



ANTARBODH



A Program for Psychological Well-Being & Personality Development



DESCRIPTION OF THE PROGRAM

The program aims to provide a holistic approach to addressing both academic and emotional challenges in achieving success in the civil services examination. It will expose students to the personality traits essential for enhancing their potential across all three stages: Prelims, Mains, and the Personality Test. Additionally, the program will offer practical recommendations for individual capacity building and ensuring psychological well-being.



ABOUT THE PROGRAM

VisionIAS has crafted the Antarbodh program to navigate your way through academic as well as non-academic obstacles. The latter includes issues like anxiety, stress, loneliness, sleep disturbances, lack of confidence, fear of failure, low motivation, difficulty in managing daily routine, effective communication, emotional intelligence, etc. during your preparation journey.

This program will help you imbibe fundamental qualities and skills like the power of critical assimilation, clear and logical exposition, balance of judgment, social cohesiveness, moral integrity, leadership and crisis management, etc. to conquer both academic and non-academic obstacles and achieve success in the civil services examination.



HIGHLIGHTS OF THE PROGRAM



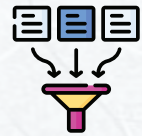
Take advantage of individual counselling sessions from our team of mental health professionals to enhance your psychological, emotional and cognitive well-being.



Participate in interactive sessions and workshops, role plays and case examples to promote active participation and analytical skills.



Learn the art of effective communication to enhance your answer writing and public speaking.



Refine your articulation skills and critical thinking through activities like extempore, storytelling etc.



Gain insights about your strengths and weaknesses with the help of psychological evaluation and interventions to develop self-awareness.



Learn practical strategies to manage stress and anxiety, maintain focus and overall well-being



Cultivate the essential qualities of a civil servant to ace the UPSC interview.



FEATURES OF THE PROGRAM

Dedicated Psychological Support



- Availability of psychologists on board for one to one sessions.
- Provision of personalized psychological interventions and guidance for addressing mental health issues.
- Multi-platform support through telephonic, email, and in-person interactions.

Interactive Workshops



- Detailed workshops aiming at building qualities like confidence, decision-making abilities, leadership skills, communication skills, etc.
- Experiential learning with the help of activities like extempores, group discussions etc.

Detailed Individualized Reports



- Administration of psychological assessment as per students' requirements.
- Access to a detailed analysis of the psychological assessments to track your growth.

Stress and Time Management



- Learn the effective strategies & techniques to combat stress.
- Develop the required skills for managing your efficiently.

Interaction with Bureaucrats and Experts



- Periodic interactive & guidance sessions with highly experienced bureaucrats.
- Gain insights about obstacles faced during your preparation from the experts in the field.



PROGRAM OUTCOMES

This program will help you in:



- Developing psychological and mental resilience.
- Personality development.
- Enhancement of academic potential.

Why should we choose this programme?

Enhance Academic Potential



Crisis Management



Improve Communication Skills



Deal With Stress And Time Constraints



Refine Decision Making Skills

Develop Psychological and Emotional Power



Develop Healthy Coping Strategies



Develop Self Awareness



Holistic Development



Build Resilience



PROGRAM DETAILS



START DATE

18th October, 1 PM

NOTE: Interactive Sessions will be available in Offline mode only.



DURATION

12 Sessions *For* **36** Hours

Each class = 3 Hours



SUPPORT

Round the year psychological and counselling support



FEE

(Inclusive of all taxes)

₹ 5,000

One session on fortnightly basis (on weekends)

Concession details for classroom students (25%)

PROGRAM OUTLINE

Name of the session	Session No.	Key Focus Areas	Activities/Worksheet /Assessment
Attitude Overcomes Altitude: Soaring to New Heights	Session-1	<ul style="list-style-type: none"> » Definition, significance, and types of attitude » Factors affecting attitude - the 3E's of attitude <ul style="list-style-type: none"> > Environment > Experience > Education » Pessimistic vs. Optimistic personality: how mindset affects our wellbeing 	<ul style="list-style-type: none"> » Checklist - Are you an optimist or a pessimist? » Worksheet - Cultivating growth mindset
Motivation Manifesto: Empowering Yourself for Achievement	Session-2	<ul style="list-style-type: none"> » Definition, significance and types of motivation » Motivation to demotivation - the Four Stages » Signs and symptoms of low motivation » Factors affecting motivation » Cultivating positive attitude and fostering motivation 	<ul style="list-style-type: none"> » Checklist - How motivated are you? (The Self-Motivation Checklist) » Activity - Guided Visualization
The Power of Goals: Fueling Your Journey to Greatness	Session-3	<ul style="list-style-type: none"> » What is Goal setting? » Why is it important to have goals? » How do goals affect motivation and help in cultivating a positive attitude » Goal setting - SMART Technique 	<ul style="list-style-type: none"> » Worksheet - SMART goals

<p>The Mirror of Self-Esteem: Reflections on Personal Worth</p>	<p>Session-4</p>	<ul style="list-style-type: none"> » What is self esteem and how does it differ from self confidence? » What are the factors that affect confidence and self esteem? » Indicators of low self esteem » How does low self esteem and confidence affect your preparation and performance? 	<ul style="list-style-type: none"> » Checklist - Low self esteem and healthy self esteem checklist » Game- Self Esteem Bingo » Activity - Body Scan Meditation
<p>The Self-Esteem Revolution: Transforming Doubt into Empowerment</p>	<p>Session-5</p>	<ul style="list-style-type: none"> » How to build self esteem and boost confidence? » Understanding the skills required for a successful interview » Know your strengths and weaknesses - SWOT Analysis 	<ul style="list-style-type: none"> » Worksheet - Know your strengths and weaknesses (SWOT Analysis)
<p>Communication Unplugged: Connecting Authentically in a Digital World</p>	<p>Session-6</p>	<ul style="list-style-type: none"> » Types of communication styles - submissive, aggressive, passive-aggressive, manipulative, and assertive. » Verbal and non-verbal communication skills » Why is it necessary to have good communication skills? » How to develop efficient communication skills? 	<ul style="list-style-type: none"> » Worksheet - Rate & Identify your communication style » Game - Identify the non-verbal gestures
<p>Conflict to Collaboration: Transforming Tension into Opportunity</p>	<p>Session-7</p>	<ul style="list-style-type: none"> » Conflict Management » Importance of conflict management » Strategies to manage conflicts effectively 	<ul style="list-style-type: none"> » Worksheet - Conflict Resolution

Decide with Confidence: Mastering the Decision-Making Paradigm	Session-8	<ul style="list-style-type: none"> » Understanding decision making » How to make effective decisions? » Understanding leadership skills » Qualities of a successful leader 	<ul style="list-style-type: none"> » Worksheet - Rate your Decision Making » Worksheet - Taking a rational decision » Checklist - Are you a good leader?
The Stress Equation: Balancing Demands and Resources	Session-9	<ul style="list-style-type: none"> » What is stress? How does it affect your physical and mental wellbeing? » What is resilience and why is it important to build resilience? » Understanding the healthy coping strategies to manage stress and build resiliency. 	<ul style="list-style-type: none"> » Checklist - What is your stress level? » Worksheet - Coping with stress » Worksheet - Coping Skills Inventory » Activity - Grounding activity
The Time Wizard: Unlocking the Secrets of Productivity	Session-10	<ul style="list-style-type: none"> » What is time management? » Why is time management important in the journey to crack CSE? » Strategies to manage your time effectively 	<ul style="list-style-type: none"> » Checklist - Are you a procrastinator?
Cracking the Code: Strategies for Complex Problem Resolution	Session-11	<ul style="list-style-type: none"> » What is Problem solving? » Steps involved in problem solving. 	<ul style="list-style-type: none"> » Worksheet - Identify your problem.
The Daily Symphony: Achieving Balance in Your Routine	Session-12	<ul style="list-style-type: none"> » What does a balanced daily routine look like? » Importance of having a balanced daily routine. » Summarisation of the whole program » Revision of the takeaway points 	<ul style="list-style-type: none"> » Activity - Ideal daily routine planner » Mindful meditation

Heartiest Congratulations

to all Successful Candidates



1
AIR

Aditya Srivastava

16

in TOP 20 Selections in CSE 2023

from various programs of Vision IAS



2
AIR

Animesh Pradhan



5
AIR

Ruhani



6
AIR

Srishti Dabas



7
AIR

Anmol



9
AIR

Nausheen



10
AIR

Aishwaryam Prajapati

39
Selections

in TOP 50

in CSE 2022



1
AIR

Ishita Kishore



2
AIR

Garima Lohia



3
AIR

Uma Harathi N

1
AIR



SHUBHAM KUMAR
CIVIL SERVICES
EXAMINATION 2020



HEAD OFFICE

Apsara Arcade, 1/8-B 1st Floor,
Near Gate-6 Karol Bagh
Metro Station

DELHI

MUKHERJEE NAGAR CENTER

Plot No. 857, Ground Floor,
Mukherjee Nagar, Opposite Punjab
& Sindh Bank, Mukherjee Nagar

GTB NAGAR CENTER

Classroom & Enquiry Office,
above Gate No. 2, GTB Nagar
Metro Building, Delhi - 110009

FOR DETAILED ENQUIRY

Please Call:
+91 8468022022,
+91 9019066066

enquiry@visionias.in

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BHOPAL



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GUWAHATI



HYDERABAD



JAIPUR



JODHPUR



LUCKNOW



PRAYAGRAJ



PUNE



RANCHI