Speaker: Prof. Krishna Misra

Title: Ayurveda for Holistic Enhancement of Immunity

1. Explain the three fundamental principles of nature according to the Ayurveda.

According to Ayurveda, the three fundamental principles of nature are as follows.

1. Vatta

It is quick, cold and dry. It governs motion, breathing, circulation, elimination and the flow of nerve impulses.

2. Pitta

Pitta is hot and precise. It governs digestion , metabolism and the processing of food, air and water throughout the body.

3. Kapha

Kapha is solid and steady. It governs structure and fluid balance and forms muscle, fat, bone and sinew.

We all have a certain amount of Vata, Pita and Kapha in our constitution and while all of them are active, usually one or two dominate in every person.

The characteristics of these three fundamental principles of nature are as follows.

Feature	Vatta	Pitta	Kapha
Type of Hair	dry	fine, thinning, prematurely grey	thick, oily
Skin	dry, rough	soft, ruddy	oily, moist
Mental activity	quick mind, restless, imaginative	sharp intellect, efficient, perfectionist	calm, steady, stable
Memory	quick to learn, quick to forget	good general memory	good long-term memory
Aversion to weather	cold	hot	damp & cool
Sleep	interrupted, light	sound, medium	sound, long, heavy

	sleep	length	sleep
Reaction to stress	excites easily, anxious	angers easily, irritated, critical	not easily ruffled,stubborn
Body size	small frame	medium frame	gain weight easily
Hunger	irregular	sharp	can easily skip meals
Walk	quick	determined	slow and steady
Moods	change quickly	intense, slow changing	steady, non-changing

2. Amalgamation of Ayurveda and Modern Science is the need of the hour. Comment.

The intricate interplay of biology, behaviour, socioeconomic, and environmental factors shapes an individual's health. According to the World Health Organization (WHO), health is a condition of physical, mental, and social well-being, not just the absence of sickness or disability. Spiritual, emotional, and environmental health are other aspects that must be considered when discussing actual health.

This holistic approach to health necessitates a medical system capable of efficiently addressing all of the factors at once. The present medical system does not cover this expanded realm of health completely, as though it only ensures bodily and mental health while ignoring social, spiritual, and environmental health. Despite significant advancements in the technology and pharmaceutical sectors in the modern healthcare system, worldwide diseases are on the rise.

Allopathic medicine's incomplete approach to health, inability to reach the root causes of chronic diseases, and overall failure to provide safety and affordability are the primary reasons. To ensure total health in society, an innovative, effective, safe, and cost-efficient technique is required.

The ayurvedic regimen serves as a tonic, rejuvenating bodily tissues and toning up body systems. Herbs including Withania somnifera, Sida cordifolia, Asparagus racemosa, Vitis vinifera, Plumbago zeylanica, Tinospora cordifolia, and Zingiber officinale, which increase appetite, fatigue, and malnutrition, can be used to treat chronic nausea, change in body image, and weight loss (anorexia).

Herbs like Holarrhena antidysenterica, Punica granatum, Emblica officinalis, Plumbago zeylanica, and Terminalia chebula can be used to treat digestive issues like diarrhoea and constipation.

Garlic (Allium sativum) is beneficial for pain and soreness. Curcuma longa and pepper are beneficial for cough and shortness of breath, especially in individuals with lung cancer.

Immunomodulating herbs include Withania somnifera and Tinospora cordifolia, as well as bael, turmeric, ginger, triphala, and Podophyllum hexandra.

The only treatment for multidrug resistance is an Ayurvedic approach to synergism in drug application.

Drug resistance is a normal reaction to the drug's selective pressure. From first-line treatments to more expensive second- or third-line agents, the level of resistance forces changes. When resistance to these medications develops, the therapeutic options become limited.

The most crucial remedial measure is focused research leading to the creation of new/modified cost-effective medications using an appropriate chemotherapeutic method and combination therapy (synergistic impact).

3. Elaborate upon the government initiatives about the promulgation of Ayurveda.

To promote Indian System of Medicines and Ayurveda education around the world, the Ministry has signed 13 Memorandums of Understanding (MoUs) with foreign universities/ institutes to establish AYUSH Academic Chairs, in which AYUSH experts are delegated to reputable universities/ institutes to teach, train, and conduct research. Country-to-country MoUs have been signed with 23 nations for collaboration in the fields of traditional medicine and homoeopathy, including research, teaching, and training, among other things.

Every year, 104 scholarships are awarded by the Ministry of AYUSH to eligible foreign nationals from 99 countries to pursue undergraduate, postgraduate, and doctoral degrees in AYUSH systems at India's leading institutes. The Fellowship Scheme aims to help Indian traditional medical systems gain international recognition and respect.

The Ministry of AYUSH has created a scheme for Voluntary Certification of Yoga Professionals, with the goal of validating the level of competence of Yoga professionals through a certification procedure and promoting authentic Yoga as a drug-free preventative and health-enhancing therapy. Through certification programmes, the Yoga Certification Board (YCB) aims to provide synergy, quality, and standardisation in the knowledge and skills of Yoga professionals all around the world.

Every year, Ayurveda Day, Unani Day, and Siddha Day are commemorated in India, in recognition of the mythological and historical significance of Indian medical traditions. In 190 countries, International Yoga Day is observed, and Ayurveda Day is observed in more than 35 countries. Since 2015, the Ministry has hosted an annual International Yoga Conference. For the promotion and development of AYUSH systems, the Government of India is executing the Centrally Sponsored Scheme of National AYUSH Mission (NAM) in the country through State and UT administrations. AYUSH based lifestyles are promoted through behavioural change communication, training of village health workers in the identification and use of local medicinal plants, and provision of AYUSH health services under the idea of AYUSH Gram.

AYUSH drug manufacturers, entrepreneurs, AYUSH institutions, and others are given incentives for I participating in international exhibitions, conferences, workshops, trade fairs, and other events aimed at raising public awareness about AYUSH systems of medicine, and (ii) registering AYUSH products with foreign regulatory authorities. So far, more than 50 goods (Unani and Ayurveda) have been registered under the Ministry's IC system in eight countries: Kenya, the United States, Russia, Latvia, Canada, Oman, Tajikistan, and Sri Lanka.
In 31 nations, 33 AYUSH Information Cells have been established to provide accurate information regarding AYUSH systems. Under the ITEC Program of the Ministry of External Affairs, the Ministry of AYUSH has delegated two experts (Ayurveda and Siddha) to the Ministry of Health in Malaysia to provide their services at Port Dickson Hospital and Cheras Rehabilitation Hospital.

Speaker: Shri Sandeep Kumar

Title: ART OF SMARt WOrK

1. Following a disciplined life while incorporating small good habits in the day-to-day lives can create long-term positive effects on the overall personality of an individual. List some of the good small habits that you should do every day but you don't? List the reasons which stop you from doing so and how they can be improved?

Following are the good habits that I don't possess but I should. Also, I've listed the reasons for not being able to follow those and what I should do to incorporate them in my life.

1. Not waking up early in the morning

This is something I've struggled to do since my school days. I usually manage to do it for few days but after that the cycle gets broken.

Reasons: I think it is related to my health conditions. I usually always feel sleepy even after an intense workout session. Also, I've observed that my sleep routine affects my health to a significant extent. Any change to it leads to cold. So this is something that also pulls me back from trying to wake up early.

Improvement tips: I think instead of trying to wake up at 4AM the very next morning, I should try to gradually change my time at which I wake up. Maybe waking up 5 min before the previous day will help here because then it won't be very hard to wake up as I've to just wake up 5 min before.

1. Regular Exercise

I don't do exercise regularly. I've tried doing it regularly and was also able to maintain the routine for about 20-30 days on a few occasions but I've always failed at making exercise as part of my daily routine.

Reasons: Although I do understand the benefits of exercising regularly, it is also important to realize that sometimes it is not practical to do it every day. For example, whenever I get sick, I obviously don't do any exercise. This leads to procrastination even after I get well thinking that since I've broken the routine of regular exercise, I should not continue it now. This is obviously a very foolish thinking and it is nothing but procrastination.

I'm trying to deal with this in the same manner as I'm trying to wake up early in the morning. I will start with a very low intensity workout session of not more than 30 min and then I will gradually increase it. And whenever I won't be able to do follow this for whatever reason, I will either reduce the exercise time or I will do yoga so that at least I maintain the consistency which is I think most important for a healthy life.

2. You work as an associate in one of the corporate companies in India. You are assigned a task but are falling behind on the deadline of the task. How would you react to the situation? What do you expect the experience to teach you that you can use in the future to handle similar situations?

If I'm in the situation where I'm lagging behind the deadlines then first of all I will take a pause and will examine the situation on a higher level. I will ask myself the following questions.

1. Why am I lagging behind deadlines ?
2. What was I(or my team members) doing for the past few days/weeks ?
3. What are the pain points and how can I avoid/delegate them ?
4. Am I reaching the defined targets or I'm just blindly doing the work ?
5. What is the expected outcome and whether my work and the expected outcome are in same alignment or not ?

And so on…

I will make sure that whatever the result may be(whether I successult follow the deadlines or not), I will examine this situation carefully and will document what went wrong so that I won't repeat the same mistakes.

Also, I will approach my seniors and peers for advice on how they have handled the same situations in the past.

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Speaker: Shri Jayendra Singh Jadhav

Title: Opportunities for students at 'Shiksha Sanskriti Utthan Nyas' organization

1. How a nation-centric education system is beneficial for the students of India? Express your honest opinions about what should be the necessary changes that should be incorporated into the current education system.

I think education is not just about learning the objective world using Mathematics and Science but also about the nature of humans, the society one lives in and its history. The aim of early education(say from age 4 to 15) should be on the holistic development of the child. The outcome of this education should not be just limited to producing geniuses in the fields of Mathematics and Science. The education system should ensure that a student understands what it means to be a "good" human being and what are his/her rights and responsibilities towards the society.

As far as the changes that should be made in the current education system of India is concerned, I can provide the following opinions as a student.

1. As far as government schools are concerned, it is a fact that a large number of candidates who want to become teachers only do so because they want to get a government job and not because they genuinely have an interest in teaching. But the same teachers won't admit their own children in the same school they teach in because they know the quality of education in their school. And although it is likely that a private school offers better quality of education, very few such private schools are able to impart education which is at par with the quality of education in the other developed countries. Not to mention that there are very few such private schools and their fees are not something that can be affordable for 90% of the Indian families.

I think this problem can be solved if the salary of government school teachers are increased so much that good teachers who either teach in coaching or run their own private classes will willingly join the government schools. A good teacher should be paid well. Also, the government should hier only teachers that have maintained a good track record for administrative positions so that corruption can be avoided.

2. There are also many schools in India that also lack basic infrastructure like toilets, classroom benches, blackboards etc. And their urban counterparts lack sufficient infrastructure for extra curricular activities. It is quite hard to find schools that have a big enough playground. Without providing the necessary infrastructure, it is not acceptable to expect that our children will do well in their academic careers.

Hence, the government should ensure that the funds that are distributed for such infrastructure activities should be used only for the said purpose and end up in the pockets of corrupt people.

2. Elaborate your views on the importance of languages in thinking. Answer to this statement with a point of view of regional languages.

Many scientific studies have shown that children learn best when the materials are presented in their native language, the language which they speak in their home.

I can share a personal experience on this. My high school had 2 mediums of education. In the morning(7AM-12PM), English medium students were taught and in the afternoon(12PM-5PM) hindi medium students were taught in the same school but by different teachers. I was a Hindi medium student.

Throughout my primary education, my friends and I thought that English medium students are better than us in every possible way. We thought that they are much smarter than us simply because they study in English medium. Eventually we found out that neither the teachers nor students of English medium knew the English language in great depth. All of them struggle to speak fluent english and because of that they find it very difficult to read and understand the textbooks. We, the Hindi medium students, were at advantage in this regard that at least we can read our textbooks and can understand the content. We were also able to communicate our understanding with our teachers and peers better than English medium students.

On the last day of our school, when I was in my 10th standard, I realized how lucky I was that my parents didn't admit me in the English medium schools. The situation of almost all English medium schools was the same in my locality as most of the teachers that teach in such schools were weak in English themselves. I realized that because of my Hindi background, I was at least able to understand the core ideas of maths and science and when I transferred to an English based high school for my +2 I just needed to memorize the english definition of the concepts rather than understanding the concepts themselves as I've strong foundation in core ideas of maths and science.

Hence, based on my experience and the results of various scientific studies, it is evident that the medium of instruction, at least in early education, should be in the native language.

At the same time, we should also ensure that our native languages should not become a barrier for the participation in global science exchange.

3. Describe the relevance of Vedic mathematics in the current modern education scenario. Answer to the question with the help of some examples.

Vedic mathematics is a 16-formula system that dates back thousands of years. These are simple and easy strategies for quick mental computations.

Many people have praised vedic mathematics for its usefulness in doing mental calculations. Using it, one can just mentally solve any difficult equation in addition, division, multiplication, algebra, trigonometry, square, square root, cube and cube root. Vedic maths aids in faster mental calculations and reduces time spent solving difficult mathematical equations in competitive exams such as UPSC, GPSC, CET, GATE, JEE, and many more. Vedic mathematics also helps school children overcome their fear of arithmetic and rekindle their love in the subject by making it simpler.

4. What is the importance of value education for students in higher education institutes?

In the current time, people are facing problems at every level. Be it on personal, family, society or nature level. It seems people are blindly participating in the rat-race of becoming better than people around them.

They want to have a bigger car than their neighbours, smart children, beautiful and wealthy life partner etc. While aiming high is good, we should also understand what things one is focusing one. Physical facilities are needed to lead a proper life; however, there is a need to examine how many physical facilities are needed and what is its role? It is also important to ask the question - besides physical facilities, what else is important in human life?

Despite all of one's worldly achievements, a lack of attention to one's relationships leads to family trouble. Human interactions and ideals are the source of our eternal happiness.

In today's world, the educational system focuses on giving pupils the ability to do things (which are of economic value). To put it another way, it focuses on "How to" rather than "What to do" or "Why something should be done." The educational system does not adequately prepare kids for life. It only educates them for a specific career or jobs.

At school or college- we get only little guidance about relationships and how to properly live in them-since it is not a part of our syllabus. The educational system should strive to create not only talents but also a sense of what should be done and a commitment to choose and do what is right.

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Q1 Explain a stressful event and how you dealt with it.

In my previous job, there was a difficult person in our team that seemed to get very agitated when things did not go her way and when she was faced with other opinions. She was a lot of the time stressed because we all worked in a team and had to be flexible. I saw that her behaviour and the negative energy she brings into the office were causing stress for me as well.

For my part, I dealt with the circumstance of working with her by doing only what I needed to do in terms of professional communication with her, and when I didn't need to be around her, I excused myself from her presence and spent more time working with positive and motivated people.

Q2. How Do Balanced Diet Help to Relieve Stress?

By lowering oxidation and inflammation, as well as assisting in weight loss, a nutritious diet provides a stable, long-lasting basis for your body.

Before understanding how Diet can help to relieve stress, we should first understand how stress affects our body.

Stress triggers a set of biological responses including:

- The release of stress hormones from your adrenal glands – adrenaline and cortisol
- An increase in blood sugar
- Rising blood pressure
- Rapid heart beat

When faced with stress, all of these responses, known as 'fight or flight,' are meant to assist us meet physical difficulties that threaten your survival (e.g. how our body would respond if you were being chased by lions). The problem is that in today's high-stress world, the stress response is always on high alert, leaving the body with no time to recover.

Hormones are also affected by stress. The main stress response hormones adrenaline, noradrenaline, and cortisol are produced by the adrenal glands, which are located on the upper, inner surface of each kidney. The adrenal glands may get overworked over time, making it harder to produce the proper amount of these chemicals.

Eating a well-balanced, healthy diet is essential for our bodies to cope with the physiological changes brought on by stress. Identifying and minimising the causes of stress is a key aspect of any stress response. Because blood sugar levels have a substantial impact on adrenal function, much of the dietary advice below focuses on lowering blood sugar levels.

Q3. Explain what the four things according to you are the most important for improving self Control.

Below are the 4 things that I think are most important for improving self control.

1. Removing temptations

We are not wired to constantly resist temptation; in fact, according to a research, most people resist temptation by removing it. "Training self-control by repeated practise does not result in widespread increases in self-control," according to a study published by the American Psychological Association. So we should not beat ourselves up if you don't have much self-control; we're just not wired that way. Remove the temptation rather than striving to reject it. Remove temptations from your environment and yourself to set yourself up for success. It aids in the automated and self-reinforcing nature of decisions, allowing you to focus on more important goals and decisions.

2. Forgiving Yourself

You will fail; failure is an inevitable part of life. Allow yourself to forgive yourself and move on. Beating oneself up and worrying over nothing accomplishes nothing and is a waste of time. "Success depends on going from failure to failure without losing enthusiasm," Winston Churchill reportedly said. Eighty percent of attaining a goal is your attitude, and a happy worker has a good attitude, therefore if you want to gain self-control and achieve ambitious goals, you'll need to learn how to grind.

3. Prioritizing Things

Make a to-do list for each day, week, and month so that when you're feeling overwhelmed, you can see that you're moving forward and doing your best. It gives you a sense of control, because feeling overwhelmed and powerless only leads to disorganisation, stress, and squandered time.

4. Learning How To Manage Stress

Make a to-do list for each day, week, and month so that when you're feeling overwhelmed, you can see that you're moving forward and doing your best. It gives you a sense of control, because feeling overwhelmed and powerless only leads to disorganisation, stress, and squandered time.

Speaker: Dr. Sanjay

Title: The administrative structure in India

Q1) what are the different types of characteristics involved in Good Governance?

Good governance is a method of government that aims to build a system based on justice and peace while safeguarding people's human rights and civil freedoms. Participation, Rule of Law, Transparency, Responsiveness, Consensus Oriented, Equity and Inclusiveness, Effectiveness and Efficiency, and Accountability are the eight elements used by the United Nations to assess good governance.

Participation:

All groups, particularly the most disadvantaged, must have direct or representative access to government mechanisms in order to participate. This displays itself in the form of a vibrant civil society and citizens who are free to associate and express themselves.

Rule of Law:

Uniform legal systems that defend all citizens' human rights and civil liberties, particularly minorities, are examples of the rule of law. An independent judicial branch and a police force devoid of corruption are indicators of this.

Transparency:

Citizens should be able to understand and access the means and methods by which choices are made, especially if they are directly affected by them. This knowledge must be presented in a format that is both clear and accessible, which is usually done through the media.

Responsiveness:

Simply said, responsiveness means that institutions respond to their stakeholders in a timely manner.

Consensus Oriented:

An agenda that strives to mediate between the many various needs, viewpoints, and expectations of a diverse citizenry is characterised as consensus oriented. Decisions must be made in light of a thorough awareness of the community's historical, cultural, and social background.

Equity and Inclusiveness:

Equity and inclusiveness are dependent on ensuring that all members of a community, particularly the most vulnerable persons and groups, feel included and empowered to improve or preserve their well-being.

Effectiveness and Efficiency:

The sustainable use of resources to meet a society's demands develops effectiveness and efficiency. Sustainability refers to both the continuation of social investments and the preservation of natural resources for future generations.

Accountability:

Institutions that are ultimately accountable to the public and to one another are referred to as accountable. Government agencies, civil society organisations, and the commercial sector are all held accountable to one another.

Q2) Explain in brief about the five pillars of Good Governance?

1. Comprehensive electoral reforms

Following measures were taken for electoral reforms after 2000.

1. Election spending cap: Currently, there is no cap on how much a political party can spend on an election or a candidate. However, the Commission has set a spending limit for individual candidates. It costs between Rs. 50 and Rs. 70 lakh to contest a Lok Sabha seat (depending on the state they are from), and between Rs. 20 and Rs. 28 lakh to contest an assembly election.

2. Exit polls are restricted: Before the 2019 Lok Sabha elections, the EC released a statement warning that exit poll results could be skewed.

2. Empowerment of local governments

To empower city governments, structural weaknesses in the present urban governance framework must be addressed, and funding, functions, and functionaries must be transferred to the municipal level.

Praja sponsored a pan-India study in 2017 to better understand the 74th Amendment's implementation, issues experienced by municipal governments, and potential remedies. State-by-state consultations were held in 21 states, and the following policy issues for strengthening and empowering municipal governments were identified of which 2 are listed here:

1. Functions that are evolving

Even if other authorities are in charge of implementation, the local government should have sole decision-making authority. Because local governments do not have comprehensive authority over the 18 functions, there are challenges with service delivery.

2. Building human resource capacity

The city government, not the state, should have final approval and control over the recruitment process. There is no single municipality that has complete authority over the recruitment process. The state government is the final sanctioning authority, despite the fact that five of them have the ability to recruit personnel. For effective management, other states should follow the lead of Madhya Pradesh, Gujarat, and Tamil Nadu and create a specialised municipal official skilled and experienced in municipal matters, such as a municipal cadre.

3. Instruments of accountability

Some of the instruments of accountability are as follows.

1. Elections
2. Legislative Scrutiny
3. Courts
4. Auditors and other monitoring agencies
5. Public access to government information
6. Intra-Organizational Accountability

4. Speedy and efficient justice

Right to Speedy Trial is a concept which deals with disposal of cases as soon as possible so as to make the Judiciary more efficient and trustworthy.

However, the following are the most common causes of delays:

1. The first and most serious issue is the time it takes for cases to be resolved. Due to the high level of pending cases, it can take years for them to be resolved, although it would ordinarily only take a few months. The arrears produce delays, and delays mean that justice is not truly accessible to the common man.

2. Judge-to-population ratio — Given the country's population and the number of cases pending, the number of judges accessible is now relatively limited.

3. The lower court's infrastructure is woefully inadequate. Though the Supreme Court and High Courts have excellent facilities, the situation is not the same for lesser courts. Because the courts lack convenient buildings and physical facilities, it takes longer to resolve a case.

5. Best practices identification and implementation

The government should continuously try to identify the best practices and should implement them as soon as possible.

Q3) Define the process of E-Seva Model and also explain the benefits that has been brought up by E-Seva?

eSeva is an online service that meets the needs of citizens while also revolutionising how services are delivered. Eseva was established in 2001, and e-centres were established as a one-stop shop for citizens seeking government information and services online. In this era of e-governance, the Telangana government has made a number of steps to improve service delivery and make it easier to access such services utilising cutting-edge technology. The Telangana government has made persistent efforts to improve citizen services and achieve great governance from a citizen-centric perspective.

In e-Government, there are various types of interactions.

Apart from processes and interactions in the back-office, e-Government can take place in four key types of interactions within the government framework:

1. From one government to the next (G2G)

Within the government, information is transmitted between the national government, state governments, and local governments, as well as between different branches of the same government.

2. Citizen to Government (G2C)

Citizens now have a platform via which they may communicate with the government and gain access to a number of government services.

3. Businesses to the Government (G2B)

Businesses are able to deal with the government in a seamless manner when it comes to the government's services for businesses.

4. Employees to the Government (G2E)

The relationship between the government and its employees is both efficient and quick.

Benefits of E-seva model are as follows.

- Convenience of a single window – multiple services at a single point
- Waiting time for citizens reduced by half
- Travel time for citizens reduced by Rs.09 per transaction
- Greater transparency
- Depts. have been able to provide more outlets without extra infrastructure or manpower costs

- Higher revenue collection
- Real time information on service delivery has facilitated improved monitoring and supervision

Speaker: Shri Prateek Suthar

Title: Opportunities for students at 'Think India' organization Think India - IIITA Orientation 2020

Q1. What is the purpose of Think India?

Purpose of Think india is as follows.

1. Promote Social Harmony

-   To promote social harmony in every possible way and actively oppose any sectarian and narrow-minded activities of fissiparous tendencies.

2. Fulfill Needs Of Bharat
-   Think and Act towards the fulfilment of the environmental, cultural and security needs of Bharat and the world.

3. Support & Motivation
-   Motivate and support the initiatives of the organisations and individuals to inculcate India-centric action, designs.

4. Activities In Campuses
-   Initiate and encourage India-centric thoughts and activities in campuses and among intelligentsia.

5. Upliftment Of Rural Bharat
-   Think, Design and Develop sustainable strategies for the upliftment of underdeveloped and rural Bharat.

6. Support Gender Justice
-   Support and uphold the concept of gender justice and promote family value

7. Support National Interest
-   Create an ecosystem for the Youth Organisations and Individuals who are working in the national interest.

Q2. Explain the importance of the opportunity of an internship?

The importance of the opportunity of an internship are explained by the following 3 points.

1. An Internship Provides Real Life Experience and Exposure

An internship allows you to get hands-on experience working in a real-world setting. It also allows students to put their university-learned skills, knowledge, and theoretical practise to use. Although you can obtain a limitless amount of education during your life, such information does not always translate to the workplace. Internships are beneficial because they teach young professionals about the industries and firms in which they are interested. Even the act of attempting something new can be highly useful. Many people fall into patterns, remaining in the same area, going to the same schools, and hanging out with the same people. Interning allows you to meet new individuals in a more controlled and steady setting.

2. The Opportunity To Learn More About Yourself

Our lives are shaped by the experiences we have. Your internship will promote not only personal growth but also a better understanding of oneself. Knowing oneself means understanding your objectives and how to best attain them. It can be difficult to get this level of clarity, but sometimes all it takes is trying someone new and stepping outside of your comfort zone. Consider a Business Marketing student who chooses to participate in an internship linked to his subject of study. That internship will give them the opportunity to learn more about a career in business marketing. Reality does not always live up to expectations.

3. Get Connected and Develop Your Professional Network

Networking is the exchange of information between people with the purpose of forming friendships and ties that will help you progress your career. You can go to a networking event without doing an internship, but you will be limited in your opportunities. Interning allows you to form deeper relationships than you would if you were chatting to a stranger one-on-one. As an intern, you will have additional opportunity to form relationships with corporate personnel, which will be advantageous to your future career. "The biggest mistake individuals make with networking is that they don't do it," says Timothy Butler, a Harvard Business School lecturer.

Q3. Explain in brief the role of communities and forums in today's culture of online learning?

The benefits of using communities and forums are as follows.

1. Encourages discussion:

The majority of individuals regard this to be the primary benefit of an online forum. They're an excellent method for your staff and stakeholders to bond around common experiences.

You could even build several communities for different groups to make it easier for them to find subjects that are relevant to them. This is a fantastic technique to keep them involved in the dialogue.

2. Individualization of learning:

Personal responses to forum topics are not limited in time or the length. Students have the freedom to continue dialogues about the topics that interest them most.

3. Encouragement of critical thinking:

Effective forum topics are open-ended and designed to encourage students to take a position on issues. To respond to a forum topic requires organized thought and synthesis of concepts introduced in class. If a student's views were challenged, he or she typically adds carefully considered reasons to back up previous comments.

4. Student autonomy:

Students have the freedom to think about their ideas and read other people's responses. Many students have said that they discussed the forum issues outside of class with friends, family, and coworkers before posting their thoughts online.

5. Increased engagement time:

A 45-hour semester limits the kind of talks and experiences that can be had in a class. In many cases, a course is the only one of its kind in a programme. As a result, the instructor is under a lot of pressure to provide a lot of information in a short amount of time. An equitable split of time allots only 5 minutes of discussion per student in a three-hour class meeting with an average class size. Over the course of a semester, regular forum conversation adds hours of contact.

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