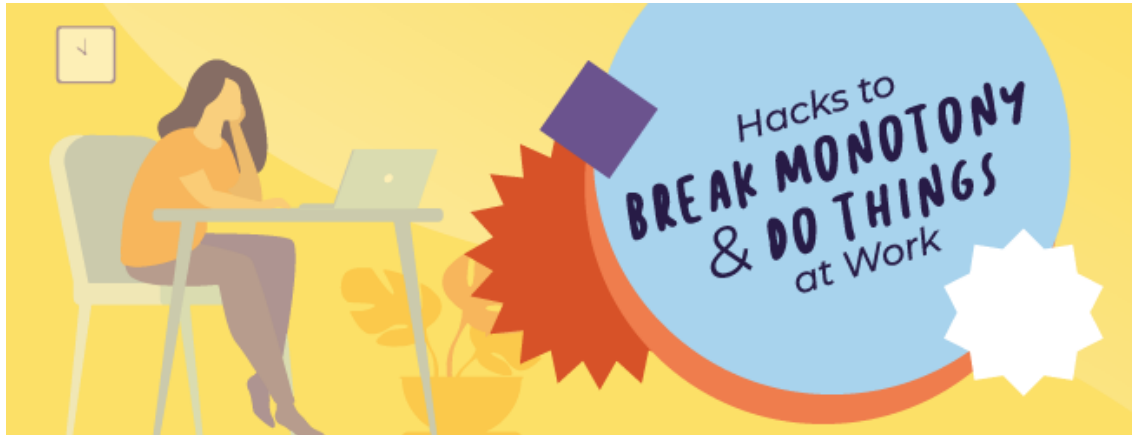




हैदराबाद विश्वविद्यालय
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Work. Eat. Sleep. Repeat. Sounds familiar?

Maybe you are **stuck in a loop** that feels like a simulation of the same events, day in and out!

Experts say that monotony is the **biggest enemy** of productivity because:

1. It takes away our perseverance to finish tasks
2. It causes a creative block

So how do we think beyond our daily routine and make things interesting? Try out these actionable hacks to break monotony at work:



While routine is inevitable in any workplace, we hope that these hacks **will not let** monotony deteriorate your creativity and productivity.

For more such quick tips to **increase productivity**, reach out to our experts, anytime, anywhere!

CONNECT WITH AN EXPERT

For further queries or concerns, please reach out to us at campus@yourdost.com.

**Always with you,
Team YourDOST**
