleven is much less than the deaths that are being caused every year at our border, the black money is used by terrorists against our army to buy weapons, also now all money in use whether black or white would now be accounted, this would help the government to estimate how much money is there in use and would help in stabilizing our economy. Both the points of view are strong, if I would have to take decision whether to implement this policy or not, it is upon me to decide which point of view appears stronger. One case is if I have a biased point of view then I won't be able to look at the flaws of my point of view and pros of other views. Here I need to develop the ability to keep the cup of my mind empty so as to understand new view. Another case is if I could understand both points of views but was confused about which to follow then my teacher/ inspiration could play an important role in guiding me to take the correct decision. Both ways the teacher becomes important.

This was about setting the goal, now came the execution part. I used to think that I should make one aim and should be focus on it completely keeping everything like body, personal life, family aside. Think day and night about it. In other words, live that aim. But now I have realised a focused mind cannot go with a tired brain neither with an unhealthy body. It is undoubtable that passion and focus are essential but only those two things are required is not true. If I would constantly work or think about one thing soon my efficiency would decrease. There are other aspects of life like family and giving time to oneself is important, they might even act a source to recharge me so that whenever I get back to work, I'm fully energised and thus could work better. A tree cannot be cut with a blunt axe, the axe requires sharpening after a certain period of work so that it could cut the wood with the same rate.

I realised that to be reluctantly consistent on my path, I will be required to have an appropriate character that would help me overcome challenges coming my way. The first character that I realized is important is self-confidence, I'm low in self-confidence. I avoid trying new things with the fear of failure, the fear of failure is because I do not have confidence in myself. If I don't believe in myself and thus not confident about what I'm doing then there is a high possibility that a slightly strong wind of distraction would be enough to take me off from my path. Self confidence will not only help me in my determination but also in finding the right path. I know I want to be a problem solver, but without exploring it is not possible to find the right problem that I could solve.

I must learn to live alone, learn to compassionate myself, to be happy with myself. This is because once I have start my journey, there would be instances when I would be all alone, no one will be there to stand with me, it is at that time this trait would help. To develop this in myself, I have started to spend a lot of time with myself, in this way I get to know more about me and work on my weaknesses and strengths. I also try to think about my mistakes each day and how I could avoid them the next day, though I'm not able to do this everyday, but it has been improving over time.

Aften listening to, I realised how important it is to lower my needs, if my needs are not too much than I won't be depending on too much people to fulfil them. If there are not much people upon whom I'm dependent then the chances that the interest of those people and my aim would clash will be less. In case there is a clash, then it is more likely that I will have to look for the interest of people as I'm dependent on them, which would lead to getting distracted from my aim. Another thing that came from this thought was self-control, though chances of such clashes will be low if I lower my needs, but those chances are not zero, then if don't have self-control that I could manage without the need at stake, I am going to face a lot of difficulties, Sleep has been one of my weakness. It is very difficult for me to wake up early no much how early I sleep. For the past few days I have been trying to wake up early and go for at least one round, though I have not been successful much but I haven't failed completely even.

In this complete process of self-improvement, I have always tried to push my limits but never went to extreme, which is also important. As I said earlier I used to think take up one assignment and just focus on that, similarly I have taken the assignment of building a strong character then it is quite possible that I neglect other things. To take care of that, I make sure that I do not forget to keep small happiness that I get, into the bucket of my life. I couldn't be just self-centred and need to take the responsibility of my family as well. Happiness is like talking to my parents everyday no matter how busy I am, spending few minutes with

nature, like a mother; nature has taught me a lot of things about life, I need to spend time with it as I spend time with my parents.

To take up new responsibilities to to move ahead in life I cannot turn my eyes from the responsibilities I already have.

Shristi Goyal

2014CS10254