

THE DHARMA CODE · FIELD MANUAL · VOLUME 5

The
**Student & Fresher
Field Manual**

ANCIENT CLARITY · MODERN START · ZERO REGRET



स्वधर्म

*For the Indian student who has spent a lifetime preparing
for exams, and is now asking what they actually want.*

GAURAV CHANNAGIRI

DHARMACODE.NET

Five Quiet Minutes

You are not a rank. You are a person with a day ahead of you.

Many students begin the day in reaction: marks, rankings, group chats, what everyone else is doing. By the first class the mind is already comparing and worrying.

The Taittiriya Upanishad records a teacher’s parting words to students: “Say what is true! Do thy duty! Do not neglect the study of the Veda!” Nothing about packages. This manual turns that advice into a system you can use this week.

TRY THIS TOMORROW · THE STUDENT’S SANDHYA

MIN	PRACTICE	WHAT TO DO, BEFORE YOU TOUCH YOUR PHONE
1	Dharana	Feet on the floor. Notice you are here. The day is still open.
2	Viveka	Ask: what do I actually want to understand today?
3	Sankalpa	Write one sentence: the one thing you will pay attention to.
4	Vairagya	Let go of one comparison. Their path is not your path.
5	Arambha	Open the book and begin.

INSIDE THE FULL MANUAL · 44 PAGES

- The Swadharma Audit: twelve questions that show who you already are
- A word-for-word plan for the parent conversation
- Placement, LinkedIn and AI prompts with an integrity rule, plus six worksheets
- Playbooks for engineering, MBA, arts, first-job and career-switch paths



Get it at dharmacode.net

FREE TO SHARE

Forward this to a friend who is starting placement season.