

# STUDENTS COUNSELLING SESSION

- PARENTS HANDBOOK
- SKILL GENIE
- EMERGING TECHNOLOGIES
- 20 C PERSONALITY TRAITS

# **TRANSFORMATIVE TECHNOLOGIES CONTRIBUTIONS BY THE SELF**

## **AREAS**

- **MANUFACTURING**
- **AGRO DAIRYING**
- **ELECTIONIRING**
- **ENERGY**
- **ENVIRONMENT**

## **ACHIEVEMENTS**

- **SCADA SYSTEMS**
- **MILK COLLECTION CENTRES**
- **VOTER IDENTITY CARDS**
- **ENERGY METERS**
- **POWER HOUSE IN EVERY HOUSE**

# EMERGING TECHNOLOGIES

## AREAS

- ENERGY
- ENVIRONMENT
- AGRICULTURE
- MANUFACTURING
- TRANSPORTATION  
/HEALTH/LEGAL

## ACTIVITIES

- WATT/WATER/WASTE  
HARVESTING
- ELECTRIC CARS
- FARM HOUSE IN EVERY  
HOUSE
- 3D PRINTING
- AUTONOMOUS VEHICLE/AI  
& MACHINE LEARNING

# LESSON: 1-COURAGE

- YES, I CAN!
- **(THINK POSITIVE)**
- As human beings we face problems in life. If we try to runaway in fear, we cannot reach our goal. We should be positive. This lesson talks about 'positive attitude'.
- जिन खोजा तिन पाइया, गहरे पानी पैठ।
- मैं बपरा बडन डरा, रहा किनारे बैठे।।
- अर्थ: हम जितनी मेहनत करते हैं, हमें उसका उतना ही फल मिलता है। गोताखोर गहरे पानी में जाता है तो कुछ न कुछ ले कर ही आता है, लेकिन जो डुबने के डर से किनारे पर ही बैठे रहते हैं, उन्हें कुछ भी नहीं मिलता है।

# LESSON: 2-CREATIVE

- MY STRENGTHS
- 
- (HONE THEM WELL)
- 
- Smart people identify their strengths and build their success on them. This lesson helps you to identify your strengths and build your future on them.

- अलसस्य कतो  
विद्या , अविद्यस्य  
कतो धनम् ।  
अधनस्य कतो  
मित्रम् , अमित्रस्य  
कुतः सुखम् ॥

# LESSON: 3-COMPASSION

- SELF-ESTEEM
- 
- 
- (I'M WORTHY OF LOVE!)
- 
- Your faith in your abilities makes you respect yourself. Such kind of love and respect for you is self-esteem.
- 
- दुख में सुमिरन सब करे, सुख में करै न कोय।
- जो सुख में सुमिरन करे, दुःख काहे को होय।
- अर्थ: सुख में भगवान को कोई याद नहीं करता है, लेकिन दुख में भगवान को सभी याद करते हैं। अगर सुख में भी भगवान को याद किया जाए तो जीवन से दुख हमेशा दूर ही रहेगा।

# LESSON: 4-CONFIDENCE

- SELF-CONFIDENCE
- 
- (BELIEVE IN YOURSELF!)
- 
- You may be rich and intelligent. But if you do not have confidence you cannot come out and speak. Hence, apart from all your hard work, self-confidence is very important. It can be acquired through practice.
- धीरे-धीरे रे मना, धीरे सब कुछ होय।
- माली सींचे सौ घड़ा, ऋतु आए फल होय।।
- अर्थ: हमेशा धैर्य से काम लेना चाहिए। अगर माली एक दिन में सौ घड़े भी सींच लेगा तब भी पेड़ में फल तो सही समय आने पर ही लगेंगे।

# LESSON: 5-COMPANY

- TEAMWORK
- 
- (TOGETHER EVERYONE ACHIEVES MORE)
- 
- We know that two brains are better than one. Teamwork always produces better results. But it also includes many skills. This lesson discusses such skills.
- 
- निंदक नियरे राखिए, आंगन कुटी छबाय।
- बिन पानी, साबुन बिना, निर्मल करे सुभाय।।
- अर्थ: हमें उन लोगों को हमेशा अपने पास रखना चाहिए जो निंदा यानी बुराई करते हैं। ऐसे लोग बिना पानी और साबुन के हमारे स्वभाव को स्वच्छ कर देते हैं।

# LESSON: 6-CONCLUDE/CHARACTER

- 18th CAMEL!
- 
- 
- (NEGOTIATE AND WIN!)
- 
- We use 'negotiation skills' with family, friends and a range of people and organizations. These skills are a part of our everyday life. This lesson talks about these skills.
- 
- **जैसा भोजन खाइये , तैसा ही मन होय।**
- **जैसा पानी पीजिये, तैसी वाणी होय।।**
- **अर्थ: कबीरदास कहते हैं कि हम जैसा खाते हैं, वैसा ही हमारा मन बनता है। हम जैसा पानी पीते हैं, वैसी ही हमारी बोली हो जाती है।**

# LESSON: 7-CONFORMANCE

- DON'T CONFORM!
  - 
  - (BE YOURSELF, THINK FOR YOURSELF)
  - 
  - You are influenced by peers/friends who mould your personality either into a better or bad one. Monitor such pressure from peers.
  -
- मांगन मरण समान है, मति मांगो कोई भीख।
  - मांगन ते मारना भला, यह सतगुरु की सीख।।
  - अर्थ: मांगना मरने के समान है, इसलिए कभी भी किसी से कुछ मांगना नहीं चाहिए।

# LESSON: 8-CARING

- EMPATHISE!
- 
- (STEP INTO THEIR SHOES)
- 
- Empathy is the ability to understand another person's difficulties and point of view. In the following situations, observe the difference between the responses of a coach and those of a teacher.
- तिनका कबहं ना निन्दिये, जो पावन तर होय।
- कबहं उड़ी आंखिन पड़े, तो पीर घनेरी होय।।
- अर्थ: कभी भी पैर में आने वाले छोटे से तिनके की भी बराई नहीं करनी चाहिए, क्योंकि अगर ये तिनका आंख में चले जाए तो बहुत पीड़ा होती है।

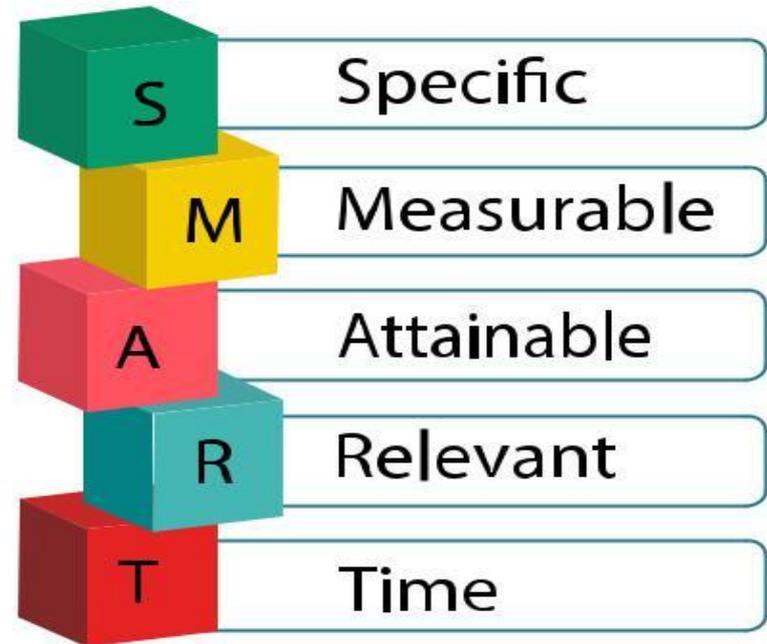
# LESSON: 9-CLOCK

- TIME
- MANAGEMENT
- 
- (PLAN YOUR TIME,  
PLAN YOUR LIFE)
- 
- काल करे सो आज कर, आज करे सो अब।
- पल में प्रलय होगी, बहुरि करेगो कब।।
- अर्थ: जो कल करना है, उसे आज ही कर लेना चाहिए। जो काम आज करना है उसे अभी करना चाहिए। जीवन बहुत छोटा है, पलभर में कुछ भी हो सकता है। अगर जीवन ही समाप्त हो गया तो क्या करेंगे।

# LESSON: 10-COURSEWARE

- MY GOAL!
- 
- (PLAN FOR IT)
- 
- Studies, career or life – you must have a clear cut idea of what you want to learn, gain and achieve. You must set a goal for this. Learn how to set goals.

- A goal is smart when S M A  
R T stand for...



# LESSON: 11-CLARITY

- MIND MAPPING!
- 
- (PLANNING FOR YOUR LIFE)
- 
- Mind mapping is a way of planning things. It is like note making. It helps for clearer thinking and better planning. It gives clarity to our plans and a good direction to our ideas.
- 
- 



# LESSON: 12-CHOOSE

- DECISION MAKING
- 
- (CHOOSING THE RIGHT OPTION)
- 
- Right from morning till night, we take many decisions every day. They may be about breakfast, choosing a dress, going to a movie – anything. These are smaller issues. But when this is about bigger things, it becomes more difficult. This lesson helps you how to make difficult decisions!
- 
- 
- 
- Decision - Making involves problem solving too. While taking decisions for complex problems, we need to follow these steps:
  - Define the problem.
  - That is to identify the problem first.
  - Try to know the cause of the problem. This will enable you to find a better solution.
  - Look for possible solutions.
  - You can brainstorm for alternatives. Initially accept and list out all the solutions even if they are apparently not feasible.
  - Now prioritize them taking into consideration
    - – what is best for you now, consider others (Not only me), and consider future (Not only now). By thinking beyond yourself and beyond the moment, you are more likely to select choices that are useful to the society with benefits in the future.
  - Select one from those as solution.
  - Explain your decision to the people who got affected.
  - Take a viable and acceptable decision.
  - Implement it to solve the problem.
  - If it doesn't work, choose the next one and try again.
  - 
  -

# LESSON: 13-CURIOSITY

- BROWSE TO LEARN!
- 
- 
- (SKY IS THE LIMIT!)
- 
- You know well that Internet has opened gates to unlimited knowledge. World Wide Web (www) makes it possible to learn things from any point of the world if you have internet connection.
- 
- 
- 
- Core Rules of Netiquette
- Adhere to the same standard of behavior that you would follow in real life
- Know where you are in cyberspace
- Respect other people's time and bandwidth
- Make yourself look good online
- Share expert knowledge
- Respect other people's privacy
- Be forgiving of other people's mistakes

# LESSON: 14-CV

- WRITE YOUR
  - 
  - RESUME!
  - 
  - (IT SPEAKS A LOT ABOUT YOU!)
  - 
  - A resume is a documentary record of your contact details, educational qualifications, skills and employment history in a nutshell. As it establishes your details, it should be appealing and convincing. This lesson helps you in preparing your resume.
- What does a Resume Contain?
  - 
  - Name with contact Information- Your postal address, email and mobile number.
  - 
  - Objective: appears just below the contact information. It briefly describes the type of job you want and also skills that make you the best candidate for the job.
  - 
  - Education- All your educational qualifications, the most recent first.
  - 
  - Work Experience-the company, job title and responsibilities etc.,
  - 
  - Achievements if any, Skills, Interests & Languages known-any relevant skills in terms of software and hardware and other technical skills.
  - 
  -

# LESSON: 15-COMMUNICATE

- BODY ALSO SPEAKS!
  - 
  - 
  - 
  - (LISTEN TO ITS LANGUAGE!)
  - 
  - Your face with its forehead, eyes, eyebrows, nose, mouth, lips and the other parts of your body-shoulders, hands, fingers, legs and even feet, can express what you are thinking in your mind. This is called non-verbal communication, because this communication does not use words.
- कटिल वचन सबतें बुरा,  
जुँरि करै सब छार।
  - साधु वचन  
जल रूप है, बरसै अमृत  
धार।।
  - अर्थ: हमारे बुरी बातें जहर  
की तरह होती हैं। अच्छे  
वचन अमृत के समान होते  
हैं। इसीलिए हमेशा मीठा  
और अच्छा बोलना  
चाहिए।

# LESSON: 16-CARRER

- 
- INTERVIEW SKILLS
- 
- 

- (GRAB YOUR DREAM JOB!)
- 

- Most of you think twice when you hear about campus interviews! But with some skills and ideas about interviews, you can easily get through them. This lesson offers you such interview tips!

- Practice the following questions:
- 

- Facing interviews is a nightmare for some students, but for some others it is an excellent forum to display their knowledge, skills and confidence. Can you guess the reason? It's simple – “Enough Practice”. A list of frequently asked questions is given below. One is tried as an illustration. Can you try answering the remaining?
- 

- Introduce Yourself.

- What are your strengths and weaknesses?
- 

- My strengths are adaptability, positive attitude and hardworking nature.
- 

- My weakness is I find it difficult to tell lies what so ever the reason.

- Can you tell something about our company?

- Why should we hire you?

- Are you willing to relocate/travel?

- What was the toughest decision you ever had to make?

- Would you lie for the company?

- On a 10 point scale how do you rate yourself in communication skills?

- How long would you like to work for us if we hire you?

- How much salary you expect from us?
- 
- 
-

# LESSON: 17-CHANGE

- BE THE CHANGE!
  - 
  - 
  - (SAY NO TO DISCRIMINATION)
  - 
  - Some people don't tolerate others because of their colour, language, sex, nationality, religion and so on. Change the world into a better place of happiness and respect.
- - काक चेष्टा, बको ध्यानं, स्वान निद्रा तथैव च।
  - अल्पहारी, गहत्यागी, विद्यार्थी पंच लक्षणं ॥

# LESSON: 18-COVERAGE

- SOCIAL
- RESPONSIBILITY
- (THE JOY IN HELPING)
- As members of society we take a lot from it in many forms. We also have to give back to it. This is social responsibility.
- साईं इतना दीजिए, जा मे कुटुम समाय।
- मैं भी भूखा न रहूं, साधु ना भूखा जाय।।
- अर्थ: हे भगवान, मुझे बस इतना दीजिए, जिसमें मैं और मेरा कुटुंब सुखी रह सके। मैं भी भूखा न रहूं और मेरे घर से कोई अतिथि भी भूखा वापस न जाए।

# LESSON: 19-CLIMATE

- EARTH, OUR HOME!
- 
- (LET'S KEEP IT CLEAN...)
- 
- Our life is dependent on the well being of the Earth. But in the name of modern advancement we are causing a lot of damage to it. Learn to care for our home, this EARTH!
- PV & EV SHALL CHANGE THE CV OF FORTHCOMING STUDENTS
- रश्मिमन्तं  
समदयन्तं  
देवांसुरनमस्कृतम्  
। पजयस्व  
विवस्वन्तं भास्करं  
भुवनेश्वरम्

# LESSON: 20-COMMITMENT

- LEADERSHIP
- QUALITIES
- 
- (BE THE LEADER!)
- 
- Are leaders born or made? If you look at the lives of famous leaders like Mahatma Gandhi and Nelson Mandela, you can guess that leaders are not born. With a vision for a change, hard work and commitment, leaders are made. This lesson teaches you how to develop such Leadership Qualities!
- What Makes One an Effective Leader?
- **HONESTY**
- **COMMUNICATION**
- **CONFIDENCE**
- **CREATIVITY/COMMITMENT**
- **ABILITY TO DELEGATE**
- **POSITIVE ATTITUDE**
- **SENSE OF HUMOR**
- **ABILITY TO INSPIRE**
- **INSTITUTION**