

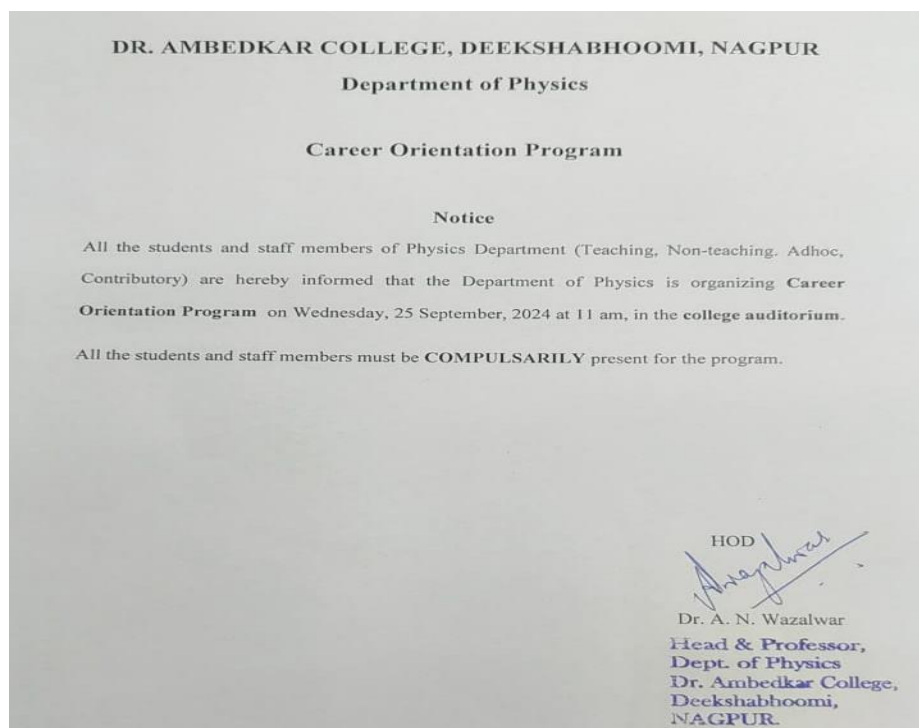


Dr. AMBEDKAR COLLEGE, DEEKSHABHOOMI, NAGPUR
Department of Physics

Report on Career Orientation

Name of the Programme : Career Guidance for Competitive Examination and its preparations.
Date of the Programme : 25/09/2024
Number of Participants : 167
Hosted by : Dept. of Physics
Resource Person : Er. Anil Ramteke, Railway , India.

Notice



Objectives:

1. To explain the role of competitive exams in various career paths, such as government jobs, professional courses, or higher education.
2. To provide insight into how these exams open up opportunities in various sectors (public, private, academic, etc.).
3. To offer guidance on how to align career aspirations with the appropriate exams.
4. To discuss time management strategies for balancing study with other responsibilities and preparing systematically over time.
5. To discuss the mental and emotional challenges faced during preparation, such as stress, time pressure, and maintaining motivation.



Dr. AMBEDKAR COLLEGE, DEEKSHABHOOMI, NAGPUR

Department of Physics

Introduction: Mr. Ramteke sir is an officer from the Indian Railway Stores Services with an illustrious career spanning several decades. Mr. Ramteke sir is a distinguished alumnus of two distinguished Institutions having completed his Bachelor's in Electrical Engineering from Visveswaraya National Institute of Technology (VNIT), Nagpur, and his Master's from Indian Institute of Technology (IIT), Mumbai.

Mr. Ramteke delivered a mesmerizing lecture, marking a great start to the program. His topic, "Career Guidance for Competitive Examination and its Preparations," reflected his deep thinking and positive intentions for societal growth. Drawing from his own experiences with competitive exams, he shared valuable tips and tricks for effective preparation.

He began by introducing a **mood meter**, illustrating how individuals can identify their emotional states through a color-coded chart. He emphasized the importance of achieving a happy mood, represented by the color yellow. He then shared quotes from notable figures, including **Dr. Ambedkar** and **Albert Einstein**, highlighting the transformative power of great thinking.

Mr. Ramteke discussed the chain linking thoughts to destiny, explaining that thoughts shape words, which in turn lead to actions, habits, character, and ultimately, destiny. His career counseling talk was structured into three parts:

1. **Characteristics and Specialties of Competitive Exams**
2. **Challenges of Competitive Exams**
3. **7S Theory of Competitive Exams**

In the first part, he encouraged students to focus on personal growth rather than merely passing exams, stressing that "Consistency can outshine hard work."

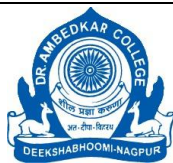
The second part addressed the challenges of competitive exams, emphasizing that life is not a race but a marathon. He outlined various challenges, including intense competition, family pressure, and the need for discipline. He noted that while many challenges are beyond our control, overcoming those we can manage is crucial to achieving our goals.

Finally, he introduced his **7S Theory** for overcoming competitive exam challenges:

1. **Seek Purpose** - Understand your aim through the Japanese concept of **IKIGAI**.
2. **Shift Mindset** - Adopt new beliefs.
3. **Super Skillset** - Develop relevant skills.
4. **Steer Emotions** - Manage emotional intelligence for positive outcomes.
5. **Solid Strategy** - Plan effectively to balance smart, hard, and sharp work.
6. **Steady Action** - Take initiative, as greatness begins with starting.
7. **Sound Character** - Stay committed to self-improvement.

He concluded by discussing the **ACR of Emotional Control**:

- **A** - Accept the unchangeable
- **C** - Change the changeable
- **R** - Remove the unacceptable.



Dr. AMBEDKAR COLLEGE, DEEKSHABHOOMI, NAGPUR

Department of Physics

Overall, Mr. Ramteke's lecture provided valuable insights into preparation for competitive exams, inspiring students to harness their potential and develop effective strategies for success.

To pay gratitude towards the learned people, Department of Physics felicitated Mr. Ramteke with a Memento – a symbol of remembrance.



Outcomes: Students were able

1. To understand which competitive exams align with their career aspirations and professional goals.
2. To create a well-structured and realistic study plan based on their individual learning pace, strengths, and the exam syllabus.
3. learn how to cope with the stress and pressure of exam preparation, ensuring better mental health and focus during the study period.