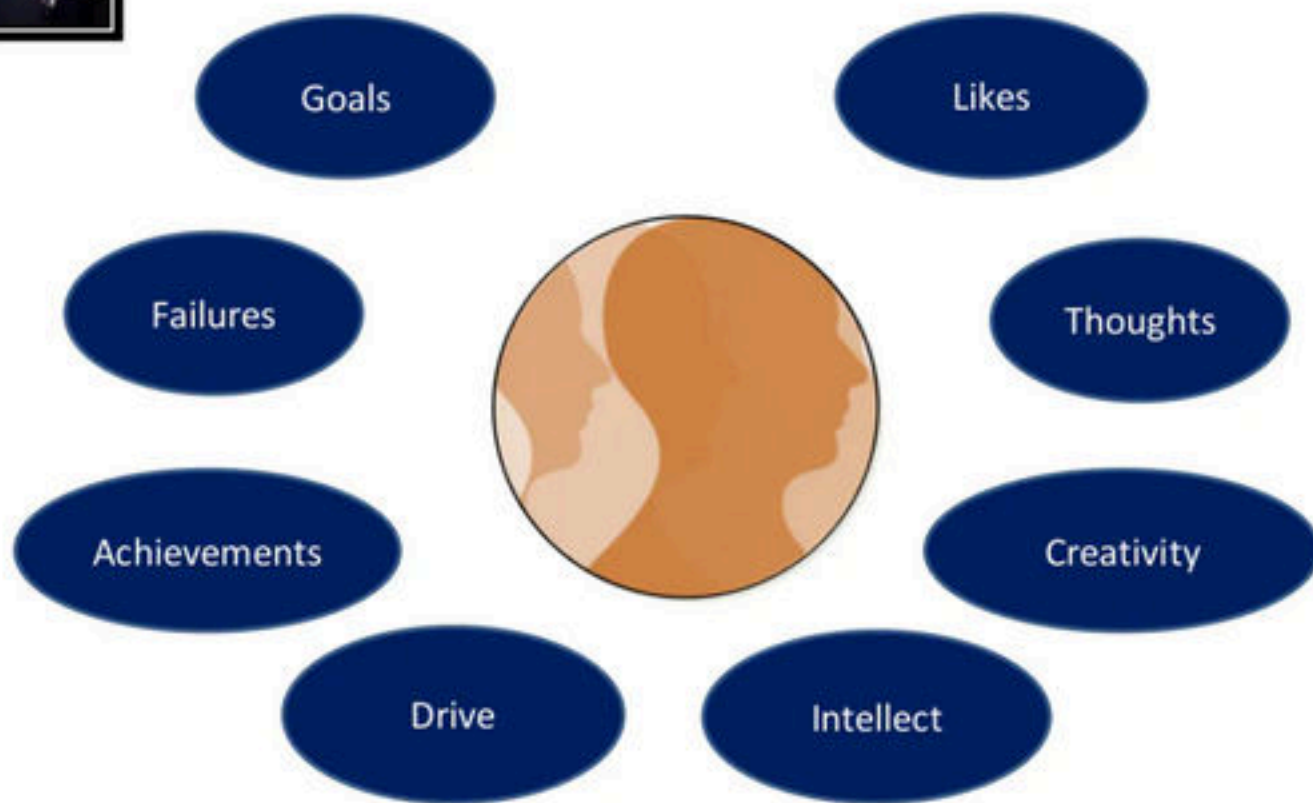


Course on Personality Development (Discover Yourself)

Introduction: Developing a Positive Mindset



Discover & Develop Yourself



Group Captain Rajesh Pandey
Air Veteran

Happy Raksha Bandhan







Question



Vicky dubey

Sir in an urgent situation, what can we assume the mood of the action taker (hero of the story) ?



Question



Vishwajeet Rai

Sir in afcat is it possible to change date of ssb which we have selected?



Question



Paras Dugari

Sir I'm preparing for cds and it's my first attempt so how can I prepare for ssb from basics?

*Disclaimer: The content is provided by the Learner and is reproduced 'As Is' and Unacademy disclaims any and all liabilities with regards to the content



Question



OM MISHRA

Sir my ssb on 6 September and on same date my College exam are going on what should I do next .can I request for change of ssb dates .



Question



CHETAN ANCHARA

Sir, Its my last Chance of AFSB, please tell me what should I do so that I can clear it this time..



Group Captain Rajesh Pandey
Air Veteran

- First Assessor onboard Unacademy platform
- An alumnus of the National Defence Academy with over 31 yrs of service in IAF years.
- Former Head, Training Division at Defence Institute of Psychological Research.
- Former assessor with over 4000 Selection interviews at Selection Boards.
- Mentor for Behaviour Modification
- Successfully instilled greater self belief among many youth.

? Question



Raghavendra Bhardwaj

sir , i wanna understand what kind of things comes in the positive or negative or neutral mood.

like in this what could be for that women who is in shock and the thief



Sample Pic-2



Sumedh Lakkhar: Okay Sir

Utkarsh: yes sir

Mitesh Sawant: yes sir

Swati K: y sir

Reetu Dhankhar: Y sir

Ravi Kumar: yes sir

Saptashwa Dey Sarkar: y sir

Sanam Singh: yes sir

Sumedh Lakkhar: Yes sir

Rahul Dwivedi: Sir, we only have to mention character in the pic, or out of pic asalso????

Monika Sharma: Yes sir

You can only comment during a live class.



Question



Surjeet Suman Acharya

Respected sir, i am going to attempt my first AFSB on 1 st of october.

How to go
about it, is self introspection is the key? i have been reading a lot of books these days.



Why Positivity?

- Does positivity help?
- Negativity abounds in the environment
- Newspaper
- TV news/ talk shows
- Social Media
- People around us



Why Positivity?

Inputs from environment

High negativity index

Violence, theft, depression.....

Thoughts manifest into behavior

Sow the right seed



SSB-Test of Personality

Discover & Develop Yourself

(3-23 Aug 2020) : Lesson Plan

- | | |
|--|--------|
| 1. Introduction: Developing A Positive Mindset | 3 Aug |
| 2. Achievement, its Process & Analysis | 5 Aug |
| 3. Failures: Reasons & Lessons Learnt | 7 Aug |
| 4. Doubt Clearing Session | 10 Aug |
| 5. Behaviour during Adversities & Critical Incidents | 12 Aug |
| 6. Goal, Drive & Strength of Purpose | 17 Aug |
| 7. Visualizing My New Avatar | 19 Aug |
| 8. Quiz | 23 Aug |

Explore Yourself

- What's it you like?
- What have you achieved?
- Where all have you failed?
- How much of self driven are you?
- Where are you headed?
- Roadblocks!
- How important is it to reach there?



Question



Surjeet Suman Acharya

sir, what should be the right approach towards life, Being good to everyone as spirituality teaches us, or a combination of lethality towards those who hurt us and empathy to other

Life-Listicles

- What excites me the most ?
- My favorite movie
- My favorite star
- My favorite destination
- My best friend
- My favorite sportsman/ sportswoman
- My biggest achievement
- My most happiest moment
- My favorite leisure time activity



Expressing Gratitude

Expressing gratitude helps to improve your satisfaction with life.

How do you feel on achieving something?



Failure

Non achievement of a goal, an expectation, a target, a timeline etc. involving a voluntary & conscious action/ effort.

"You cannot set a parameter or reference point for measuring failure or success. It differs from person to person"

**You can't be successful without
failures.**

The 'Tough' get going when the
going gets tough

*Critical Incidents,
Adverse Situations
? Manifested Behaviour*

Critical Situations

Are very serious problems and issues that are

- Urgent, threatening, or vexing.
- They demand a lot of your time
- Are usually distracting, and if enacted, are likely to impact the future.

In short, Critical Situations can be game changers. For good or bad.

Goal

Drive

Strength of Purpose

Expected Outcome*

- Realisation about
 - Own Strengths
 - About Areas for growth
 - About Areas of Interest
- Positive orientation
- Greater self belief
- At ease with oneself

* Subject to following the instructions meticulously



All live &
structured courses

Lessons by all
top Educators

Weekly quizzes
& doubt-clearing



Rajesh Kumar Pandey

Referral Code - **Capt@Rajesh**

Avail a 10% Discount on all courses of Unacademy
Using my Code : **Capt @Rajesh**