



Mental well being Positive Psychology Capacity Building

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Date: 11th September, 2021

Participants: Classes VII to IX Students of Contai Public School

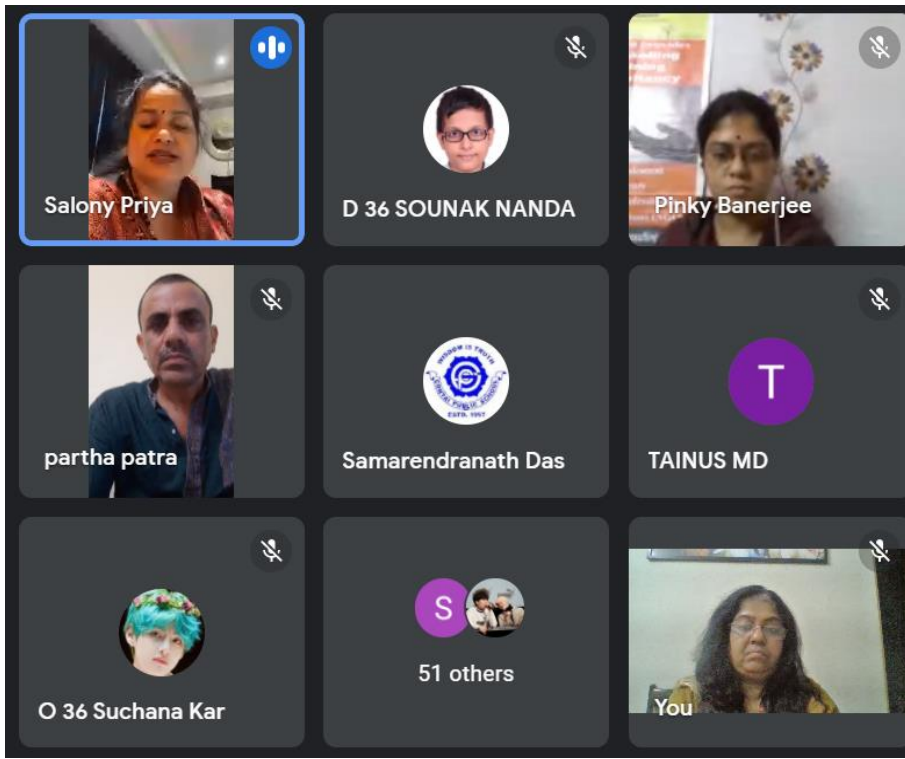
Resource Person: Ms. Salony Priya

Facilitator: Ms. Pinki Banerjee



Objectives of the Session

- To sensitize students regarding effective ways to choose their career.
- To empower the students the exact meaning of the career opportunity apart from the course.





Highlights of the Session:

- The session began with the welcome message by principal sir.
- Principal sir introduced the resource person and her motive behind organizing the session.
- Beginning of the session resource person Salony ma'am asked to the participants to share their career choices, where they mentioned about
 - Police Officer
 - Archaeologist
 - Journalist
 - Doctor





Highlights of the Session (contd...):

We need to identify our ***abilities*** and ***interests***.

Abilities = Things which you are good at.

Subjects

Interests = Hobbies

Skills = can you take decision, solve problems,
managing emotions

- The basic difference in between course and career and she has shown some practical examples.

“Career is our life style, our work, not only earning money.” –
Salony ma’am.



Highlights of the Session (contd...):

Career goals:

- **Knowing Myself**
 - What do I like
 - List of the things what you are good at
 - Strengths
 - Interests
- **Knowing Career Prospects**
 - What I am able to do.
- **Knowing Courses**
- **Balance with My Aspirations, My Dreams**



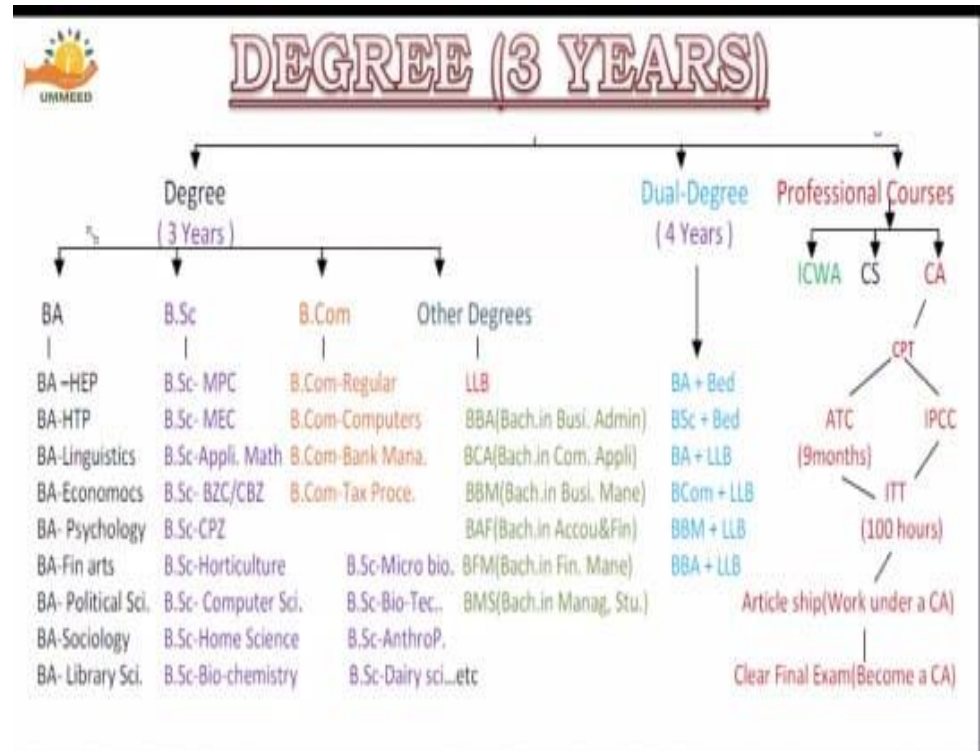
Topics Discussed (contd...):

“Career should be by choice, not chance.” – Salony ma’am



Topics Discussed (contd...):

- Know yourself
- Explore your options
- Make a decision
- Keep move on
- Continuously work on yourself





Highlights of the Session (contd...):

- Make profile – add your all certificates, co-curricular participations.
- Select Plan A, B, C
- Letter of Recommendations – how much you have participated in the co-curricular activities like social service, sports, leadership
- Make your Priority



Topics Discussed (contd...):

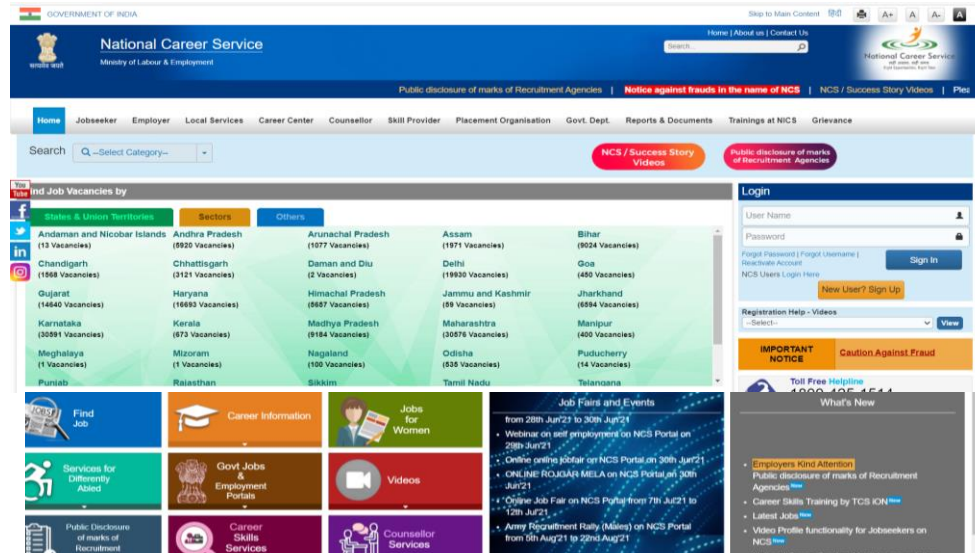
- Students were asked to be a more information about various careers with the real examples.
- Different clusters of career (management, finance, services, technical and other upcoming careers) were also discussed.
- Create your own dignity after becoming a skilled person which an build up from your habits.





Topics Discussed (contd...):

- Visit <https://www.ncs.gov.in/>, Home page of **National Career Service**.
- Scroll down and click on **Career Information** tab and then again click on **Career Information** where 52 Sectors are available.
- To know more about each of the option, we have to click on individual item. For example:
 - Job description
 - Work environment
- Educational qualifications and training
 - Key competencies
 - Desirable competencies
- Available skill training and learning institutes
 - Available skill training schemes/scholarships



- Sample of training and learning courses
 - Career progression path
 - Expected earnings
 - Required work experience
 - Probable employers
 - Keywords
- Occupational codes and standards
 - References



Lists of useful Information:

- “After 10+2” by Kumkum Tandon
- Nation Career Service – <https://www.ncs.gov.in>
- National level Medical Entrance Exam – AIIMS <http://www.aiimsexams.org>
- Indian Navy – www.nausena-bharti.nic.in/index.php
- Air Force – www.imu.edu.in/index.php
- CLAT – <http://clat.ac.in>

SELF MANAGEMENT
SKILLS

For Millennium youth!



BUILDING MY SKILLS

**BEING READY FOR LIFE
BEYOND SCHOOL**

**GATHERING MY
RESOURCES**

**MY SUCCESS
ACTION PLAN**



Feedbacks from the Session:

D 26 Shambhavi Mishra 17:58

Miss it will be very helpful if you can share your phone number...

Dinesh Kumar 18:21

Thank you to all conducting members of the discussion.

D 26 Shambhavi Mishra 18:21

Is there a good book for general knowledge

UMMEED
A Positive Living Initiative

ENABLE EMPOWER ENERGIZE

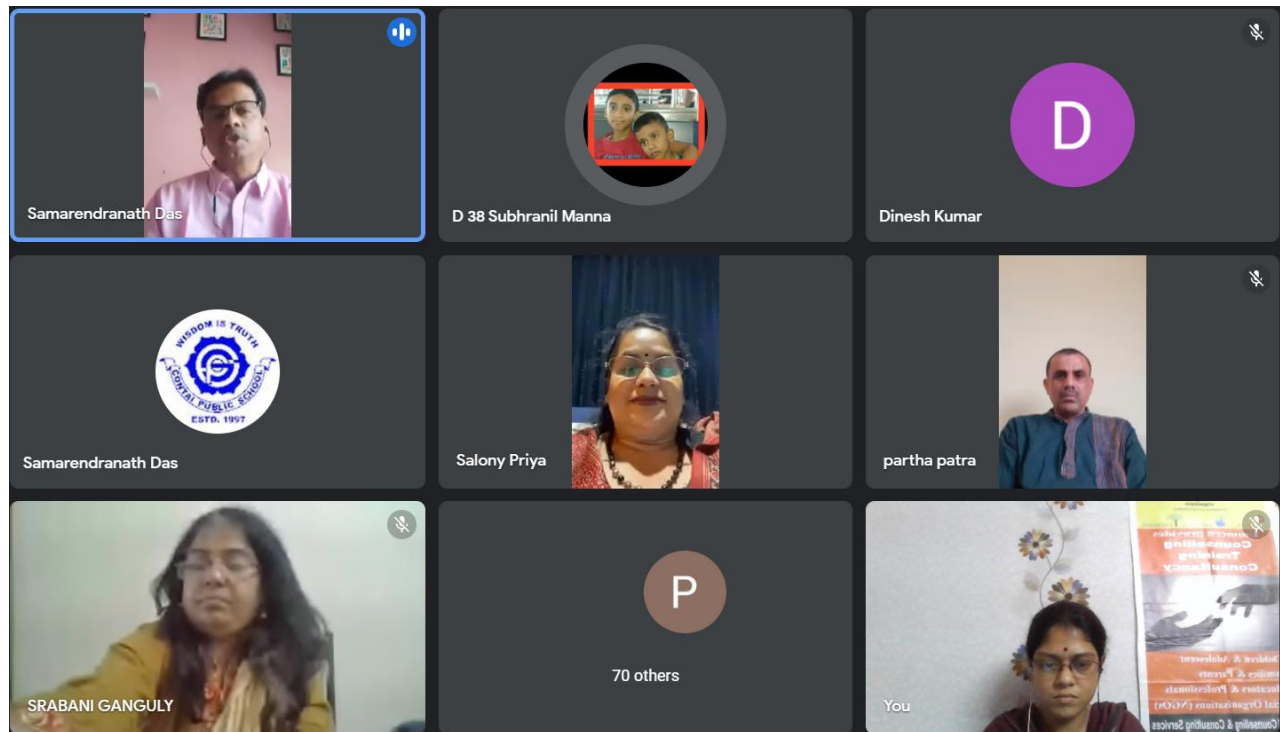
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THANK YOU ALL FOR YOUR KIND COOPERATION FROM TEAM UMMEED



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