

IPAC

NEWSLETTER

11. 08. 2021



Institute of Psychometric Assessment & Counselling

J8/77J- Nehru Market, Rajouri Garden, Delhi-110027, INDIA

+91-9911903358, +91-8860555898

www.MyMindDesigner.com www.TheStrategicPlanning.Com

Start Believing in Yourself!!

Do you know that you have all the higher powers within you? Therefore, believe in your ability to take control of your life. Don't worry about how someone else says you should live your life. Ignore what other say is or isn't possible. They are living according to their own beliefs. They are creating their reality to match their beliefs. Trying to conform to their beliefs is putting their needs first.

Stop putting their needs first. Put yourself first.

Ask Dr. KomalPreet Kaur

Q.1. How do I manage children's frustration?

Ans. Children's frustration is the result of excessive energy within them. Therefore, it is important to engage them in various activities. Give them something constructive to learn. You can search for various exercises for children, and you can give them to them. Keep them busy in learning something new of their choice.

Q.2. How can I become to be productive when I am feeling low?

Ans. Plan something by which you can help somebody else. Helping somebody will automatically make you productive.

Q 3. I have the habit of comparing myself with others. How can I break this habit?

Ans. Comparing yourself with others only leads to unhealthy emotions. So, here are some tips that will help you to break the cycle of comparing yourself with others:

- **Stop yourself:** Whenever you realize that you're doing these comparisons, immediately stop yourself and gently shift your focus to something else.
- **Focus on your strengths:** Do not look at your weakness, instead focus on your strengths. Feel that your strengths are giving you the inner power and you are utilizing them to in a best possible way.
- **Count your blessings:** Shift your attention from what you don't have to what you have in life. Think about how lucky you are to have what you have, to have the people in your life who care about you, to be alive, etc.
- **Be OK with imperfection:** Deeper down the lane, you know that no one is perfect even though you feel bad when you do not achieve perfection. Keep trying to improve and always compare your present performance with your previous one. Appreciate yourself and celebrate on each improvement.
- **Don't put others down:** Many times, you criticize others or put them down just to feel yourselves better. Putting someone else down for your benefit is destructive. Instead, try to support others in their success – that will lead to more success on your part.

Choosing a Career- The Elimination Process By Dr Rakesh Chopra

In this ever-changing world, there are so many career and business options which add to the confusion of the people. At times, despite their best efforts they are unable to decide what exactly to do in their life. In that case it is wise to adopt the elimination process.

To watch the video, click on the link below.

<https://www.youtube.com/watch?v=K2TXIZEXn9E>

Tip of the Week

I think only positive thoughts and am always happy and joyous, no matter what the external conditions are.

MyMindDesigner.Com

Laughter is the Best Medicine

एक महिला अपनी सहेली से- मुझे अपने पति पर शक है, वो छिप-छिपकर किसी से मिलते हैं।

सहेली- तो अब क्या करेगी तू...

महिला- कल ही उनके पीछे अपना बॉयफ्रेंड लगाती हूं।

बेटा-पापा आप इंजीनियर कैसे बने?

पापा- बेटा उसके लिए बहुत मेहनत करनी पड़ती है और बहुत तेज दिमाग होना

बेटा- तभी तो पूछ रहा हूं कि आप इंजीनियर कैसे बने...

दे चप्पल, दे चप्पल, दे चप्पल



Our Upcoming Events

How to Handle Smartphone Addiction in Kids?



Live with **Dr. KomalPreet Kaur**

14th Aug 2021: 12pm to 1pm

Institute of Psychometric Assessment & Counselling

+91- 9911903358, +91-8860555898

ipacinfo1@gmail.com

www.myminddesigner.com www.thestrategicplanning.com

SRI AUROBINDO COLLEGE
(University of Delhi)
NATIONAL SERVICE SCHEME

Presents
Reinventing Success without Stress
(Stress Management Week)
(16th - 22nd August, 2021)

Stress Management Techniques 16th Aug. 2021  Dr. KomalPreet Kaur Chairperson, Institute of Psychometric Assessment & Counselling, Mind Designer	Thought Diffusion Techniques 17th Aug. 2021  Dr. KomalPreet Kaur Chairperson, Institute of Psychometric Assessment & Counselling, Mind Designer	Laughter Yoga 18th Aug. 2021  Dr. Avoninder Kaur Manroop, B.Ed., Grand Master & Alternate Therapist	Problem Solving Approach to Manage Stress 19th Aug. 2021  Dr. Rakesh Chopra Chairman, Institute of Corporate Management, Prof. Mentor and Visionary Strategist
Meditation & Relaxation Exercises 20th Aug. 2021  Dr. KomalPreet Kaur Chairperson, Institute of Psychometric Assessment & Counselling, Mind Designer	 doodling and Art activities to declutter mind 21st Aug. 2021  Ms. Vasuli Kalai Compatibility Mentor, Institute of Psychometric Assessment and Counselling	Q&A followed by Mindfulness activities/ Dance Meditation 22nd Aug. 2021  Dr. KomalPreet Kaur Chairperson, Institute of Psychometric Assessment & Counselling, Mind Designer	

[Time: 4:00 P.M. , Venue: ZOOM Application]
Link for Registration:
E-Certificates will be provided

Dr. Vipin kr. Aggarwal, Principal | Dr. Meenakshi Chaudhary, NSS Programme Officer | Poo Komari, President

Facebook: NssSACM | Instagram: nss_unit_sac | Twitter: nss_unit_sac

IPAC
One month Internship cum Training on **Reiki**



STARTING FROM August, 2021

TO BOOK YOUR SEAT, CONTACT US

+91-9911903358
+91-8860555898
ipacinfo1@gmail.com

www.myminddesigner.com

If you have any question or want to attend any of our webinar, then email us at ipacinfo1@gmail.com or contact us at +91-9911903358,+91-8860555898

Institute of Psychometric Assessment & Counselling
www.MyMindDesigner.com www.TheStrategicPlanning.Com

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!

Institute of Psychometric Assessment & Counselling

www.MyMindDesigner.com www.TheStrategicPlanning.Com