

IPAC

NEWSLETTER

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Institute of Psychometric Assessment & Counselling

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www.MyMindDesigner.com www.TheStrategicPlanning.Com

The Power of Acceptance

Life is full of situations and situations. Some situations are favorable whereas some are unfavorable. We accept the favorable situation without imposing any question, but we keep on resisting the unfavorable situation. Resistance gives us pain. **Remember:** Resisting the situation does not take away the pain, but continuous resistance converts your pain into suffering. On the other hand, acceptance does not mean you agree with the situation. It means you are accepting things as they are and not fighting against reality and by acceptance you release positive energy which thus helps you to generate positive outcomes in your life.

Ask Dr. KomalPreet Kaur

Q.1 How to Practice Acceptance?

Ans. To change the situation, we change our behavior but when we cannot change the situation then it is important to accept the situation as it is. The following technique will help you to gain acceptance:

Half Smiling and Willing Hands:

Step 1) Relax your facial muscles from head to jaw and chin.

Step 2) Take your lip line to upward direction as if you are smiling.

Step 3) Maintain calm facial expressions.

Step 4) Keep your hands in upwards direction; palms facing up, fingers uncross and relax.

(You can do this technique in any position: sitting, standing or lying down)

This technique will help you to feel better in the moment.

Start practicing this technique 4-5 times in a day.

Q2. What factors to keep in mind before deciding a career?

Ans. To choose the right career it is important for you to know yourself by understanding your personality, aptitude, intelligence, and above all your interest which you can figure out with the help of Psychometric Assessment. Explore yourself without comparing it with anybody at all.

Ques 3. How can I work on my self-respect?

Ans. Practice the acronym F.A.S.T. will help you to achieve self-respect effectively.

F – Fair: Be fair. Not only to others, but also to yourself.

A – Apologize: Don't apologize unless it's warranted. Don't apologize for making a request, having an opinion, or disagreeing.

S – Stick: Don't compromise your values just to be liked or to get what you want. Stand up for what you believe in.

T – Truthful: Be truthful and avoid exaggerating or acting helpless to manipulate others.

How to overcome Covid Depression? By Dr Rakesh Chopra

Covid has shaken the whole world. During our school days we had learnt about epidemics, but Covid has been expressed as a pandemic. An epidemic is a disease that affects a large number of people within a community, population, or region. A pandemic is an epidemic that has spread to multiple countries or continents across the world, really. Most of the people have lost their jobs or have incurred heavy losses in their business thus have entered a state of depression because of Covid.

To watch the video, click on the link below.

https://www.youtube.com/watch?v=YQ2V28Uy7_g

Tip of the Week



Laughter is the Best Medicine

एक लड़का शादी के लिए लड़की देखने गया

लड़की के पिता : क्या करते हो बेटा ?

लड़का : I am the Director of Goat Research and Development institute

लड़की के पिता : बहुत बड़े अफसर लगते हो बेटवा

तनिक हिंदी में बताओ ना

लड़का : हम बकरियाँ चरावत हैं

ससुर को अटैक आ गया...!

टीचर : अगर कोई गर्ल्स हास्टल की तरफ गया तो

फाइन ..! दूसरी बार गया तो ₹ 200 फाइन और

तीसरी बार सीधा 500 का फाइन लगेगा..!

स्टूडेंट : सर जी ! जे हमने मंथली पास

बनवाना हो तो कितणे का बण ज्यावैगा..!



Our Ongoing and Upcoming Events

IPAC
Presents

One Month Internship On Basic Counselling Skills

Virtual training cum Internship
By Dr Komalpreet Kaur
Starting on
7th June ,2021

Message/ Call to Register now :
☎ +91-9911903358,8860555898

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Institute of Psychometric Assessment and Counselling



IPAC Presents
4-weeks Internship
On
**Cognitive
Behaviour
Therapy**

Starting from
15th June,2021
To book your seat:
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Email: ipacinfo1@gmail.com
www.myminddesigner.com



IPAC®

How to Overcome COVID Depression?

FREE

You are invited
 zoom
Live with
Dr. KomalPreet Kaur

26th June '21
12 pm to 1 pm

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If you have any question or want to attend any of our webinar,
then email us at ipacinfo1@gmail.com or contact us at +91-
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Claim your FREE copy



Emotional Health : Covid First Aid

Counselling self and others – Professional Guidelines

Dr KomalPreet Kaur

Vasuli Kalsi

Click in the link below to claim your free copy:

<https://myminddesigner.com/>

If some problem is bothering you and you are unable to decide what to do then you are most welcome to book your One Free Stress Eradication Mentoring Session by visiting

<https://thestrategicplanning.com/stress-eradication/>

Feel free to reach us for any Emotional Health Support

Our Emotional Health Helpline No. +91-9911903358;+91-8860555898

We'd love to hear from You!

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