

careerlinks

VOLUME 7 ■ ISSUE 12

DEFINING FUTURES MAY-JUNE 2022 ₹150

Behavioural Science Teachers as Mentors



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COVER DESIGN

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RNI NO: APENG03416/01/1/2013-TC

Dear Readers

It is overwhelming to have restarted CareerLinks after the unpredictable COVID 19 pandemic. The colleges and universities are now opening up and life is hopefully going to be normal for education institutes all across.

CareerLinks bring to you a wide range of topics as we have all realized so much can be done in terms of offbeat careers. For student sitting at home for almost two years of pandemic and finishing their studies in a virtual mode; in a way it also opened doors to many enhancing skills courses. We will be talking about these courses too in this issue.

A topic on teacher student relationship is important. Students spend approximately 5 to 8 hrs/day with a teacher and for almost 20 years of his/her initial life with different teachers at different levels. All of us have gone through schooling, graduating & post graduating and if fortunate enough then had favorite teachers too. A positive relationship between the student and the teacher is difficult to establish, but can be found for both individuals at either end. The qualities for a positive relationship can vary to set a learning experience approachable and inviting the students to learn. A teacher and student who have the qualities of good communications, respect in a classroom, and show interest in teaching & learning from the point of view of the teacher and learning from a student will establish a positive relationship in the classroom.

I sincerely hope that you would enjoy reading this issue.

Warm Regards

Payal Sahni
Associate Publisher

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All advertisements must comply with the Indian Advertisements Code. Published and edited by Ranju Dua and published from Hotel Kapila, Hyderabad Road, Nizamabad, Andhra Pradesh and printed at NK Printers, Marwadi Gali, Nizamabad, Andhra Pradesh.

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impressionistic young minds more than any other parameter and impacts their behavior pattern. A foul environment at home or in the neighborhood area casts an evil shadow in the physical and mental behavior of students. Parents have to take safeguard against this evil.

Behavior, Discipline and Punctuality

Discipline and punctuality are two cornerstones of behavior and these two virtues and value are germane to good behavior of students. Fundamentally, these two value shapes behavior of all persons. All successful persons of various vocations in life, have certain common behavior approach to learn and practice whatever field they choose. Our parents and grandparents have taught us early to rise and early to bed, makes a man healthy, wealthy and wise.

The practice of this principle gets embedded in a person's behavior. Notice that the emphasis is on health, wealth and knowledge and implicit everyday crave for these three precious

achievements. A good number of students burn midnight lights for studying hard when examination draws near. This practice or behavior is utterly undesirable and following the dictates of good behavior stated above.

Behavior and mental health

Behavioral Science as a subject of study has to incorporate chapter on psychology which is linked to an understanding of mental health of students. Undue burden is placed on young shoulders who are unable to bear the burden and they tend to loose focus which impacts their performance adversely. They are haunted by reactions from parents when they underperform or fail to measure up to the expectations of parents. The number of such mentally depressed students is growing and they are in need of counseling by trained psychologist before the damage goes beyond repair.

Behavior, social media/internet /mobile phones

A news report indicates that

mobile phone/internet/ social media addiction is causing have particularly to young students. The report suggests that, on an average, a young student visits sixty times the social media sites, which more often than not, are misleading and mind polluting. It is unfortunate that our Government prefers to look the other way and tries to minimize the effects of social media. Parents their words/ students from the evils of social media.

However, they can and must influence the behavior of their words, following some of the concepts. Mentioned earlier. A behavioral cleansing is, indeed, the need of present day to insulate students from the evils of social media.

Summarizing, we may conclude that behavioral Science, which encompasses many elements stated above, will be of great help to students and these subjects may be incorporated in school syllabus adhoc lesson in Yoga for Example may not be of much help to students. 📌



Making an Impact: KIIT Ranked 8th Globally in SDG 'Reducing Inequalities'

KIIT Deemed to be University, Bhubaneswar has been ranked 8th among universities of the world in the Sustainable Development Goal (SDG) of 'Reducing Inequalities' in the prestigious Times Higher Education Impact Rankings 2022 published on 28th April 2022.

Besides World University Rankings, Times Higher Education publishes several other rankings of institutions every year on different parameters. One of the most important among these is the Impacts Rankings, which evaluates thousands of universities from all over the world on their contributions to the United Nations (UN) Sustainable Development Goals (SDGs). The Times Higher Education Impact Rankings assesses their commitment to sustainability across four broad areas: research, stewardship, outreach, and teaching.

In this year's rankings, KIIT has been ranked 8th best in the entire world for its impact on one parameter of SDGs – 'Reducing Inequalities'. With impressive ranks of 101-200 in other SDGs - Quality Education; Peace, Justice & Strong Institutions; and Partnerships for the Goals – KIIT has achieved the overall position of 201-300 in the rankings, which lists over 1500 universities from 106 countries. Only a handful of Indian institutions feature in the list, and KIIT is among the top eight universities from India.

Along with quality education and research, KIIT has been actively involved in a wide spectrum of social development activities since its inception. "KIIT has done extensive work in the field of reducing inequalities. As a result, it has got 8th position in the whole world in this parameter of SDG", opined the academic community of KIIT Deemed to be a University.

Expressing his happiness, Dr.

Achyuta Samanta said, KIIT's position among the world's most impactful universities in the parameter of 'Reducing Inequalities' reflects its enormous work done in the field over the years. He congratulated the Chancellor; Vice-Chancellor, Prof. Sasmita Samanta; faculty and staff members, and students of KIIT for the achievement. KIIT, which takes pride as a community-based university, has been extensively contributing to social priorities like reducing poverty through education, women empowerment, rural development, tribal upliftment, art, culture, literature, etc. since its inception. In fact, KIIT is committed to all 17 SDGs and its academic and social outreach programs directly touch most of the goals. The high rank of KIIT in the Times Higher Education Impact Rankings reflects its high social responsibility and impactful contributions toward sustainable development. 📌



Non Conventional Career Choices

Chinese philosopher and guide, Confucius once said, “Choose a job you love, and you will never have to work a day in your life”.

Career Links Team

That's exactly the career trend today. Students are leaving conventional career paths and pushing their creative abilities to dabble in offbeat professions like Dog Grooming, Fashion writing, Blogging, Wine tasting, being a scuba-diving trainer, Fitness trainer, a career in Alternative medicine, being in the cinema



line or just anything that can keep their adventurous spirit alive and earn them good money in the bargain.

So follow your instincts, explore your talent and become career 'wise'.

A few careers that captures the whiff of the young spirit.

Film and Theatre... Ramesh Sippy

We speak to iconic filmmaker, director unsurpassed, gifted

storyteller and a master craftsman, Ramesh Sippy on the growing trend of youngsters opting to dive into this field. “The digital revolution has virtually diminished entry barriers for all those with a creative acumen. Advance technology has enriched the art and students are eager to learn the complex labyrinth of this industry. In our academy, Ramesh Sippy Academy of Cinema and Entertainment (RSACE) we have a Bachelor in Screen Writing course among the first five main courses which is getting popular among students. And why not, story is an invaluable part of the film industry. Without a good story, what can you tell? So you see, trends are emerging and there is so much going on in this field such as documentaries, short films and through Youtube etc. that the aspirants can look forward to their own claim to fame. I also see a sudden craze for biopics on MS Dhoni, Tendulkar and other stalwarts and making such realistic films is enriching the film industry multi-fold. More and more institutes are offering varied course for those willing and passionate for the art”, says the celebrated ‘Sholay’ Director.

Top film schools in India are:

- Film and Television Institute of India FTII, Pune
- Satyajit Ray Film and Television Institute, Kolkata.
- Whistling Woods International, Mumbai.
- Asian Academy of Film and Television, Noida.

Acting Workshop Deepak Mehrotra

Deepak Mehrotra of DM Stars, casting agency in New Delhi opines, “The young generation have their own definition of a career. They are willing to abandon boundaries, try their

hand at something that makes them happy and take a brave step towards doing and being. I have people from the age group of 6 years to 40 years from established professions, coming to me to learn the nuances of acting by joining short acting/audition workshops. This explains the new vision of people towards careers where success is measured in terms of personal success”.

Alternative medicine-career for those passionate about gaining knowledge and acquiring skills in a profession based on nature and rooted in ancient tradition. Ayurveda, Homeopathy, Naturopathy,

conducted by the Indian Board of Alternative Medicines (IBAM). It prepares the student for an exhaustive knowledge and practice in of various modalities of natural healing such as acupuncture, herbal medicine, nutrition, psychological counselling, nature cure etc.

Ayurveda (BAMS), (Bachelors in Ayurvedic Medicine & Surgery), HomoeopathyBHMS (Bachelor of Homoeopathic Medicine & Surgery), BNYS (Bachelor of Naturopathy & Yogic Sciences) and Unani (Bachelor's in Unani Medical Science) are all 5 ½ year course pursued from various institutes all over India.



Chinese medicine that includes Acupuncture, Oriental medicine and herbology techniques to balance the body's Yin Yang, Chiropractor, Tai chi, Yoga, Massage Therapy and Aromatherapy etc.

One can choose to become a Naturopathic Doctor (ND) after 10+2 with PCB (Physics, Chemistry & Biology), by undertaking a 1.5 year course

A few of these institutes are:

Ayurveda from

- Bharati Vidyapeeth, Pune
- Gujarat Ayurveda University
- Jamia Hamdard, Hamdard Nagar, New Delhi
- Faculty of Ayurvedic & Unani Medicine, Delhi University

Homoeopathy from

- Guru Gobind Singh

Indraprastha University, New Delhi

- University of Delhi, (Nehru Homeopathy Medical College, New Delhi)
- Maharashtra University of Health Sciences, Nashik
- North East Homoeopathic Medical College, Itanagar etc. BNYS (Bachelor of Naturopathy & Yogic Sciences) is available at
- NTR University of Health Science, Hyderabad,
- Rajiv Gandhi University of Health Science in Karnataka and many more universities which have established departments of Yoga for grant of certificate, Diploma, Degree, Ph.D & Teacher's Training Programmes.



Unani can be done from

- Aligarh Muslim University, Aligarh
- Devi Ahilya Vishwavidyalaya, Indore
- Jamia Hamdard, New Delhi

career opportunities—in research as well as in private practice, Government employment, Drug and pharmaceutical companies, research centres and in the academic sector.

Pet grooming is another interesting and rewarding



career option for those who have affection for animals, like to have flexible working hours, have patience, stamina to stand long hours and strength to lift and carry animals.

It requires no specific qualifications but one needs to have a certificate or training for better prospects. A pet groomer can work in kennels, veterinary clinics, animal shelters, pet supply stores, open their own business of salon or parlour, start a training school or a boarding kennel.

Salary depends on the reputation of the groomer, the number of pets they can groom in a day and the size/breed of the animal being groomed. Starts from 10,000 to Rs 25,000 per month and goes up as one gathers client base or open their own business.

Radhiya Hemchandra

Owner of Fuzzy Wuzzy, Radhiya Hemchandra, a trained groomer, professional pet stylist and pet consultant says, "There is lot of scope in this field of work as the pet population worldwide is over 304 million, of which over 10 million pets are in India. This industry is open for any student

An experienced sommelier can go on to become a wine consultant to F&B establishments, wine importers and liquor companies, start their own company and organize wine-tasting tours to the vineyards in India, write articles on wines for lifestyle magazines or opt for some of the finest lifestyle jobs overseas. Salary can vary between Rs. 15-20,000 and go up to Rs. 50,000 with a few years of experience. The pay scale abroad is usually higher.

or individual looking for a career change that makes them happy or for those interested to lead an entrepreneurial life. A person of any educational background can cultivate their love and compassion for by becoming a pet groomer. At Fuzzy Wuzzy have a range of well-structured courses that teach an individual how to provide optimal care to the pet, maintaining their health and diet, train them and correctly handle a breed in a show".

A career in Wine tasting to identify different types of wine, advise on purchases and pair wines with specific foods, is a growing choice among young people in love with the finer things of life. One just needs a class 12 certificate, or any equivalent qualification to become a wine professional or sommeliers. Knowledge of French, Italian or German language is important for the extra edge.

Institutes offering wine courses in India are limited but increasing.

- Manipal University, Karnataka
- Vincrust India, Delhi
- KBR School of Wine, Mumbai,





Hotel Management Arjun Khanna

Arjun Khanna from NOIDA changed his career from Hotel Management to being a content writer. "I contribute my career choice to my own interest and my parents' no-fuss attitude. They never forced me to take up a particular profession. I studied from Manipal and learned to specialize in Culinary arts but life seemed to have other plans. I am now a full-fledged content writer since three years. Infact writing had always been one of my major forte, so I'm not surprised that I ended up in digital content. My mother has always supported my choices and decisions (where they've been good decisions). I think at the end of the day, she just wants me to be happy and successful in whatever I do. And I appreciate that from my parents. That's why she's been so supportive of my Content Writing career, even when I made the switch from working in the kitchens", reflects Arjun.



WE SPEAK Manisha Gera Baswani

Manisha Gera Baswani, famous artist, art collector and photographer opines, "Children today pursue courses that their heart desires and parents are supporting them. Liberal arts, creative careers, sports related courses are all being sought after. My son, Aamer Baswani studied in Shri Ram School, Mousarias he wanted to pursue liberal arts in future. And with amazing universities like Ashoka in India, he could pursue his dream right here".



WE SPEAK Nithya Shanti happiness Coach

Nithya Shanti, an internationally respected spiritual teacher, wellness coach, seminar leader, writer and educator with an MBA from XLRI, Jamshedpur reflects, "I abandoned a corporate career and went for rigorous, monastic training in Southeast Asia. We should love what we do, we should be good at it, the work we do should contribute to the wellbeing of others in any way and lastly, it should earn our livelihood".

Students are no longer eager to fit the role defined. They are always eager to take the plunge. After all, it's the detour that makes the journey.

- Wine Academy of India, Chennai
- Tulleeho Academy that offer Level 1,2& 3 WSET (Wine & Spirits Education Trust (WSET), London) certified wine courses in Delhi, Mumbai & Bangalore.
- France, Canada, UK and USA

boasts of some of the best schools that train a person to be a deft sommelier.

An experienced sommelier can go on to become a wine consultant to F&B establishments, wine importers and liquor companies, start their own company and organize

wine-tasting tours to the vineyards in India, write articles on wines for lifestyle magazines or opt for some of the finest lifestyle jobs overseas. Salary can vary between Rs. 15-20,000 and go up to Rs. 50,000 with a few years of experience. The pay scale abroad is usually higher. 🍷



WE SPEAK Vikram Achanta

Vikram Achanta of Tulleeho Wine academy says, "We have an example in our own organisation of a hotel management student who found that being part of a hotel's rank and file was definitely not his cup of tea. An introduction to wine titillated him and made him want to explore more. Along with another like-minded student, they competed a professional course and started their career. Obviously an enhanced level of interest and passion is required to excel in a market that recognises these skills"

Captain Saurabh Singh

Academically bright Student throughout his younger years, the Writer is a Master Mariner having Vast Experience on Varied Types of International Foreign Going Merchant Vessels and has been working with different trades all along with his Long career at Sea spanning 19 Years, Currently Sailing as Captain on Chemical Tankers with a Prestigious Shipping company. He has also contributed to the Profession by Taking up Teaching & Dedicated time to grooming the Young Sailors. Apart from being an Avid and Passionate sailor he has a Multifaceted Personality with a credible Interest in Art/Hobbies including Music and playing guitar & painting, a Love for activities Like Trekking, cycling, Martial Arts, and YOGA are some of his favorite indulgences. Trying to present the candid but true yet colorful view of the Sailing Profession & the Seafarer. **Interview by Payal Sahni**

Q.What is the one key piece of advice which you would like to give to aspiring candidates who are pursuing their career in shipping?

A.Shipping Itself is a very Vast Terminology that has Numerous Applications in the Fields, Including but Not Limited to, Ship's-Operation – Management-Business Propagation & Performance, Shipbuilding & Green Ship Engineering Revolution,Chartering-Brokering, Insurance, International Maritime Law including Legal & Jurisdictional components, International Commerce & Trade Laws, Natural Gas & Oil Exploration, Specialized Vessel's & Activities that include their usage in Ocean logy- Exploration –Salvage –wreck removals-diving-floating platforms & oil rigs, Survey & cable laying activities, Operations of International Maritime Organization (IMO) and their subparts & Components thereby. Particularly when we talk about being a seafarer it is just the Tip of an Iceberg which has a plethora of activities going on besides running the day-to-day Operations on a Ship. However, the above is just to give an Eye-Opener & would be helpful to those who want to understand Shipping from a Broader Perspective.

As there are Numerous Professional Fields in Shipping, I would recommend seeing the Larger Picture rather than considering only a small aspect of Navigational & Engineering Skills which is required to Run a Vessel.

However, any Candidate who wishes to join the Shipping Industry should start with an aspiration to LEARN & PROGRESS. All along with my Career, I have valued these 2 Indispensible Principles. Another Quality that is Expected from a Candidate who is newly Introduced to the Sailing Profession as a Trainee Cadet or Likewise i.e. at the lower rung of the Ladder is to be "ABLE TO TAKE THE ROUGH WITH THE SMOOTH", as sometimes we find ourselves at certain Roadblocks & Junctures(both Emotional & Personal) during our training Period whereby one contemplates whether there is any headway to things or his/her career, but one must be resolute and try to develop a Farsighted approach in Prevailing situations to realize that the hurdles we face during our training period will build our Character, Integrity, and reliability in Future Years Enabling us to deal with any situation with ease and without Sweating even in Times of PERILS & CRISIS. It is to be noted that as we Rise the

Ranks the Safety of Lives of many depends on our Shoulders and to be capable enough to Deliver our duties Successfully one needs to be molded & groomed in the Right Manner at the Initial Training stage. With the Mould cast right, the Development of a trainee into a Responsible Officer is a unique Transition that I have seen many a plenty times, there is a reassuring vibe to watch a young Officer who beams of self Confidence after having completed his training duration and seen carrying out his duties, roles & Responsibilities Efficiently.

The Epitome of such attributes can be seen in Situations whereby a Seafarer's Actions & Decisions taken in Totally Adverse conditions helped in Saving many stranded Lives at Sea, Environment, or the Maritime Property.

With the current economic backdrop of the Society No-one can deny the Monetary Inclination to join Seafaring Profession or Shipping Related Business /Activities, but apart from Handsome Packages & good Perks Lies a very Definitive Silver Lining for a call of Utter Professionalism, Confidence, Extreme Troubleshooting Skills & to develop a Foresight of things that may be Encountered in any Task. The point is, Until and



Unless yourself will Not Soak in the Vast Ocean of Knowledge that the Shipping has to Offer & Until and Unless you are ready to Let go of Inertia based Lifestyle and Venture out into the World it would be Very Difficult to Realize the True Extent of how much there is to Learn on this plane of Existence.

Today as the World Wide Web & Internet Media has connected people Globally there are Introductory videos to The Sailing Profession as well as guided Training sessions for Every Faction of Officer, Trainees & Crew alike who are serving in the Merchant Marine Profession or who wish to do so in Future.

Q.Could you explain to us the core difference between being in the navy or a private mariner?

A. A very relevant Question, There are 2 Factions of the Life at Sea – One is being in the Service & Defending the Coastal & Maritime Interests of the Nation by joining the Indian Naval Services which

involves a different Recruitment Process (SSB) & the Job description is more inclined towards defense & Serving the Nation.

However, Joining the Merchant Marine Profession is more of a Civilian Job and Deals with Commercial Aspects, Trading, Transportation & Moving Cargoes Wet & dry all around the Globe. As a Living body has a Strong Defense Mechanism/Immune system to ward off Diseases - Such as the Navy and our bodies have Blood Vessels such as the Merchant Marine. However, in Times of Crisis and Dire Need, it was never uncommon in the Past to Call on The Merchant Marine Sailors to assist in the cause of One's Motherland. However, the Merchant Mariner Must Never be Confused with The Naval Services.

Q.What are the famous colleges/universities that you recommend?

A. At the beginning of the career, the Candidate has to Go through a Mandatory Pre-Sea training which Introduces him/her to the

Profession through a Structured Learning Process as Stipulated by the Directorate General of Shipping developed on the IMO (International Maritime Organization) Guidelines. At the initial Basic Stage below Colleges are recommended that have a history of providing good grooming to the Candidates.

1. TMI (Tolani Maritime Institute (Indrani, Pune) – Pre & Post Sea Courses for both Nautical & Marine Engineering.
2. IMU Kolkata (Ex DMET/MERI Kolkata) – (only for Marine Engineering).
3. Training Ship Rahaman (Navi Mumbai)- Pre & Post Sea Courses for Nautical.
4. ARI -Applied Research Institute (Branches Delhi)- Pre & Post Sea Courses for Nautical & Post Sea for Marine Engineers.
5. AMET University (Chennai)- Pre & Post Sea Courses for both Nautical & Marine Engineering.
6. IMU Chennai (Pre & Post Sea

Courses for both Nautical & Marine Engineering)- with branches in Mumbai, Kolkata, Chennai, Vizag & Cochin. I did my Pre-Sea training from T.S. Rahaman -which was a pleasant Experience.

Q.How should the students prepare for competitive exams?

A.Firstly One Must Understand the Basic Hierarchy On-board and what stream they want to Choose, same can be very well explained with the below Diagram of the Hierarchy onboard.

Basis the above one can decide whether to Choose the Nautical side of the Marine Engineering Side, purely based on Merit & Knowledge Levels, and performance during a Common Entrance Test for which A stepwise Process below will Detail the above:-

- Appear for IMU-CET exams held at All INDIA levels (forms available on IMU website www.imu.edu.in).
- Prepare basic NCERT 10th and 12th course and should score at least 70% in English & 60% in PCM. (Model test Papers are available on the website itself).
- Once the exams are cleared then the candidate can apply for counseling basis his/her rank and choose the desired college from the List. (Basis a candidate's performance in the CET test(priority wise) the Training Colleges are Allotted).
- After College has been Allotted to the Candidate, Due process to apply for medical from Directorate General of Shipping approved Doctor is to be Followed which is Very Strict – Eyesight should be 6/6 (without Glasses), No Color Blindness, Height/Weight check, No Abnormalities and No Past/Present Adverse Health condition or Disease are amongst a few Basic checks

from a List of many Attributes in the Medicals for New Cadets that needs to be duly complied with.

- Once the Medicals are cleared a Report is given to the Candidate & the same needs to be submitted to the Allotted College Along with the College Fees.
- During the College Training and basis the Semester wise Performance of the Candidates Shipping Companies will recruit them from their Respective Colleges during their Training solely based on Merits & a fair Process of Interviews.

Q.IT'S ALL ABOUT MENTAL GRIT? DO YOU AGREE? PLEASE ELABORATE.

A. Sailing has been and still is one of the toughest Profession in my view and Sailors are a misunderstood breed of Highly Qualified & Extremely Professional Individuals, there is no dearth of imagination to the Fact that Every Minute around the Globe a Seafarer is trying to counter Rough Weather & Very Inhospitable conditions and still making good his given Task, compare it to a Civilian who is working in a front of a screen. Even during the Entire COVID Scenario Mostly all Ships that were Operating on Planet had to work round the clock with Strict COVID Restrictions & Health Protocols as well as with Excessive Increased workload with Many countries shutting their Borders & Modes of Travel one can only wonder how Seafarers were operating and working. The Seafarers have seen Obscenely difficult times when it came to their Repatriation to Home however Legal Entities & Shipping Companies Indulged and tried to stabilize the situation but indeed it was marginal, the world realized yet again how important the

Seafarers are.

Q.PLEASE TELL US THE TOP 5 REASONS THEY SHOULD CHOOSE THIS AS A CAREER OPTION?

A. Following are a Positive Points Related to a Sailing Career:-

- Good Remuneration/payment structure.
- World Traveling Experience.
- Learning a New Profession and Trade.
- Long Vacation at home after Work.
- Working on your Terms.
- International Exposure and Enhancement of Personal Outlook towards Life & World.
- Future Career Progression and Varied International Options Available in Later part of the Career.

Q.7 Please tell us the 5 reasons why and when they shouldn't be choosing this a Career option?

A.However the Merchant Marine profession is open to all and everyone has good scope to excel here, However, some basic Character outlines of Individuals for whom a Life at Sea May is not a good choice are:

- Persons Medically Unfit- as Per the Current Medical standards Laid down by D.G. Shipping and the ILO (International Labor Organization)
- Persons who cannot adjust to working in a Different atmosphere other than Land.
- If a workaholic-based lifestyle is not suitable or Acceptable.
- Person finding Escape to Do Hard Task.
- Having a Low initiative or Intends to not take initiative.
- Resistive or Unstable & Volatile Natured individuals who find Discipline as an unnecessary Obstruction.

Q.What has been your longest stint so far (where all did you sail,

how difficult was it, how did it changes your emotions, how did it changes you as a person?

A.Longest Stint at Sea for me was during my Cadetship Days whereby I had a been on Ship for Almost 24 Months or 2 years, It was one of my Most Memorable and Pleasant Experiences so Far, our vessel used to Trade in the South West American Coast Thence Transiting Panama Canal from Atlantic to the Pacific Ocean & Vice Versa Unto Caribbean Sea as well to the Gulf of Mexico including U.S. river Ports Like New Orleans in Mississippi. A major part of my Learning the Ropes of the Trade while picking up some Spanish Language Lies in this Part of my Life. Personally, it was never much of a problem since I had my goal very Clear and My Determination is Very Strong. Today I see the results of that Clear vision & Concrete belief, career-wise I am exactly in the Phase of my Life where I Always wanted to be and would further enhance my Progress in due course. A Young Boy who Left the comforts of the home to make a career in sailing staying on board for a Long-duration made me Realize the importance of Home & Family, the Right Guidance of Parents & their advice during my growing years became much more Relevant and Referencing that with the World scenario it cultivated my Path towards Life, Career and reaffirmed my belief system and imbibed a rechristened insights in me about Life, its conduct & My Entire thought Process, also I Realized that with Distance a Relationship turns stronger than ever. On the Emotional front, it was pretty stable sailing for a Long-duration whereby We had a very Frequent Port of call and we got to Venture out on Land every week, hence it was a good experience.

However, sailing for Very long

durations without the opportunity to keep your feet on the ground is not recommended for anyone due to obvious reasons.

Q.Did you get an opportunity to travel while being on board?

A.Of course yes, Self has circled the globe Thrice and Visited more than 80 Countries So Far, having Crossed Panama Canal almost 50 times, the Straits of Gibraltar-7 times, The Suez Canal-6 times, The Singapore straits-20 times, the English Channel-8 Times, rounded both Cape Horn (the southernmost tip of South America) & Cape of Good Hope (the southernmost tip of South Africa), there are Plenty other Places that I have traveled on Ship. On Land, I have been to Greece-see the Acropolis of Ancient Athens, been to Jerusalem & Bethlehem Where the Jesus of Nazareth was born, been to Barcelona and its Beautiful Ramdalla Street which will Forever be Etched in my memory. From seeing The Leaning Tower of Pisa in Italy to the Pristine clear beaches of The Caribbean. From the Heavenly Landscape of Hamburg in Germany to the Most Enticing Sunsets of Australia, from the Humdrum of New York & New Orleans to the soothing Greenery of Panama. From the High rises of Hong Kong to the Miniature Islands of Vitoria, Brazil, From the beautiful Canary Islands to Reverberating beauty of the Thessaloniki in Greece & Many More! there is absolutely No minimum Measure of Experience for a Person who travels the World over vast Expanses of Sea & Oceans where he is Located in the Most Nascent and Ancient of Places on the Planet yet when your Ship Docks at Ports you see the Civilization and interacting and observing over the Years one can realize in full clarity what the World is? How everything and Everyone is so Different Yet

so similar, It amazes me every day how Different Civilizations, Different Cultures & Vividly different Races of Humans still are so very similar to One another. In the end, we are just Human beings irrespective of anything or anywhere we come from.

!!ANY LAST ASPIRING WORDS PLEASE!!

Being one of the Oldest Professions in Human History, Sailing the Oceans has been & will be one of the Most Exciting Experiences that a Human being can have. As we come close to the Seas which is the most Ancient Place on Earth of which we know not Enough Until now, the Vivified Experience and the Natural Unadulterated beauty of the Sea will grasp your attention even though viewing it for a moment, Endless Water throughout the Horizon gives an Impression of Infinity yet sustainability, Thrilling yet Comforting, Liberating yet Captivating, it is this duality, Charm and utter serenity of the Sea that Even the Great Scientist Albert Einstein also could not resist and would more so often went on trips in his Sailboats to explore theories & Equations which would eventually Earn him the Noble Prize in Physics. History has been a witness that many Prominent historical Figures were Navigators- Christopher Columbus, Amerigo Vespucci, Vasco da Gama, Ferdinand Magellan, Capt. James Cook to name a few.

Any career choice requires a good foreknowledge, discussion, Thought, and a person being resolute & undeterred in pursuing it further, hence would recommend that a good Forethought be given before joining a Career at Sea since even though it Requires Rigorous work & Typical working Environment unlike any regular Office Job, it is ...none the Less A Rewarding Career in Many ways.



Bakers the magicians

Career Links Team

I love cakes, so does everyone I know. Isn't it blissful when you bite into a soft cake, texture so smooth and aroma so good that you become helpless and eat it in a jiffy? As those flavours party on your taste buds, the endorphins in your mind come to life and you feel happy like no other. Cakes, bread, cookies, and pretty much everything that comes with a 'baked' tag is enough to make people joyous. God bless the bakers for creating the most delicious of foods!

Baking is an art, and not all of us can get it right. I remember my first cake being hard as a rock, the next one had too much of baking powder, and I eventually graduated to baking a good, edible and beautiful cake. Difficult as it was, the joy was unmatched. Indeed, those who bake professionally deliver joy and spread smiles on all faces.

Baking- the professional courses available

National Council for Hotel

Management and Catering Technology, an autonomous body under Ministry of Tourism, Government of India offers a Diploma in Bakery and Confectionary. This course is open to students who have completed their class 12, and have compulsorily studied English. Institute of Bakery and Pastry Arts is yet another learning centre, where programmes are available for professionals and home pastry chefs, where traditional baking techniques meet modern skills and create pastries. Institute of Hotel Management, Faridabad offers diploma programs in bakery and confectionery too.

The duration of these programs is usually between an year to an year and a half. You can become a chef or a maintenance manager, or work in supply chain management or become a bakery specialist. You would study the theory of bakery and fundamentals involved, learn about



cupcakes, donuts and croissants, you would be imparted skills in cake decoration and chocolate making, while also gaining knowledge about sugar crafts and bread. You would be taught to make all kinds of pastries and manage a bakery too.

Top recruiters from these courses are hotel chains and restaurants, and international career prospects are available for students. Hospitality is a booming business and all restaurants and supply chains intend to employ the best people in their offices. These diploma courses come wrapped in baking powder and vanilla essence, not to forget the promising career prospects. It is advised to apply to these courses directly on the college website, where details on fee and placements

A cake, a bread, a pastry, a cookie- one can never get enough of these. You can enrol yourself in diploma courses, or in a certificate course. While the former would help you enter the professional sphere, the latter can be used as an add-on to your skill set. I remember a relative of mine telling me how much her children loved cakes, and that their baby bear desires took over her mumma bear instincts and pushed her to make amazing cakes.

can be sought from.

Bake your way to a profession, or learn for house parties

A cake, a bread, a pastry, a cookie- one can never get enough of these. You can enrol yourself in diploma courses, or in a certificate course. While the former would help you enter the professional sphere, the latter can be used as an add-on to your skill set. I remember a relative of mine telling me how much her children loved cakes, and that their baby bear desires took over her mumma bear instincts and pushed her to make amazing cakes. She had a certification in baking, which she enhanced with other specialised courses available. She now bakes cakes with wheat flour, does not use sugar or eggs in them, and has secretly found a way to make her lovely daughter eat bananas, and her charming son eat carrots.

“They can eat anything in a cake!”, she exclaims laughing.

Agenius at making breads as well, she ensures that I get my ‘extra’ share of garlic breads when she makes them. I like them for their aroma, flavour and the sheer beauty packed within. Like her, a lot of women have taken to baking cakes at home, and selling them to people in their circles. It is empowering, gives their self-esteem a good boost, and gets them money too. The buyers are happy as well- they get hygienic, fresh and innovative cakes from their friends and relatives at a decent price. Certification courses are available for people to enrol for learning how to make breads. Cookies, croissants, eclairs,



donuts, the list goes on and on (and bring alive all the happy hormones in your mind). Often, private courses are available for those who want to learn the basics, or those who want to master their skills further in a specialised domain.

Let's talk some Masterchef

“Masterchef Australia” had an episode on judging the baking skills of contestants. And the kind of foods they baked, wow! Then we had “The Great British Bake Off”, where we could not stop marvelling at the bakery skills of the home bakers. As bakers from across the globe make us go gaga with their techniques, often, it is the secret recipes that do

wonders. I remember watching an episode of Masterchef, where a participant had used a technique from his grandma’s kitchen arsenal and impressed the judges with his skills. Do you know about the history of the surname “Baxter”? It comes from the word “Bakester”, which was once the term used to refer to a female baker. Such is the might of a bakery!

Have you ever noticed how enticing the smell of a bakery is? How you can never resist eating the baked delicacies? Then why not add a certification of baking to your skillset, or learn how to make those breads right, or finally make that perfect muffin you dreamt of? A diploma in professional baking is the way

to go. Else, you always have a private course available to serve your needs right. They not only earn well, but also fulfil the most important task of making people smile by filling their bellies. Nothing beats the happiness of good food! A course shall give you the necessary mileage to fuel your career towards baking at a professional level, and making cakes and breads in all shapes and sizes. Who knows, you may become the next Duff Goldman or Nancy Silverton.

So dear reader, pull up your sleeves and grab your baking gloves. Go ahead, set the temperature of the oven right, add the right amount of flour and butter, and bake something delicious!





Academic Philosophy in accordance with the Corporate World

Prof. Dr. Arun Kant Painoli, Dean, School of Management Studies, Baddi University expresses

Expresses Concerns of integrating the classroom teaching with the corporate world. Keeping in view of this thought and creating a cutting edge School of Management Studies holds a vision of shaping leaders for the world over. Since its inception, the school has set standards to help in shaping up proficient management students for touching the supreme echelons in professional development. The university is surrounded by Asia's largest pharmaceutical hub. The university keeping in mind of the strategic advantage of having presence of Asia's largest Pharmaceutical Hub is offering specialization course in MBA- Pharmaceutical with 100 % granted placement in top notch pharmaceutical units. The program offers ample

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Dr. Arun Kant Painoli
Professor & Dean
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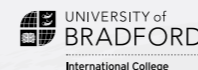
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Zack, Malaysia, ICD



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Strategic Student– Teacher Relationship

For very long, Britain has been a preferred destination for international students, especially for Indian students.

1. Introduction:

We all know that the students have different strategies for learning and achieving their goals. A few students inside the classroom will grasp and learn quickly, but at the same time there will be those who have to be repeatedly taught using different techniques and methods. On the contrary, there are those students who fool around and use educational institutions as an entertainment channel. Teaching then becomes very difficult, especially if there is no proper flow of communication. Yet, teachers, creating a

positive relationship with their students, will not necessarily control of all the disruptive students. The book, “Responsible Classroom Discipline” written by Vernon F. Jones and Louise Jones discuss how to create a learning environment approachable for children’s in the elementary schools. According to the Jones, “Student disruptions will occur frequently in classes that are poorly organized and managed where students are not provided with appropriate and interesting instructional tasks”.

Therefore the teacher student

relationship is vital for all of us. Students spend approximately 5 to 8 hrs/day with a teacher and for almost 20yrs of his/her initial life with different teachers at different levels. We ask ourselves what is considered a good teacher. All of us have gone through schooling, graduating & post graduating and if fortunate enough then had favorite teachers too. A positive relationship between the student and the teacher is difficult to establish, but can be found for both individuals at either end. The qualities for a positive relationship can vary

to set a learning experience approachable and inviting the students to learn. A teacher and student who have the qualities of good communications, respect in a classroom, and show interest in teaching & learning from the point of view of the teacher and learning from a student will establish a positive relationship in the classroom. This strategic relationship also is involving a setting in the primary grades, which I have found second grade to be extremely important for the student to gain a positive attitude for their future education.

1.1 In Primary Grade: The key is, teachers need to continuously observe the student in order for him or her to be aware of any difficulties the student is having. Understanding the child’s problem, fear, or confusion will give the teacher a better understanding the child’s learning difficulties. Once the teacher becomes aware of the problems, he or she will have more patience with the student, thus making the child feel secure or less confused when learning is taking place in the classroom.

1.2 In Second Grades: The bridge of communication between the student and the teacher serves as a connection between the two, which provides a better atmosphere for a classroom environment. Of course, a teacher is not going to understand every problem for every student in his or her classroom, but will acquire enough information for those students who are struggling with specific tasks. A significant body of research indicates that “academic achievement and student behavior are influenced by the quality of the teacher and student relationship” (Jones 95). The more the teacher connects or communicates with his or her students, the more likely they

will be able to help students learn at a high level and accomplish quickly.

2. Students Diversifications

The teacher needs to understand that in many institutions, especially in big cities like New Delhi, Mumbai, Chennai etc. children come from different cultures and backgrounds. A teacher then needs to understand the value of the students, sense of belongingness, which can be of greater value and build self worth

Teachers who are in a classroom everyday have experienced one time or another student(s) who are disruptive and/or find learning boring or disinterested.

for minority students. If the teacher demonstrates an understanding of the student’s culture then it will provide a better understanding between the teacher and the student. Though there are students who have a difficult time in school and according to David Thomas essay, “The Mind of Man” states, “children who are yelled at feel rejected and frightened because a teacher shouts at them”. The example above demonstrates the feeling of a kid have towards the teacher leading to inhibiting the child from learning. The reasons for children to be yelled at vary from teacher to teacher, but shouting should not be the solution for children who find education a difficult process or simply lack of learning experiences, but sometimes teachers find yelling & screaming at the child as the

only quick solution.

Therefore, those teachers who demonstrate respect towards their students automatically win favor & heart by having active learners in their classroom. The arrogant or offensive teacher will lack these positive qualities due to his or her lack of control over the children. Teachers should assert that they should also be treated with respect and their responsibilities to ensure that students treat each other with kindness. According to the Jones, “teachers are encouraged to blend their warmth and firmness towards the students in their classroom, but with realistic limits”.

Another point, I have often found critical, are the number of times the teacher does not correct the students who find calling names to their classmates amusing. Students who are teased or bullied by other ones find themselves being victimized by their peers. Students who have become victims of this nature find learning difficult. They will be stressed out not only by trying to achieve academically, but also because the names they have been appointed by their classmates are destructive, demeaning, and destroy self esteem. Therefore, it is important for teachers to have respect & esteem for each other. Usually, a type of lesson involving with self-esteem can be an excellent activity for students who are involved in this destructive nature.

Teachers who are in a classroom everyday have experienced one time or another student(s) who are disruptive and/or find learning boring or disinterested. Teachers understand that if similar behavior continues in the classroom and if they do nothing to prevent this happening, the outcome proves to be disastrous for both

types of parties. The student will conclude that his or her behavior is permissible, and will draw away from learning; therefore it is essentially important for the teacher to explain to the child the importance to learn and try to do things differently. Though we understand that learning cannot be forced, it becomes a process for an individual where he or she feels comfortable with learning whether it's inside or outside a classroom or at home. Mike Rose explains in "Lives on the Boundary" that "It is what we are excited about that educate us". Rose's quote can be applied to children at an early age, just as well as it can be applied to adults.

Definitely, First children learn & then they enjoy learning, but also they need some control over the teacher (s) decisions. "Authoritarian control is often destructive to students who

are in the primary grades, and eventually upper grades teachers have difficulty dealing with children who were taught with an authoritarian teacher". Children in primary grades feel the urge to talk about their problems, fears, or even show their knowledge, but at the same time they want to be listened too. The student will feel valued and respected. Students feel flattered when the teacher eventually gives them the option of contributing, or in other words the teacher asks for an opinion, which is usually not offered to the students. The teacher(s) does not have to give up all their control, rather teachers share control with students and encourage interactions that are determined by mutual agreement.

For teachers conducting a classroom and shaping the minds of the young students, teachers who communicate effectively

with their students should give appropriate and helpful feedback to their students. Interaction between the student and teacher becomes extremely important for a successful relationship through the entire time of a school year. A close, but limited relationship between the student and teacher can be helpful for those students who are shy, and find speaking in front of the classroom difficult or children who have low self-esteem. The tension these students hold in a classroom will have the confidence they had always wanted, but never achieved due to not having a good relationship with the teacher.

3. Traditional Vs Canonical Approach

Another important point is raised when teachers think of themselves as "traditional" or "Orthodox" is following the

"Canonical approach". The traditional teachers follow the famous list of books to be read by his or her students. Many children will not enjoy reading because they do not have the background to understand the material. They do not have any interest in the book, which makes reading confusing and difficult to understand. "Students have felt what mattered most the relationship teacher established with their students was providing guidance to students who have felt inadequate or threatened". Teachers who follow the traditional curriculum do not necessarily need to focus on their traditional ideas, but rather interact with their students and find interesting topics to discuss with their students.

Therefore, how does a teacher hold a relationship that leads to effectively teach the children? The answer becomes clear when teachers interact with, and learn more about their students. Our first educational experience, which takes place in the primary years of our life, sets the principles for our future education. Every school year an elementary teacher deals with new faces and new attitudes. Some children find themselves lacking an interest in learning and others feel playing and fooling around at school with friends is the happiest moment of their life. The solution to inappropriate behavior will not automatically get rid of the poor attitude of these children, but is to establish a positive relationship. Remembering de-facto our favorite teacher will be recognized because they had at least in one way or another the qualities I discussed in this essay, although we are not aware of it during the time we are in school, but teachers are well recognized at a later time of our lives.

4. A Strategic Student-Teacher

Relationship: Making Sense of the World

Students arrive in a classroom with a set of personal and social constructs about the way the world works. They interpret what happens to them in the light of what they currently understand.

If, for instance, conforming to behavioral expectations in a classroom has resulted in widespread approval from significant adults that lead to a feeling of self-worth, then the constructs for that student will anticipate more of the same.

Therefore, how does a teacher hold a relationship that leads to effectively teach the children? The answer becomes clear when teachers interact with, and learn more about their students.

'Getting into trouble' may be a source of shame. Such students will be motivated to re-establish their reputation as 'good students'.

On the other hand, a young person who anticipates rejection or failure is more likely to respond negatively to innocuous comments and feel hurt and angry before other interpretations are considered.

Recent events may have turned a student's world upside down. He or she may be trying to make sense of what has happened. It is easier to work with this sort of student if your response to his or her behavior acknowledges their interpretation of the situation. This means finding out what the behavior means for the student. It is more useful to ask 'What did

you think was going on here' or 'what did you want to happen?' rather than 'Why are behaving like this?'

4.1. The emotional content

Emotions are an integral component of individual constructs. Anxiety and depression are often masked as defiance. As an 'externalizing behavior', this is more likely to take up the available attention. By contrast, the sadness underlying fury may not be considered important, as it is not something that needs to be 'managed'.

The degree to which an emotion is present depends on what has been triggered recently. If the student has had a terrible weekend or a negative experience with a previous teacher, he or she is more likely to be emotionally volatile.

Feelings are also linked to expectations. If a student's past experience with studying history has been fraught with failure and conflict, then a history teacher might be in for a more testing time than a sports teacher, where experiences have been happier. If, however, a positive relationship with a student has been established, then the impact of an event earlier in the day will be moderated by the student's expectations of safety and support.

Teachers too are working within the framework of personal and social constructs that they bring into the classroom. Their personal constructs will include their own sense of competence and what they believe is required if they are to be considered a 'successful' teacher within their school. Teachers also bring feelings such as frustration, compassion, interest, competence and anger, which may have been triggered by the



school system itself. For instance, a teacher may feel supported as a member of an emotionally literate culture, or fearful of criticism within an authoritarian one.

5. What works in establishing good student-teacher relationships?

A growing body of research has established that a good relationship is a significant factor in classroom management. This inhibits difficult situations arising in the first place and provides a cushion when challenges do arise. Relationships develop through what is said and not said, and the messages that are given about values and expectations.

5.2. Developing good relationships

Specific actions in developing good relationships can be summarized as follows:

Show the student him or her matters by:

- Greeting by name, smiling, showing an interest by comments and questions
- Finding something about the most challenging student to like or admire and commenting positively on qualities and strengths. This may position them and their behavior differently – attributing to them resourcefulness, humor, protectiveness, spirit in the face of adversity etc. This may give the student an alternative self-concept to work towards
- Giving regular positive feedback that is specific, genuine and brief
- Showing belief, trust and high expectations
- Showing that their success, safety and wellbeing are of concern.

Show acceptance of the

person but not their behavior by:

- Stating what students are expected to do rather than what they shouldn't be doing – information is much easier to hear than accusation
- Using 'I' statements rather than 'you' statements which comment on behavior
- Not labeling people
- Offering comfort in distress
- Giving choices which give the student some control and promote self-efficacy.

Therefore, how does a teacher hold a relationship that leads to effectively teach the children? The answer becomes clear when teachers interact with, and learn more about their students.

Develop a sense of inclusion and belonging by:

- Ensuring that there are experiences which guarantee success – however small
- Ensuring that there is fairness – giving each their turn
- Framing behavior in terms of equity rights e.g. 'You are not allowed to hurt another student and other students are not allowed to hurt you'
- Encouraging students to take a responsibility and giving positive feedback for this
- Using the word 'we' and 'our' to include not to exclude
- Avoiding unfavorable comparisons or put downs
- Avoiding self-fulfilling prophecies
- Doing everything possible to avoid sanctions that are about exclusion
- Welcoming students back if

they have been absent

- Speaking about the student positively to others.

5.3. Challenging situations

The teacher who is able to stay calm, acknowledge feelings and show interest in the wellbeing of individuals will win respect and have an easier time in the classroom. The best way to maximize positive interaction with your students is by:

- Acknowledging and validating feelings in the first instance before trying to 'fix the problem'.
- Giving students time and space to come down from a high level of emotion – not trying to 'get to the bottom of things' when feelings are running high.
- Being aware of personal responses and how to regulate emotions such as anxiety and fear.
- Being calm, speaking quietly but not being bland – others need to know that what they do matters.
- Being prepared to listen – if not at the time then later.
- Checking the meaning a behavior has for a student in order to understand how they come to feel what they do.
- Not taking challenging behavior personally. This is emotionally draining. It is useful for teachers to understand their personal triggers so that students have less chance to succeed in baiting.
- Being sensitive to the emotional content of a situation. This means saying things that soothe, rather than exacerbate, difficult feelings. These emotions may be expressed as anger and defiance but also incorporate rejection, hopelessness and



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6. Improving Student-Teacher Relationships

injustice.

- Using all opportunities to demonstrate concern, care and belief in the young person.
- Maximizing emotional resources such as having enough sleep, debriefing with a trusted colleague and anything else that ensures that incidents are kept in perspective.
- Giving students good models of regulating and expressing emotions – showing students that there are ways to feel better about yourself and express what you feel without damaging others.
- Focusing on and building on the positive in any situation rather than maximizing the negative, the deficit and the difficulty. This includes conversations with and about the students and their parents. It also includes not being too hard on you.

Don't try to be their best friend. While it is good to have a positive relationship with your students, you are the authority figure and you need to act like it to garner the respect you deserve. By trying too hard to be their friend, you send a signal that it's okay to treat you like they treat their friends. This probably is not what you really want. It may be hard to discipline the students if they are used to palling around with you.

- Don't be a task master. The Authoritarian teaching style is one of the least effective according to most research. If you are too busy yelling or being stern, you miss many opportunities to listen and earn respect. No one really wants to be that teacher all the students fear. Stick to your guns, but don't be totally inflexible.
- A little small talk goes a long

way. Greet your students at the door and ask them how their day is going. This technique only works if you are sincere when you ask. Make them feel like you really do care about them.

- Smile at them and actually listen. Eye contact is a great way to show them that you respect them and their respect for you will grow as well. When you are talking with a student, put all other things aside to let them know that what they have to say is important to you.
- Respect is reciprocal. You may think that being a teacher automatically means the students must respect you and your ways. This couldn't be farther from the truth. While it would be ideal, you need to earn the respect of your students just as you respect them if they earn it as well. (Scoville, 2008)

7. Maintaining professional integrity

Sometimes nothing seems to work. So what do you do? Teachers need to behave in a way which is consistent with how they want the student to behave, even if they are currently not doing so. Whatever a student does, a teacher has choices about how to respond. Focusing on the negativity within the situation wastes valuable emotional resources and damages the possibility of relationship rebuilding. It is better to:

- State clearly and calmly what is expected.
- Model appropriate behavior.
- State consequences calmly.
- Follow through consistently.

This maintains both self-respect and respect for the student. School systems also need to support teachers – but not at the expense of the student.

Students whose lives have been enmeshed with unsupportive relationships, poor role models and/or values which are contrary to those of the school do not change overnight, especially if they are into adolescence. Some are too damaged, too angry and too distressed to trust anyone's good intentions – especially in the short term. But individuals do change incrementally over time if they experience a consistent and emotionally safe environment. Some respond to a respectful approach surprisingly quickly.

A strategy is only as good as the context in which it is embedded – and relationships are the most significant factor in determining success.

8. Critics and their rationale

Criticisms of positive student-teacher relationships relate to the effectiveness of these

relationships. In a study that also relates to teacher, parent, and peer support, it was found that positive relationships with teachers, while an important aspect, it does not alone support positive school behavior. "Perceived teacher support alone is not effective; teacher support must be perceived in combination with perceived support from parents or friends, albeit the best combination is perceived support from all three providers. While this criticism affects the value of positive

This maintains both self-respect and respect for the student. School systems also need to support teachers – but not at the expense of the student.

student-teacher relationships, it still notes that it is still an important variable that is factor for better attendance; spending more time studying, avoiding problem behavior, higher school satisfaction, engagement, self-efficacy, and better grades.

9. Evidence of effectiveness: What students say about their teachers?

Teachers who take the time to develop positive relationships with their students will see improvement in their students both academically, behaviorally, and emotionally. Students who have positive relationships with their teachers tend to put forth more effort in class and as a result improve their academic achievement. Teachers also see improvement in their student's behavior when they take the time to develop positive relationships

with their students.

- Teachers should treat all the kids the same – not having favorites like the 'good' students.
- Being consistent matters – getting into trouble for something one day because a teacher is in a bad mood but not another day means you don't know where you are.
- Knowing the students' names and talking with them about things in their lives makes them feel that they matter.
- Teachers who don't shout get more respect – though doing it occasionally is OK.
- Talking as an equal – not talking down to students – is good.
- It's good to have teachers you can approach, who don't make you feel stupid when you don't know something.
- Teachers should be friendly but not try and be your friend.
- Teachers should walk the talk: they shouldn't expect things from students they aren't prepared to do themselves.
- Teachers need to be confident in them; then students will have confidence in them.
- Teachers should know what they are teaching, but not try and be above you all the time.
- Teachers need to listen – some jump to conclusions about things.

10. How teachers make a difference?

"I had a hard time at home and at school and this one teacher made a real difference for me. He showed that he cared whether I was there or not, whether I learned anything. He didn't give up on me. It's because of him that I stayed in school. I don't think teachers should say "it's up to you whether or not you learn – it makes it seem they don't care about you." 📌



Confidence Building Tips

Somehow, I can't believe that there are any heights that can't be scaled by a man who knows the secrets of making dreams come true. This special secret, it seems to me, can be summarized in four C's. They are curiosity, confidence, courage, and constancy, and the greatest of all is confidence.

– Walt Disney

Radhika Narang

I lost my mother when I was 12. She stayed unwell for 4 long years before she left us. This means our ordeal with doctors, hospitals, selfish relatives, insensitive neighbors, unmindful friends, and unsuspecting teachers began when I was too little to understand what was happening with us. We were four of us. Ma being at the hospital meant Pa to be there with her as well which left me and my elder sister at the mercy of some helpful and some really mean relatives. Many things happened. And the result was I, a scared little girl, who didn't know how to cope with life. I had a loving, ever supporting, a close-knit family comprising of Pa & sister but I still stayed in my shell. Maybe because I was over-protected. For a very long time, I wouldn't

disclose to outsiders that I didn't have my mother. Actually, until the time I began working, I had this strange thing inside me that didn't let me share or admit. With time, I realized that not having a parent was neither my mistake nor an embarrassing thing and slowly started opening up. But then what was it that made me hide this fact in the first place and even lie when enquired about it. What was it that stopped me from accepting it in a better way? Well, it was simply a lack of self-confidence. And at the same time, I also pitied myself. I had this pertinent question on my mind – why us?

Confidence is a feeling of trust and firm belief in someone or something. Self-confidence is having confidence in self. Self-confident people don't doubt themselves. They keep the faith in their abilities and have the courage to stand for themselves.

They don't fear challenges and also have the courage to accept their limitations. Small setbacks don't bother them. They fall, they rise again and they keep going. They have the spine to admit and take responsibility for their mistakes. They learn from them. They lose some, they win some but never lose the spirit. They are determined. They carve their own path. And in the process, they help others also. They keep realistic expectations and even when some of their expectations are not met, they stay positive. They show self-love and accept themselves.

But not everyone has the same level of confidence. And some lack it completely. Why? Because we are talking about humans who are emotional beings with feelings and thinking abilities. Humans who are built differently, come from different backgrounds, have

different experiences, live in different environments and react differently to different situations. There can be many reasons for low/no self-confidence.

Genetic built that one may have inherited from parents could be a reason. Somewhere between 25 to 50 percent of the personality traits linked to confidence may be inherited.

The basic temperament that one is born with could have made the person naturally hesitant and with inhibitions. A more cautious person can have low self-confidence.

Some kind of trauma (like in my case) or a sudden event could be a reason. Physical, sexual or emotional abuse in the past could have caused a sense of embarrassment and low self-esteem.

Parents' attitudes are crucial to children's feelings about themselves, particularly in children's early years. If one or both parents are excessively critical or demanding, or if they are overprotective and discourage moves toward independence, children may come to believe they are incapable, inadequate, or inferior. Constant comparisons with others or partiality between siblings can cause a feeling of continuous struggle to prove oneself or fight for one's rightful place and grows an inferiority complex that stays with the child later in life also.

The environment at home, also, creates a deep impact on how one feels about self. Where parents are constantly fighting, have negative relationships between themselves or with others and are never available, children tend to start feeling negative about themselves and are fearful of making relationships with others.

Bullying or harassment, at any stage of life and because

of any reason, can be massive contributors to low confidence, a sense of inferiority and a lack of will to speak for oneself. Discrimination on the basis of gender, race or sexual orientation contributes towards building a negative self-image and low self-esteem.

Self-aspired or society-imposed pressures, for the achievement of perfection and failure to do so, can create a permanent sense of failure and can have a massive toll on the confidence levels. Be it a perfect marriage/relationship or a dream/successful career or a perfect body, perfection driven goals become a constant struggle.

With the emergence of social media, one stays updated with what's happening in others' lives. People only post happy, positive aspects of their lives on social media and it is easy to fall prey to comparing self with others or their false image of ever happy lives. Comparisons lead to unnecessary pressures.

Having confidence is relative and situational as well. A highly confident person can become jittery in a particularly tough or unknown situation.

Challenges to our self-confidence are a part of everyday life. The important thing is to learn how to overcome failure and negative experiences. Self-confidence and positive self-esteem can be learned. This learning will involve changes, new behaviors, and will take time and energy. Building confidence is dependent on breaking old habits and developing new productive ones. Lack of confidence does not have to be permanent. Since a lack of confidence and lack of positive self-esteem are both learned, they can be replaced by new learning.

Awareness and acceptance

Having low self-confidence can lead to other issues like anxiety and depression and other behavioral problems. Therefore, it is important to understand the root cause of the issue. But many a time, one can be aware of the behavioral issues but not know or accept them as the result of low confidence. And unless one accepts that, it is not possible to deal with it. So, the first and foremost step towards overcoming or fighting any confidence related issue would be awareness and acceptance. Once that is done, the cause of the same can be found out and corrective measures and learning can be taken.

Some of the examples of confident behavior versus behavior associated with low self-confidence are below:

Doing what one believes is right, even if others don't agree or mock or criticize.

Let one's behavior be dominated by what other people think and seek validation everytime.

Willing to experiment, make extra efforts and take risks to achieve better things.

Stay in the comfort zone, fear failure constantly and not taking risks.

Admitting one's mistakes and learning from them.

Working hard to cover up mistakes and trying to reverse them before anyone notices.

Staying self-assured and waiting for others to congratulate one on one's achievements.

Self-bragging about one's virtues to attract attention from as many people as possible.

Professional help

As we read above, there can be many deep-rooted causes of low self-confidence. In many

such cases, it is advisable to take professional assistance to help come out of it. Especially, in cases where low confidence has led to many complex behavioral issues like chronic depression. Approaching an experienced psychologist or psychotherapist or counselor can be of great advantage and help. It is not possible to counter these issues on own self and therefore, external professional help is required.

Self-help

Many of the confidence related issues are self-created also. Some things are only in our heads and not out there in the world. It is not important how others behave with us but what is important is how we deal with their behavior. If we don't give unnecessary importance to a person, then how they behave shouldn't affect our thinking about self and therefore, our confidence level. What needs to be done is bringing a change in one's thought process and chucking out unnecessary clutter.

Again, sometimes, we lose confidence by just thinking how others would think about our actions but in reality, no one is really bothered about us and it is all in our head only. Once a friend told me she doesn't feel comfortable using the washroom at her gym because she feels self-conscious about entering the washroom when so many people are standing outside. So, she would go home every time there was a need and come back to the gym again. Once it so happened that she had no option but to use the washroom there only. She went inside, did her job and came out. Nothing changed. Everything and everyone was the same. Using the washroom was such a natural act. It was just her self-created issue. If we can

understand this, we can resolve many of our problems on our own. Change in one's attitude can give a big boost to confidence levels.

Self-confidence works just like

Many of the confidence related issues are self-created also. Some things are only in our heads and not out there in the world. It is not important how others behave with us but what is important is how we deal with their behavior. If we don't give unnecessary importance to a person, then how they behave shouldn't affect our thinking about self and therefore, our confidence level. What needs to be done is bringing a change in one's thought process and chucking out unnecessary clutter.

a muscle – it grows in response to the level of effort one makes for it. There are many practical and conscious efforts one can make in day-to-day life to build self-confidence. Listed here are some, not in any particular order.

Be proud of what you have achieved in life and tell yourself time and again that you are the same person and can achieve so much more. Even small things

like winning a trophy in an elocution competition at school or getting the best employee tag at work are your achievements and one should be proud of them. Even today I take pride in the fact that I topped my school in Commerce stream in 12th standard, howsoever small it may seem now. I still remember all the hard work I did to get there and that helps me keep my focus. But at the same time, don't take unnecessary pressure because of your past achievements.

Focus on your strengths. Everyone has some strengths and some weaknesses. No one is perfect but everyone can use their strengths perfectly to have a fulfilling life. Don't let distractors affect your focus. If you'll expect a fish to climb a tree and call it useless because it can't, then you are a fool, not the fish. A fish's strength lies in being able to survive beautifully in a water pond.

Groom yourself and make yourself presentable. Trust me, this makes a lot of difference. Things like taking a bath, shaving, wearing clean & ironed clothes (not necessarily expensive), putting your favorite lipstick, etc. can set you up for a fruitful day especially on days when you are not feeling so confident about yourself. You feel more empowered to face the world and tackle your issues. On days when I don't feel very good, I start by wearing my favorite dress. It automatically uplifts my mood.

Start setting goals for yourself and enjoying achieving them. Start with short term, smaller goals and gradually go on to bigger goals. Don't over-burden yourself with unachievable goals. Take baby steps to reach them. Every achievement will fill you with more self-confidence. When my school friend decided

she needed to get back to her healthy self, she didn't go all out to lose 40 kgs in one go. She began by setting a goal of reducing 2-3 kgs in a month and worked hard towards achieving her goal. Today she is 22 kgs down and very happy with her achievement. This has helped her stay focussed and she knows she can shed the rest of 18 kgs also.

Stop procrastinating. Take action. We keep thinking about so many things we want to do or achieve but don't take appropriate actions to actually translate them into reality. This could be because we are fearful or simply not willing. But the only way to actually achieve them is to work for them. Not even trying is a bigger blow for our self-confidence than not being able to achieve.

Think positive and stay away from negative thoughts. I used to self-pity myself after my Ma passed away. But that didn't help. I realized that the only thing it was doing was pushing me deeper into the darkness of loneliness. Gradually, I accepted that she was not coming back and made peace with it. I kept all my good memories with her, whatever I had. Today, we celebrate her birthdays and our parents' anniversary, even though she's not around. My rationale is to find positivity in everything and here I feel if my Ma wasn't born or my Ma & Pa hadn't come together, I and my sister wouldn't have been there.

It is equally important to keep negative thoughts at bay. You have to learn to be aware of your self-talk, the thoughts you have about yourself and what you're doing. Whenever any negative thought comes, treat it like a bug. Catch it, kill it right there, throw it away and replace it with a positive thought.

Have a positive self-image.

Our self-image means so much to us, more than we often realize. We have a mental picture of ourselves, and it determines how confident we are in ourselves. Work on your self-image. If it's not a very good one, change it. Figure out why you see yourself that way and find a way to fix it.

Be kind and generous to yourself. And in the process, you'll realize, you will be kind and generous to others also. Don't make yourself feel inferior when you face failure. Success and failure go hand in hand. Remember, you can't enjoy your success if you haven't experienced failure ever. A child learns walking by falling an innumerable number of times and then once he knows how to balance, he enjoys his success by running. That's how nature has created a life for all of us.

Stay with positive people and get rid of negative/toxic people from your life. Confident people inspire confidence in others also: their family, their peers, their bosses, their customers, and their friends. Negative people knowingly-unknowingly bring you down and don't let your mind be free of toxic thoughts. They try to put the burdens of their emotional selfishness and failures on those around them that can directly affect your thoughts and image about self.

When at social events, go and meet new people who are out of your normal social set. It helps to break the shackles of hesitation and you never know it might help you meet some really amazing, positive people.

Focus on solutions and not problems. Don't keep running around a problem. It won't help. Rather try to look for possible solutions. This way you can do something wonderful for your confidence, life, and career. For a long time, my niece kept

complaining about how bad her job and work environment were but didn't do anything to find a solution to her problem. Eventually, her mother encouraged her to start focussing on what she actually wanted to do in her career and find options for that. Today, she runs her own consultancy successfully and has created a very positive environment there for others to thrive.

Empower yourself with knowledge. Empowering yourself, in general, is one of the best strategies for building self-confidence. This is in alignment with building competence and getting prepared. By becoming more knowledgeable, you'll be more confident. You become more knowledgeable by doing research and studying. The Internet is a great tool, of course, but so are the people around you, people who have done what you want, books, magazines, and educational institutions.

Take care of your body by exercising and eating right. Lack of good physical health can be a huge blow to your self-confidence. I am otherwise a confident person but I become irritable and frustrated when I am not physically fine.

Self-confidence is very much about balance, also. If under-confidence is a deterrent, so is over-confidence. If you are under-confident, you'll avoid taking risks and stretching yourself; and you might not try at all. And if you're over-confident, you may take on too much risk, stretch yourself beyond your capabilities, and crash badly. You may also find that you're so optimistic that you don't try hard enough to truly succeed. With the right amount of self-confidence, you will take informed risks, stretch yourself (but not beyond your abilities) and try hard. 🍀



Combining Business Studies and Liberal Arts

Introduction

For very long, liberal arts, sciences and management were looked at in isolation. In recent years, it has become virtually impossible to do so given the changing economic and social contexts globally. Awareness as well as diverse skills are imperative in today's world. With the rise of Artificial Intelligence (AI) and technology becoming such an integral part of our daily lives, this link is likely to grow.

Interdisciplinary education is important: A US point of view

In this context, a report brought out by, Aspen Institute, a premier American think-tank is pertinent. The report published in 2018 is titled, "Charting a New Course for Next - Generation Business Leaders". This report, makes a strong and convincing pitch for the need for coming up with innovative courses where students gain knowledge not just of one discipline, but a number of areas.

The report also gives a detailed explanation of how the Aspen Institute Business & Society

Program has launched an Aspen Undergraduate Consortium, which seeks to move in this direction. This consortium consists of over 70 undergraduate schools. A number of the schools, which are part of the consortium along with Aspen Institute have already framed an interdisciplinary curricula. The "Charting a New Course for Next-Generation Business Leaders" report also makes two important points with regard to the curricula, which has been framed by the consortium.

The first, that these experimental courses seek to come up with:

'... A version of liberal arts that embraces the pragmatic and a version of business education that recognizes business as a deeply human activity'

Second, the curriculum has a clear 'Understanding that business is a profoundly human activity that requires people with a broad range of capabilities. They recognize that the best businesses solve human needs, develop their own people, and provide meaningful work.

The Indian context

While there has been an

increasing emphasis in recent years on interdisciplinary education in India. It was the Yashpal Committee on Renovation and Rejuvenation of Higher Education, in 2009 which drew attention to the need of a more holistic and interdisciplinary curriculum. The report stated, that the Indian education system needed a major revamp, and there was a dire need for greater emphasis on interdisciplinary education. The existing system was defined as a 'steel box of a system', and it was argued, that the approach

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being followed in India was out of sync with the requirements and needs.

Interdisciplinary approach adopted by Indian B Schools

It would also be pertinent to

point out, that the top B Schools, such as IIM's -- IIM Calcutta and IIM Ahmedabad, have been attempting to have a holistic curriculum for some time, where public policy as well as liberal arts related courses are offered.

IIM Calcutta set up a

Centre for Development and Environment Policy in 1998, where important policy issues related to the environment are researched. IIM Calcutta also has a Management Centre for Human Values, where Eastern and Western philosophies are



examined. The link between Business and Philosophy is examined at this center. IIM Ahmedabad also has a school devoted to public policy.

Interdisciplinary approach at undergraduate level in India

In recent years, even at the undergraduate level, there has been an attempt to introduce students of commerce and business to the social sciences, either through taught curricula, or through social work. One such example is the Narsee Monjee College of Commerce and Economics in

Mumbai, where students have to complete 120 hours of mandatory social work.

Rise of Private Universities and interdisciplinary adopted by Indian business schools

One more factor which has been responsible for a more interdisciplinary curriculum is the rise of private universities modelled on western institutions. Students can take a wide range of electives. Students in business schools can study courses pertaining to liberal arts, public policy and vice-versa. One

of the interesting experiments is that of Ashoka and IIM working closely to develop a minor. Centre for Entrepreneurship (CFE) of Ashoka University and Innovation Incubation and Entrepreneurship (CIIE) of IIM Ahmedabad joined hands to create a minor in entrepreneurship.

Why an Interdisciplinary approach is necessary in India for business students wanting to strengthen their career prospects

First, there is a growing realization of the point, that

it is increasingly important to understand government policies and regulations, which have an impact on business. In this context, a number of top business schools have begun to focus on Public Policy. The Indian School of Business (ISB) campus in Mohali for instance, has a school of public policy. Apart from students getting a chance to take courses from the school of Public Policy, business school students also get a chance to interact with individuals from different walks of life – including policy making.

Apart from understanding principles of management and

A more holistic curriculum is thus important, not just from an academic point of view, but also so that students from different disciplines, including business, face less difficulties when searching for career opportunities.

business, corporates also need individuals who have a deep understanding of other countries (especially emerging markets like Africa and Latin America) where they have operations. For this, some sort of regional specialization is important. Not only is it essential to understand the local language, but also to be familiar with the socio-economic and political landscape of such regions/countries. There is a growing trend of Business majors taking minors which focus on the political economy of such regions.

Need for interdisciplinary approach required necessary not just for Business majors

Even liberal arts students, who take more business school courses, are more employable. In many of the fields, which these students aspire to enter, knowledge of business concepts is handy. For instance, to be successful in journalism apart from a grounding in the social sciences, knowledge of important economic issues, and concepts is beneficial. Those students who have taken such concepts, are at an advantage, and their

knowledge of crucial economic issues stands them in good stead while covering economic issues.

Students with Master's degrees in disciplines like International Relations who want to look for careers in business risk analysis, and consulting have also begun to take business related courses. This is particularly useful for them for finding employment with risk analysis firms.

Conclusion

In an increasingly interconnected world, it is tough to undertake the study of any discipline in isolation. While it is true, that certain universities in India have taken some important steps towards a holistic curriculum which tries to adopt a genuinely interdisciplinary approach, much more needs to be done. While in top government and private institutions, a number of steps have been taken. There is a need to spread this culture across institutions. A study published by the ASSOCHAM Education Committee (AEC) stated, that only 7% of students who had graduated from Indian Business Schools was employable. The report also highlighted the disparity amongst business schools in terms of infrastructure and overall quality of faculty.

A more holistic curriculum is thus important, not just from an academic point of view, but also so that students from different disciplines, including business, face less difficulties when searching for career opportunities. The increasing importance of AI in different spheres, as discussed earlier is likely to further disrupt the job market and also compel institutions globally to look at an even more modern, innovative and interdisciplinary approach towards teaching. 📌

Studying in the US

The decision to study abroad can be a difficult and challenging one. Congratulations if you made it. But now what? By Aayushi Pandey

Before you know it, dozens of tasks are unraveling ahead of you, quite contrary to the one-exam-approach Indians are familiar with. Are the SAT, ACT, and SAT Subject Tests enough?

Some of us have heard that the US universities look at

extracurriculars. So do they not care about school results at all?

What's the minimum score needed to get admitted into a school of my choice? In this article, I hope to walk you through the process of undergraduate admissions in the United States of America.

Examinations

There are certain requirements most universities in the US have, including the SAT or the ACT. Although every candidate is free to take both, only one is required. Universities are not partial towards either test, but you might want to choose carefully. While the SAT offers an easier

mathematics section, its English is considerably harder to score in. The ACT has slightly easier English, but has a science component as well. The SAT, consisting only of English and Math sections, has an optional essay. The optional writing test on the ACT is called ACT Writing. Some colleges do not require these optional writing sections at all, regardless of the test you take. It is wise to look into the requirements of the specific colleges you want to apply in. SAT Subject Tests are the other half of this series. These one hour tests are subject-specific and show universities that you are proficient in particular subjects.

It should be noted that these tests are not offered for all subjects, so don't panic if you don't find a test on Economics! Find out the

LET'S TALK ABOUT HOW UNIVERSITIES ASSESS APPLICANTS THEMSELVES AND THE OTHER PARTS OF APPLICATIONS.

The essays are perhaps the most daunting part of US applications. These essays are very different than what Indian students typically are used to. The objective of your main essay (a CommonApp or Coalition Essay) is to reveal something more about you that the admissions don't already know. It is worth noting that the final essays will not be the first, second, or even the third draft. Instead, it often takes several versions and weeks or months to write an essay you will be satisfied with, and it is not recommended to submit an essay unless you remember each word and have questioned each sentence. Sentences should connect to each other, and the overall essay should sound like your journey and your voice. And above all within a word limit, 650 words. Since essays are supposed to enable the admissions officers to get to know you better, it is advisable to write about something personal and even life-changing. Of course, this in no way means that one has to write about their parents' divorce or the death of a close friend. If you have not gone through something traumatic, are not comfortable talking about it, or don't think there's a story worth telling in the big life-changing event, don't write about it! If you do, you risk doing an incomplete job or sounding inauthentic. It is still recommended that

you write about some sort of challenge or difference, something that explains a change in you. The number one rule of these essays is to take a personal story and make it yours. The anatomy of these essays does not really have a basic template. A safe way to approach them is by describing an incident and then showing (subtly!) how it changed you into a person who is more ready for college and the world. It's that simple. The difficult part is to put it across in a way that resonates with you and the universities you'll apply to. Once you successfully write in a language that you are satisfied with, it is a good idea to go over the essay as if you are a stranger reading it. You might benefit by showing it to a couple of trusted friends or a member of your family, a favorite teacher you think can help or an unofficial mentor. There are also some tricks to make your essay more appealing, such as providing anecdotes and using a mildly formal language which is still easy to read. While there are some suggestions almost every place will tell you, ultimately the most important suggestion remains doing what you think is right. Think of your essay as not a traditional assignment your school's history teacher has asked you to write, but as a story you are trying to tell. Tell it as it is, and don't leave any part out.



requirements of the universities you want to apply in, and take the two or three Subject Tests you feel you can do the best in. Again, the flexibility of the US programs means that not all universities or colleges require these tests. But several places 'require' or 'recommend' them, so if you have the resources, it might be wise to attempt them.

Some universities may require English proficiency tests (like TOEFL or IELTS) in addition to the SAT or ACT, but for many universities that requirement is waived if a certain score is achieved on these tests. There are also no such exams that can compensate for school academics. Doing well in school shows universities that you can work hard consistently for four years, rather than just study for a test for two months.

Extracurriculars

The next question tends to be what the minimum score requirements are, and perhaps this is the hardest part for us to get our heads around. Most US universities do not have a

minimum score requirement for the SAT, ACT, or SAT Subject Tests. Your application is assessed on the basis of everything you've done—especially in the last four years. So while a student with a 1540 on the SAT may be rejected from Ivy Leagues, another with a 1470 may be admitted. Here is where your extracurriculars come into play.

The first thing to realize is that US universities want to admit people, not grades. They will look into your extracurriculars for a variety of reasons: to get to know what you're passionate about, to understand how vigorous your curriculum was, and ultimately to figure out whether you're a good fit for their university.

Hence, over the course of your secondary education (9th to 12th), it may be important to pursue hobbies and causes you feel strongly about. People often wonder whether their extracurricular activities are the 'right ones' for colleges. There are no right extracurriculars! No matter how mainstream (like guitar) or absurd (say, pottery) your



hobbies are, are you devoted to doing better in them?

Have you been consistent in pursuing them? Universities openly admit that they would prefer candidates who have devoted time to one hobby for 3-4 years rather than those who have done something new for only 2-3 months. Consistency also shows universities that you have the perseverance to do well in college.

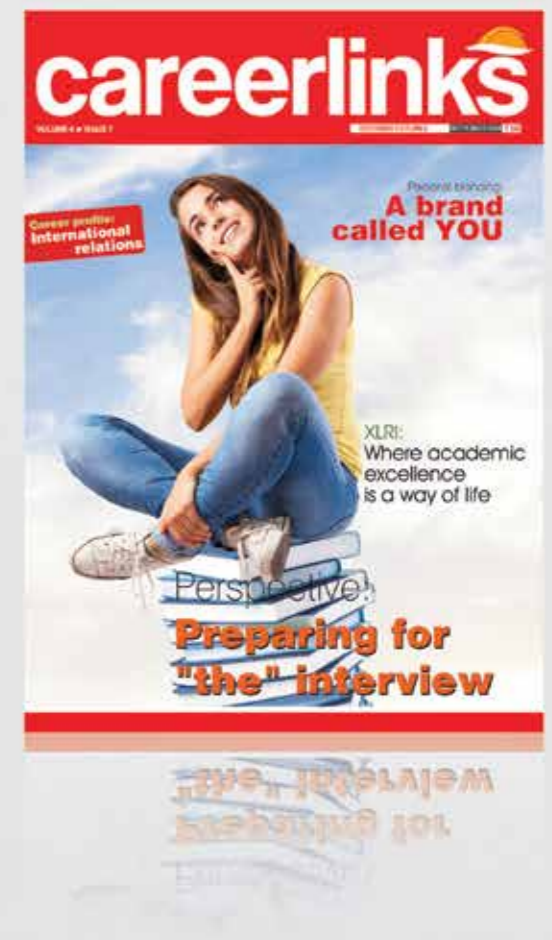
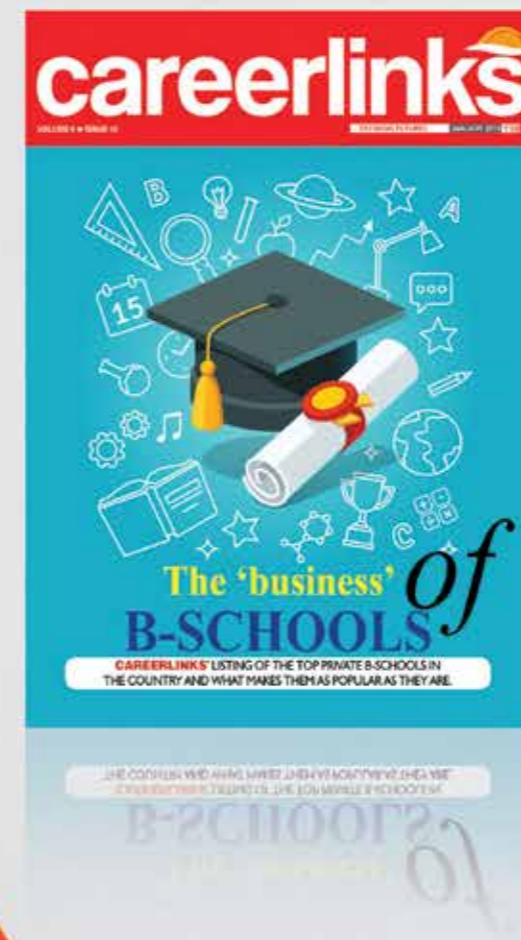
Volunteering or Working

Unfortunately, some of us have evolved to not contributing in our own households, much less our cities and communities. However, universities in the US have emphasized again and again on the importance of contributing to the communities you identify

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with. They want to see people who nurture and are proud of their heritage, but at the same time are trying to improve conditions. Volunteering also tends to change individuals in ways they don't previously imagine, making them more compassionate and humane. However, if genuine volunteer work cannot be found or if it just doesn't excite you, you might want to consider a job.

Part-time jobs and internships often show a different side of people. For school-going students, these are opportunities to grow and become more mature and they do not go unnoticed by universities. However, the bottom line remains the same. Being authentic is key to US admissions: you must be genuinely passionate about the things you do. 📌



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