




Sunbeam English School

Bhagwanpur, Varanasi



It gives me immense pleasure to introduce you to the first edition of SAARTHI, a career counselling Newsletter from Sunbeam English School Bhagwanpur. Through this series of newsletters we will try to keep you abreast with the latest career trends and current happenings in the various fields. In this issue, we will navigate you through choosing your own career path amongst societal pressures, offer insightful tips towards developing some core soft skills and discuss in detail the importance of Psychometric testing. We will also cover some insightful thoughts from our Alumni as they came back to their alma mater for helping their juniors navigate through the difficulties in their career decisions.

Choosing Your Own Path

Navigating Career Choices Amid Societal Pressures

Most of the times, it is seen that students in India grapple with the weight of societal expectations while making pivotal career decisions. If that is happening to you too, fear not, for you have the power to steer your own course. Let's dive deeper into how you can break free from these pressures and make a career choice that truly resonates with you.

Self-Reflection Take a deep dive into your inner world. What sparks your enthusiasm? What are you genuinely passionate about? Identify your strengths and weaknesses. Consider your hobbies and what you could do for hours on end without feeling drained.

Research Knowledge is your best ally. Investigate various career avenues. Seek out detailed information on each option, the qualifications required, and the job market. Think about how well these paths align with your values, interests, and long-term goals.

Seek Guidance Talk to those who have walked different career paths; mentors, teachers, professionals. Their experiences can provide you with invaluable insights and perspectives. They have weathered the storms and can offer guidance on navigating the challenges.

Confidence Believe in yourself. Understand that no one knows you better than you do. Trust your instincts and capabilities. Don't be swayed by the choices of others; this is your journey. **Respect Differences** Realize that every individual's journey is unique. What's right for one person may not be the best fit for you. Embrace these differences and find your own niche.

Set Goals Once you have identified a career path that resonates, set clear goals and milestones. This not only provides direction but also instills a sense of control and purpose in your choices.

Open Communication Engage in open conversations with your family. Clearly articulate your career choices and the rationale behind them. This open dialogue can foster understanding and support.

Build a Support System Surround yourself with a supportive network of friends, mentors, and like-minded individuals who champion your dreams. They can offer guidance, motivation, and emotional sustenance.

Ignore Stereotypes Don't allow societal stereotypes to limit your potential. Refuse to conform to preconceived notions based on gender, caste or other prejudices. Your dreams and capabilities transcend these boundaries.

Stay Persistent Understand that your journey may be challenging. There will be obstacles, but persistence is key. Keep your vision clear and unwavering, and you will overcome hurdles as they arise.

In summary, remember that your career is a significant part of your life, and you should make choices that resonate with your true self. Societal pressures may loom large, but your happiness and fulfillment are of paramount importance. It's your path to forge, and in doing so, you can make a positive impact on your life and the world around you. Embrace your individuality, stay true to your aspirations, and set forth on a journey that is uniquely yours.

Alumni talks....

Batch 2019

Akanksha Soni
(Content development)

Alumni talks....



Batch 2016

Ojaswi Rajput
(Right Diet)

Alumni talks....



Batch 2014

Ananya Chakravarti
(Designer as career)

Alumni talks....

Batch 2012

Shubham Pahwa
(Social Worker as a career)



Flag bearers of Sunbeam Bhagwanpur:



Snehal Singh
Kamala Nehru College, DU



Sanskriti Jain
Zakir Husain Delhi College, DU



Shaili Nain
Sri Aurobindo College, DU



Parth Bhriuwanshi
Christ University, Bangalore



Shrayat Nagpuri
NMIMS, Mumbai



Shail Mishra
NMIMS, Mumbai



Rupanshika Singh
University of Bristol, England



Yashovardhan Singh
MBBS, KGMU, Lucknow



Gunagya Srivastava
MBBS, KGMU, Lucknow



Mridul Keshari
MBBS, KGMU, Lucknow



Akankshya Mahapatro
MBBS, MKCG, Odisha



Vedant Sharma
IISc, Pune



Prasang Sonawala
NMIMS, Mumbai



Sudarshi Sonawala
NMIMS, Mumbai



Vriddhi Srivastava
NMIMI, Bangalore



Aritra Gupta



Sanskreeti Taneja
IIT BHU, Varanasi



Rohan Sinha
BHU, Varanasi



Saharsh Kr. Singh
SRM KTR, Chennai



Aman Maskara
SRM KTR, Chennai



Krishnanshu Keshari
IIHM, New Delhi



A B Deepesh
NHCE, Bangalore



Shubham Shandilya
IIT Patna



Ananta Gupta
NIFT, Kangra



Rohi Laha
BHU, Varanasi



Aarushi Sharma
BHU, Varanasi



Aradhana Yadav
BHU, Varanasi



Aryan Rai
IIT Bhu, Varanasi



Sudarshi Sonawala
NMCCCE, Mumbai



Sachi Gujrati
NMCCCE, Mumbai



Anushka Yadav
DU, LSR, New Delhi



Gargi
DU, Miranda House, New Delhi



Manya Singh
DU, Jesus & Mary, New Delhi



Aradhya Jain
Maitreyi College, DU



Midht ifran
Maitreyi College, DU



Yashya Rai
KIIT, Bhubaneswar



Sooryansh Singh
NIT Duragapur



Kanan Kashyap
Mithibai College, Mumbai



Shreyas Srivastava
NIT Kurukshetra, Haryana



Om Jaiswal
B. Tech, VIT Bhopal



Suhani Singh
VIT, Tamil Nadu



Aadit Singh
VIT Chennai



Manpreet kaur
Aryabhata College, DU



Neha Kumari
DU, Miranda House, New Delhi



Ayushi Kumari
Sri Venkateswara College(DU)



Saumitra Mishra
Sri Venkateswara College(DU)



Shryash Verma
SMIT, Sikkim



Aryan Kumar Gupta
Delhi University

Role of Psychometric Testing in choosing Career Options

Imagine what happens when you have fever? What do you do? I think the first thing we do after having fever is to use a Thermometer to measure your body temperature. Right! Now imagine, when you have a career confusion what do you do?? Are you aware of any device that can measure your psyche and tell you exactly what you want? Hmmmm... Nothing I suppose. So for measuring your psyche and letting you know about your interest and personality type and the skills that you possess, we use Psychometric testing.

Let me put all of this more realistically and scientifically for you all!

Your child is going to spend 80,000 hours on the career he chooses for his life! Ultimately as a parent you want your child to be happy, right? And happiness comes from multiple factors like, job satisfaction, money, social acceptance etc.

To measure happiness quotient in the career that you want to practice, it is important to align your interests, aptitude, personality and your career preferences!

To align all of this, it is mandatory to take Psychometric tests before you actually choose a career for yourself!

Let us summarize this using some common FAQs around psychometric tests in the market !

Are they reliable? Yes, that has an outlier percentage of 2-5 which means that out of 100, there is a chance that 2-5 people might not get the expected results as it is human science, therefore chances to get 100 percent accuracy is impossible. But it is we have seen 98% accuracy too.

What if we end up choosing the wrong career? Let me answer this with an example, suppose you want to become a doctor, but you are not a people person, might as well you don't feel very comfortable in talking to people, will you have the level of affection and empathy to deal with your patients? But, using the psychometric tests, we can actually guide you, that may be not in medicine, but you can get into research where you will still be a doctor and still embrace your intra-personal skills.

What is the right age to take these tests? Another example, do you know that Amisha Patel is a gold medalist in Economics from Harvard University? But she ended up choosing acting as her career? No, she did not take up psychometric tests but may be realized her passion very late! Similarly, earlier the better! If you are in grade 8th and above, probably you should go and opt for these tests to align your interests, aptitude and personality with your dream career!

Career Wise College/Unversity list and their offical websites.

	College / University (Exam)	Wesite
MANAGEMENT (5 Years)	IIM INDORE (IPMAT INDORE)	iimdr.ac.in
	IIM ROHTAK (IPMAT ROHTAK)	iimrohtak.ac.in
	MM RANCHI (SAT/IPMAT INDORE)	iimranchi.ac.in
	IIM BODHGAYA (JIPMAT)	iimbg.ac.in
	IIM JAMMU (JIPMAT)	iimj.ac.in
	NALSAR, HYDERABAD (IPM)	doms.nalsar.ac.in
	NIRMA UNIVERSITY (IPMAT INDORE)	management.nirmauni.ac.in
	UNIVERSITY OF MUMBAI (MUCMET)	mu.ac.in
	IIFT, KAKINADA (IPM)	iift.ac.in
	DEVI AHILYA VISHWAVIDYALAYA (CUET)	dauniv.ac.in
MANAGEMENT (3 Years)	DELHI UNIVERSITY (CUET)	du.ac.in
	NARSEE MONJEE (NPAT)	nmimspat.in
	ST. XAVIER'S MUMBAI (ET)	xaviers.edu
	SYMBIOSIS (SET-GNE)	set-test-org
	CHRIST UNIVERSITY (ET)	christuniversity.in
	IP UNIVERSITY DELHI (CET)	ipu.ac.in
	JAMIA MILLIA ISLAMIA. DELHI (ET)	jmicoe.in
	BHARATI VIDYAPEETH, PUNE (CET)	bvuniversity.edu.in
	SHIV NADAR UNIVERSITY (SNUSAT/SAT)	sun.edu.in
ECONOMICS	DELHI UNIVERSITY (CUET)	du.ac.in
	DELHI UNIVERSITY BBE (CUET)	du.ac.in
	NARSEE MONJEE (NPAT)	nmimspat.in
	CHRIST UNIVERSITY (ET)	christuniversity.in
	SYMBIOSIS SCHOOL OF ECO (SET-GEN)	set-test-org
	JAMIA MILLIA ISLAMIA. DELHI (CUET)	jmicoe.in
	IP UNIVERSITY. DELHI (CET)	ipu.ac.in
	IIT MUMBIA & KANPUR	iitb.ac.in/iitk.ac.in
B.COM	DELHI UNIVERSITY (CUET)	du.ac.in
	NARSEE MONJEE (NPAT)	nmimspat.in
	CHRIST UNIVERSITY (ET)	christuniversity.in
	ST XAVIER'S MUMBAI (MERIT)	xaviers.edu
	BANARAS HINDU UNIVERSITY (CUET)	bhuonline.in
	IP UNIVERSITY DELHI (CET)	ipu.ac.in
	JAMIA MILLIA ISLAMIA. DELHI (ET)	jmicoe.in
	Mumbai University (Merit)	mu.ac.in
	Savitribai Phule Pune University (Merit)	snipune.ac.in
	Symbiosis College of Arts & Comm (Merit)	symbiosiscollege.edu.in
ENGLISH LANGUAGE	DU, BA(H) ENGLISH (CUET)	du.ac.in
	University, of English & Foreign Lang, Hyd (CUET)	efluniversity.ac.in
	CHRIST UNIVERSITY (ET)	christuniversity.in
	PRESIDENCY COLLEGE, KOLKATA (PUBDET)	wbjeeb.nic.in
	BANARAS HINDU UNIVERSITY (CUET)	bhuonline.in
	JAMIA MILLIA ISLAMIA. DELHI (ET)	jmicoe.in

Career Wise College/Unversity list and their offical websites.

HOTEL MANAGEMENT	IHMs (NCHM-JEE)	nchm.nic.in
	IHM AURANGABAD. TAJ GROUP	ihmaurangabad.ac.in
	OBEROI CENTER FOR LEARNING & DEVELOPMENT (STEP)	oberoigroup.com/learning-programmes/step
	WELCOM GROUP, MANIPAL	manipal.edu/wgsha.html
	IP UNIVERSITY, DELHI (CET)	ipu.ac.in
	CHRIST UNIVERSITY (ET)	christuniversity.in
	SYMBIOSIS (SET-GEN)	set-test-org
LAW (5 YEARS)	GLC MUMBAI, ILS PUNE (MHT CET)	cetcell.mahacel.org
	IP UNIVERSITY: DELHI (CLAT)	ipu.ac.in
	JINDAL GLOBAL LAW SCHOOL (LSAT-INDIA)	discoverlaw.in
	SYMBIOSIS LAW SCHOOL (SLAT)	set-test-org
	CHRIST UNIVERSITY (ET)	christuniversity.in
	IIM ROHTAK. IPL (CLA/IPMAT-ROHTAK)	iimrohtak.ac.in
	NIRMA UNIVERSITY (CLAT)	law.nirmauni.ac.in
	NMIMS SCHOOL OF LAW (CLAT/NLAT)	law.nmims.edu
	BANARAS HINDU UNIVERSITY (CUET)	bhuonline.in
	JAMIA MILLIA ISLAMIA. DELHI (ET)	jmi.ac.in
MASS COMMUNICATION	DELHI SCHOOL OF JOURNALISM, DU (CUET)	du.ac.in
	IN DRAPRASTHA COLLEGE (W), DU (CUET)	du.ac.in
	IP UNIVERSITY, DELHI (CET)	ipu.ac.in
	JAMIA MILLIA ISLAMIA. DELHI (ET)	jmicoe.in
	ST. XAVIER'S MUMBAI (ET)	xaviers.edu
	SYMBIOSIS (SET-GEN)	set-test-org
	WHISTLING WOODS, MUMBAI	whistingwoods.film/wwi-media
	SCHOOL OF COMM. MANIPAL UNIVERSITY	manipal.edu/soc
PSYCHOLOGY	DU, PSYCHOLOGY (CUET)	du.ac.in
	CHRIST UNIVERSITY (ET)	christuniversity.in
	BANARAS HINDU UNIVERSITY (CUET)	bhuonline.in
	UNIVERSITY OF HYDERABAD (CUET)	uohy.ac.in
	JAMIA MILLIA ISLAMIA. DELHI (ET)	jmicoe.in
	MOUNT CARMEL COLLEGE, BANGALORE	mccbir.edu.in
LIBERAL ARTS & MISC.	TISS (CUET)	admissions.liss.edu
	ASHOKA UNIVERSITY	ashoka.edu.in
	PLAKSHA UNIVERSITY	plaksha.org
	KREA UNIVERSITY	kre.edu.in
	FLAME UNIVERSITY	flame.edu.in
	NARSEE MONJEE (NPAT)	nmimsnpat.in
	AZIM PREM JI UNIVERSITY	azimpremjiuniversity.edu.in



Sunbeam English School

Bhagwanpur, Varanasi

