

## **Anant**

Name-Anant  
Class-8D  
Age-15  
Referred By- Walk-in  
Ph. no-8210582186

Father's name-Mr.XXX  
Father's Occupation-Works in an export company.  
Mother's name-Mrs.YYY  
Mother's Occupation-House wife

### **Session-1**

**Date-24-07-18**

#### **What he shared-**

- Anant shared that he can't focus in his study as during study time he keeps thinking about different things which are not relevant. He was good in studies earlier.
- He is becoming rude day by day.
- He gets irritated on his mother as she sends him out to bring something.

#### **Review of the session-**

Anant is the eldest son of his parentts. He has 2 younger sisters.

When he shared his problem I asked him "is there anything specific about which you keep thinking." He said "nehi maam, just concentrate nhi kar pata hoon."

Through the conversation it was very clear that he is addicted to mobile game and TV. He said whenever he sits to study and tries to focus suddenly it comes to his mind "aj kaunsa mission hoga PUBG par, wrestling m kaun jitega" etc.

He also shared that now a days he has become a little aggressive too. He said "If someone speaks to me rudely I feel to punch the person."

As he is always into the game and TV, paying attention or concentrating has become a problem for him. The reason becoming aggressive is might be excess watching of wrestling.

After listening to him I asked him about his daily routine. In his full day there is no family time, no outdoor game or peer time. Before school he goes for 1 tuition and after school he play mobile game till 7pm, then sits to study and then from 9 to 10:30 he watches wrestling (has his dinner simultaneously). After that he studies for another half an hour and goes to sleep.

I asked him to make a routine for studying at home for his upcoming exam keeping in mind that he has to score as earlier. He was looking clueless. He asked me "ap bana do." I said you make 1<sup>st</sup> then I will discuss." He couldn't write anything. I asked him just write your yesterday's routine. He has written, then I said write today's routine. He wrote. He kept no time for mobile game and TV. Then I said see it's good you are focusing in your studies and keeping no time for game and TV. But suddenly you won't be able to do that .Better do one thing keep an hour every day for game or TV. Think like that till exam in a day you will watch TV or play game and that's not more than 1 hour.

Today I didn't speak about his recently developing aggressive behavior. It would be too much for a day. And I guess somehow excessive watching of wrestling is affecting his behavior.

### **Session-2**

**Date-30-10-18**

#### **Review of the session-**

Today he came with a notebook in his hand and a shy smile on his face. He said "Dekho maam mere math wale homework copy. 10 maths's question kiya tha kaal ghar pe and sab sehi hn." I appreciated him and his smile was getting wider.

Then I asked him how the exam was. He said "that wasn't very good but after Diwali we have another exam and I have already started preparing for that. I have stopped watching TV." Though he told that I don't think that he has stopped watching TV. I told him don't stop watching because we get different information from that. Try to watch discovery channels, agar kabhi maan huya news dekhlo, and agar apko dancing, and singing acche lagte hn toh woh bhi dekho." He said "Maam KPL (kabaddi premier league) bhi achha lagta hn." I told "ya mujhe bhi bohot pasand hn. Mai bhi kheltithi. I was trying to help him to minimize watching wrestling matches.

Next time onwards I thought that I will give him some topic on which he can write and share next time whenever I am around. Different engagements will help him to reduce excessive use of phone and TV.

### **Session 3<sup>rd</sup>**

**Date-12-11-18**

#### **Review of the session-**

Today I met Anant in front of his classroom. I greeted him and asked him to meet me once he is free. He said "abhi ayun?" He came with me. After talking about what is happening in his life I asked him who has won the wrestling match last weekend. He thought for a while and said "Shayaad The Rock". I said "achha. But Shyaad kyun? Dekha nhi apne?" He replied "nah. Kabadi khela tha us din school m bohot dino ke bad so tired hokar zaldi so gayatha. Itna pain huya maam body mn but maza aya. Aj khelunga shayad." I said "ya you must play outdoor games too. pet bahar nhi ayega. or ap police m bhi jana chahte ho. Fit toh rahena hoga apko" He was laughing and looking happy.

Then I told him "pata hn mujhe wrestlers ke bare mn zada kuch pata nhi hn. Toh jo famous wrestlers hn ap unke bare me information ekattha kar ke bata sakte ho mujhe?" He said "Maam wrestler chodo main apko cricketer ke bare mn bataunga." Then I said "then you have to write about them and tell me." He said "ok".

\*After that day whenever I am in the school Anant shared about different cricketers and cricket match with me. Sometimes I say 'yeh mujhe pata hn naya kuch bolo.' So next time he comes with some uncommon information.

## **Akash Jha**

Name-Akash	Father's name-Mr.XXX
Class-12	Father's Occupation- Housekeeping staff
Age-16	Mother's name-Mrs.YYY
Referred By- Walk-in	Mother's Occupation-Maid
Ph. no- 9560446014	

### **Session-1**

**Date-13-02-19**

Akash is the eldest child of his parents and he has a younger sister and a younger brother. Akash father's is a member of SMC of the school.

### **What he shared-**

Akash shared with a very upset face that he got very less marks in English in his last exam. He got 23 out of 100. He also blamed the teachers for that. He also shared that Insaf Ali Sir is not issuing his admit card as he didn't do the project work.

### **Review of the session-**

I know Akash since 2016. He has taken our life skill sessions as well as CH session. He is a good, talented and intelligent student. It was really shocking to listen that he got such less marks.

He said "maam last exam me mujhe 26 mila tha. When I asked him "how did it happen?" As per him his teachers are responsible for that.

As per him the teachers don't come to the class. Their English teacher Khalid sir doesn't come to the class. In last 1 year he has come to the class maximum 10 days. When Sir was on leave no one has come to the class. I asked him why he didn't do his project works. He said "project work m kya rakka hn maam? Jo cheez kam ke hn nhi usko kyun karna. Time waste." Then I asked as Insaf Ali Sir said that he will not give the admit card what will he do now? He said "Maam apne aap de denge .Kaal mummy akar jab chillaigi tab de denge. Mummy bolegi faltu project work ke liye kyun rokhke rakha admit card." Akash was looking very disrespectful towards sir.

He shared that "The principal can't monitor the school. He has given all the responsibilities to Insaf Ali Sir and Insaf Ali Sir doesn't ask the teachers to take classes. Akash also said that their geography teacher is himself very much confused about the subject how he can teach the students. Akash was looking very irritated and he said "Maam mere pass itna paise nhi hn ki main har subject ki tuition loon."

After listening to him I asked him "Now what do you think what should you do now. Because 2<sup>nd</sup> march onwards you are having your exams and tomorrow onwards you people are not coming to the classes." He said "Pata nhi maam. Ap batao .isiliye aaya hoon apke pas. Main fail ho jayunga maam. In logo ne mujhe use karke ab muh mor liya." I told him "will you listen what I will tell you?" He nodded his head .I asked him to keep his palm on the note book and draw the outline. Then write the things which are under his control inside and things which are not in control write outside .The topic is "Increasing marks in English".

I gave him an example of mine. Then he took 3-4 minutes to think and started writing. He has mentioned almost 10 points which are under his control and he can improve his marks following those. Later I told him "See, we always have solution for every problem. Things which are not our control we should not waste time thinking about those. Ab jo ho chukka hn usme hum kuch kar nehi payenge. Ap ek intelligent student ho. You have 15 days and I am sure if you follow whatever you have written you will be able to improve your marks." He smiled and said "Ane mn late kar diya Maam, fail ho jayunga." It was very much visible from his face that he is very much scared about his result.

#### Observation-

- Akash was looking very tensed and irritated
- He doesn't have any respect towards his teachers and school.
- Later Insaf Ali Sir told that he got involved in school politics (group-ism) by the teachers.
- It was really very difficult to accept that a well behaved student like Akash has become too restless.

#### Session-2

**15-02-19**

This session has happened on phone. I called him .I asked him how he is doing and he has got the admit card or not. He said he got today itself. He also added that he is trying to follow the plan which we made. He was sounding little relaxed.

#### Session-3

**18-02-19**

This session has also happened on phone. He called at CDI's number. He was sounding panicked. He was telling repeatedly "mai fail ho jayunga. kya karoon maam? Ap batao." Then his mother took the phone from him and said that "Aap btao school me kya huya mere beta ke saath jisliye woh itna tension me? Kaal raat ko senseless ho gaya. Chorungi nhi main school walo ko." I asked her to come down and requested her to take Akash to a good doctor. I also added nothing has happened in the school .Akash is just tensed about the exam. I requested her to let me know what Doctor says.

#### Session-4

**19-02-19**

Akash called and doctor told what I was thinking. Akash had panic attacks. Doctor has given some medicine and said him not to sit for the exam. He asked me "Maam exam dena nhi hn phir." He was sounding relaxed. I said "Ok.You take rest. Call me whenever you want to talk."

#### Session-5

**24-02-19**

Akash called me. He asked "Maam ap bolo kya karoon ab?Usdin laga isbar exam nhi dunga .Khush tha main.Achhe se prepare karke next bar dunga. But exam jitna nasdik ate jarah hn mujhe ajab sa feel horah hn. Kabhi socha nhi ki mujhe exam skip karna hoga.Agar ap mare jagah par hote toh kya karte?" It was very clear from his voice that he is confused,restless.I told him that "have you fallen unconscious again?" He said "no." Then I told him that it doesn't matter what I would have been done if I was in his situation because both of us are two different individuals. Then I told him about my first epileptic attack and my final exam after 1 month of that. I told him that I was mentally prepared that if I fail I will not be heart broken and I will try again. I just wanted to attend the exam to keep my confidence level up. Then he said "okay Maam. Ap brave ho but mujme himmat nehi hn." Akash was sounding very tensed and upset. He was sounding tired also.

#### Session-6

**26-02-19**

Today I got a call from Akash and he said "Maam main e socha that I can also give a try like you. Baki subjects ki preparation sahi hain. English try karke dekhunga. Agar is bar fail ho jayunga phir 6 months baad compartment de dunga. Ek hi subject toh dena hn tab. Is saal drop kar dunga toh ek saal tak sare subjects padhna hoga." He started laughing.

\*He sent me the message in the morning but due to poor network connectivity at CDI I didn't get the message.

Observation-

Ankur was sounding very confident and happy

**02-03-19**

Akash's mother informed that he is taking the exam.

**Sushant**

Name-Sushant

Class-9

Age-14

Referred By- Walk-in

Ph. no-9818891836

Father's name- XXX

Father's Occupation-Auto Driver

Mother's name-YYY

Mother's Occupation-Maid

**Session-1**

**Date-13-02-2019**

**Problem shared by him-**

He can't manage time for studying and he gets distracted soon. He said that "Maam jaise apne Suraj ko bolatha na planning banana ke liye, aise mai bhi banana chahta hoon.Help kar doge?" He also added that during the exam he studies at night.

**Review of the session-**

I started with the benefit of sleeping. I told him that "a good night sleep is essential to make sure your body and mind is rested and fresh for the next day. It can be hard to concentrate if you didn't get 7 to 8 hours of sleep in the night before. Pulling an all-nighter studying is less productive then consistent study. Manage your time better by including sleep in the schedule."

Reduce the usage of cell phone (he was carrying the mobile in his hand) cell phones, social media. Because this will distract you. While reading keep your phone away. Set a goal for every day. Ex-Today I will solve 10 math's questions or learn 2 SST Chapters etc. Once you will find that you have achieved one of the goals you will feel motivated and you will try to focus more. I told him that when you are making a plan keep free time for yourself. You can play or just relax." I also added "jab schedule banaogey ye dhyan rakhna ki ap din me minimum 4 hours rakho apni studies ke liye."

21<sup>st</sup> February their final exam is going to start so I will be able to follow up with him in April only.

**Observation-**

- Good eye contact
- Trying to concentrate. Sometimes he was getting irritated when other students were peeping inside the class.



**Pankaj, class 12<sup>th</sup>**

Q1. Tell me something about yourself?

Ans. My name is Pankaj Kumar. I study in Government Boys Sr. Sec. School, Madanpur Khadar. We are 8 siblings, 5 sisters and 3 brothers. My father is a laborer and my mother works as a maid. I like watching and playing cricket in my free time.

Q2. When did you do the career highway workshop?

Ans. I attended the workshop in my school this year.

Q3. Did you have any idea about such kind of workshop related to career guidance?

Ans. No. This was first time when I got to know about such thing, where you actually choose something on the basis of your interest and abilities.

Q4. What did you learn in the workshop? Did you learn anything new in the workshop?

Ans. There were so many things I learnt like, what is a career, how should we choose our career, difference between job and career, how to get information about the careers in the future etc.

Q5. What was the most important learning you got from the workshop?

Ans. I got to know about my interest and abilities which should be kept in mind while selecting a career. Selection of stream and career should not only be based on marks.

Q6. What are your plans after 12<sup>th</sup>?

Ans. I will look for a job and focus on learning as well. I will opt for distance course and pursue it while having a job.

Q7. What would you suggest for students who are confused about choosing a stream or career?

Ans. I would say, they should keep exploring about new trends and changes and choose very carefully based on their abilities and interests. They can always take help of such workshops or visit career counselors.

**Note** – This interview was taken immediately after the Workshop. Currently, Pankaj is enrolled in ETASHA's Vocational Training & Placement Course on Customer Service and Sales.



**Sumit, Class 11<sup>th</sup>, attended Career Highway Workshop.**

Q1.) Tell me something about yourself ?

Ans. My name is Sumit. I study in School of Excellence Government School, Madanpur Khadar. We are 4 siblings, 2 sisters and 2 brothers. My father is an Auto-driver and my mother works as a maid. I like playing games on my mobile in my free time.

Q2.) When did you do the career highway workshop?

Ans. I attended the workshop in my 11<sup>th</sup> class, now I am studying in class 12<sup>th</sup>.

Q3.) Did you have any idea about such kind of workshop related to career guidance?

Ans. No, I was not aware of such workshop before, where I can choose by choice and not by accident.

Q4.) What did you learn in the workshop? Did you learn anything new in the workshop?

Ans. I learned about new trends in careers, how world is changing and one need to be aware of these changes while choosing the best suitable career though I come from science background but I learnt there are so many career options with commerce and arts stream as well.

Q5.) What was the most important learning you got from the workshop?

Ans. I got to know about my career options based on my interest and abilities. I got CRPF, Photography and fitness Trainer as my career options, these names I was not aware of earlier.

Q6.) What are your plans after 12<sup>th</sup>?

Ans. I would look for institutes and colleges where I can enroll and pursue one of these chosen careers. If I find any difficulty, I will call ETASHA NGO for further guidance.

Q7.) What would you suggest for students who are confused about choosing a stream or career?

Ans. I would suggest them to participate in career guidance workshops organized by ETASHA and clear their doubts related to career. They should take some-time to understand their personality and act accordingly.



**Life skills, Teamwork Bridge Building activity at Govt.Coed School,Madanpur Khadar**  
**On the right Neetu, One of the participants shared her learning in the interview.**

Q1. Tell me something about the activity?

Ans. So today we made a bridge with newspapers, where all participants discussed and planned in the beginning what to do and how to do, we distributed our work which means if we work in team we can achieve our goal easily. At last, We completed our bridge and our bridge could stand for 10 seconds with filled bottle on it.

Q2. What was your learning?

Ans. After the activity, I got to know that it was regarding team work, while working in this activity there can no talking but we have to solve the puzzle as soon as possible to meet our objective. In my team everybody was participating and sharing even without talking.

Q3. How can you implement your learning in your daily life?

Ans. We can use it in making our school projects; representing our school in any activity also we can help at our home when we have some function or gathering.

Q4. What are the main reasons of conflict in a Team?

Ans. I think when we don't listen, participate and respect each other it can lead to conflict and will affect our results. We can resolve it by talking and accepting our mistakes.

Q5. Tell me something about previous session?

Ans. The previous session was regarding listening skills, I learned about active and good listening. The activities were very interesting especially caring listening where we should understand others' feelings by putting one-self at his or her place.