

From the desk of Samcara Co-ordinator!



Ms. Khushboo Bedi
Co-ordinator SAMCARA

Samcara exemplifies excellence with a long-term committed approach to career and college counseling. We believe in exceptional demonstration of counseling services that has a lasting impact on the career decisions of our students. The school encourages student exploration and engagement and we believe in providing students many opportunities and experiences to help them take educated career decisions. With Industry 4.0 and Artificial Intelligence, we are anticipating 85% specialisations to get obsolete in about couple of decades. Also, Generation Z is expected on an average to change 3-5 careers in their lifetime. New careers will emerge, especially, in technology, creative careers and careers that need human touch. Considering this scenario, team Samcara always endeavours to bring this awareness amongst students. Parents have a huge role to play in the career decisions of their child. Students need your support and an open mind to explore their passions and to realise their true calling and the best fit university. Parents be their Pillars and give them the comfort! Students should start exploring careers as early as their early high school years. There are 4500 careers in the world, but a study said that on an average an Indian student is only aware of 7 careers. So, let us collectively scale up our career awareness and have more career discussions with our students as a family! **We only wish to see each Sanskaarian get into their dream university and live a happily ever after career life.** Please feel free to reach out at samcara@sanskaarvalley.org for any queries about career counselling.

SAMCARA AWARDS



COUNSELOR AWARD NOMINATION-IC3

IC3 Awards is an Annual International event and the awards are announced at the Annual IC3 Conference. These awards are considered prestigious in the Education Fraternity. It is a pride for us to share that out of 300 nominations

for the Annual IC3 Awards, Samcara Coordinator, **Ms. Khushboo Bedi** made it to the top 5 counselors in India for her contributions to the field of career & college counseling for 2 consecutive years 2019 and 2020.



SAMCARA ENGAGEMENTS:

- Psychometric Assessment & Stream Selector ■ Tests & Application Deadlines
- Scholarship & Funding Options ■ Indian & International College Options ■ Connecting with Alumni
- Organizing Workshops & Bootcamps ■ Providing Individual & Group Counseling
- Connecting with Universities & Experts (Career Fairs) ■ Whatsapp Groups ■ Teachers Training
- National & International Application Documentation

NEWSLETTER HIGHLIGHTS

- Counseling Sessions ■ National & International Career Fairs ■ Workshops
- Scholarships ■ Student Opportunities at Samcara ■ Placements

COUNSELING

FOCUSED GROUP COUNSELING

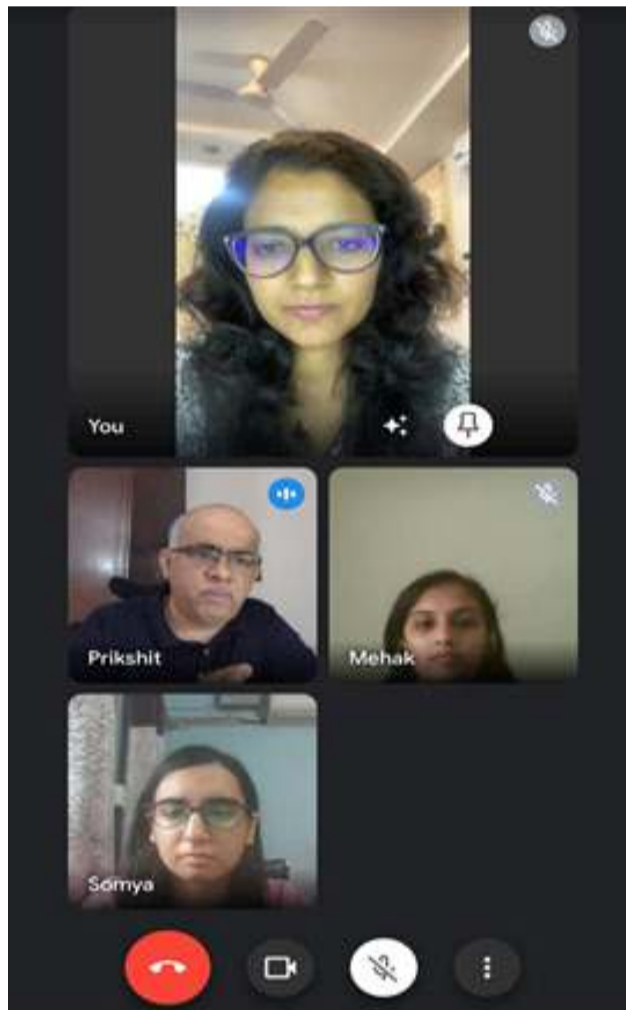
“A Goal without a plan is just a wish”. Career planning for all is one of the foremost things which Samcara, the Career Counseling Cell emphasizes on for all students. Working on this, Focused Group Counseling sessions were organized for all class 12 students with the Mindler Team. The team deep dived into post COVID career planning strategies, creating career roadmaps, college listing and college applications. This effort gave students a lot of confidence that their career plan will come to fruition.



VIRTUAL INDIVIDUAL COUNSELING SESSIONS

“Clarity is essential. Knowing exactly what you want builds your self-confidence immeasurably.”

Samcara along with Mindler conducted individual counseling sessions for the batch of 2022 helping them in their career roadmap planning and making sure that they also have backup plans in this ever changing and competitive world. The one on one counseling sessions, gave much clarity to the students regarding their preparation for admission to their dream colleges and courses. Queries like which entrance exams to be taken, how to prepare for them, things to be focused on for applications to liberal arts colleges, International applications, etc were being answered. Students were given individual road maps based on the discussions in the sessions. Students seemed more confident and focused towards their college applications & admission process.



TELEPHONIC One On One COUNSELING

Samcara Team made special efforts and called up students of Grade 12, especially those who did not sign up for Mindler to discuss their career roadmaps and their backup options. The calls were made in April 2021 before the summer break so that they start preparing for the entrance exams, or start working on their applications. These calls woke up the students and helped the counselors connect well with them.

Personalized Engagement Sessions

Career decisions are very confusing and complicated and students need constant support at such times. Career Cell Coordinator, Ms Khushboo Bedi and Career Counselor, Ms Namrata Sharma, are meeting all the grade XI students and parents for an in depth individual career counseling session. Each student's

dream, target and safety career options and universities are discussed and clear career road maps were created. Counselors also busted a lot of myths around career choices for parents and students. The Samcara team is very happy with the overwhelming response from parents and students.



Student Testimonials

College applications came at a crucial time in my 12th grade and made me feel overwhelmed and lost, however the Samcara team supported me through all my applications, helping me with my essays, interviews and gave individualised feedback. **Khushboo ma'am** and **Namrata ma'am** helped me identify my interests and were there for me every step of the way. I cannot imagine having gone through this process without them.

I am so thankful for their counsel and encouragement which helped me get into all the universities I applied to!

Regards
Anandita Saxena

WORKSHOPS

CAREER GUIDANCE WORKSHOP



The landscape of career is changing dynamically and to make parents and students aware about the changing trends, The Samcara Team conducted a Career Guidance Workshop. The counselors busted career related myths of the students, making them aware about the various traditional as well as new age careers from different streams. The concept of liberal education and the holistic admission process was introduced to them. Students were

recommended to have back up plans for courses and colleges so that they aren't stressed in this competitive world. Activities like taking up an online course, internship, research work, etc that can be undertaken in these times so that the students can build on a strong profile for their college applications was also talked about. Students from Grades 9-12 attended the workshop. The aim of The Samcara team was that all the students take an educated career decision.

STRATEGIC PLANNING AND CAREER ROADMAP

“Strategic planning will help you fully uncover your available options, set priorities for them, and define the methods to achieve them.”

A special interactive session was organized for the students and parents of grades 9 to 12 on Strategic Planning & Roadmap Ahead. Ms. Shilpa from Mindler took the session, talking about various activities that the students can take up to enhance their resumes. She stressed on the importance of academics and focus on 9 & 11 Grades. Activities like blogging, researching, creating awareness campaigns on various topics, doing fund raiser

activities, taking up online academic courses in different grades were suggested. She also mentioned that 9 & 10 graders should be open about career choices and keep on exploring more rather than limiting themselves. Students participated enthusiastically by asking their career doubts throughout the session. Mindler Team also shared useful resources with the students during the session.



CREATIVE PORTFOLIO

WORKSHOP-ISDI

All Design aspirants have to create their portfolio as a part of the application process. Samcara organised a profile Building Workshop in partnership with an eminent design institute- ISDI, Mumbai. Many portfolio samples were

shared and discussed in depth. Also, a lot of ideas were tossed around on how to project all the different art forms in limited space. It was an eye opener for our students to learn directly from the ISDI Admissions Team.



Interview Techniques



importance of it, a special workshop about Interview Techniques was organized for the students of Grade 12 by Samcara in collaboration with the Mindler team. The team briefed the students about the Do's & Don'ts for an interview, things to be highlighted by the candidate and addressed a list of basic questions that the students need to prepare for any interview. The session was an eye opener for the students, understanding that a simple interview can play a very important role for their college admissions.

One of the most important steps for college admission is the personal interview. Top universities in the country have a compulsory Personal Interview Round before offering admission to the student. Understanding the

LETTER OF RECOMMENDATION WORKSHOP FOR TEACHERS

“Those who keep learning, will keep rising in life”



Samcara along with Education USA conducted a workshop for teachers of Shikhar on writing Letter of Recommendation (LOR) for the students. It was an informative session, taken very well by the teachers. Things like importance of brag sheet, conceptualizing, highlighting the student's achievements with proper specifics, using the right active verbs, etc were discussed. Sample LORs were also shown and the common mistakes were discussed with the teachers. The session received an **overwhelming positive response** from the teachers with lot of take aways for them.

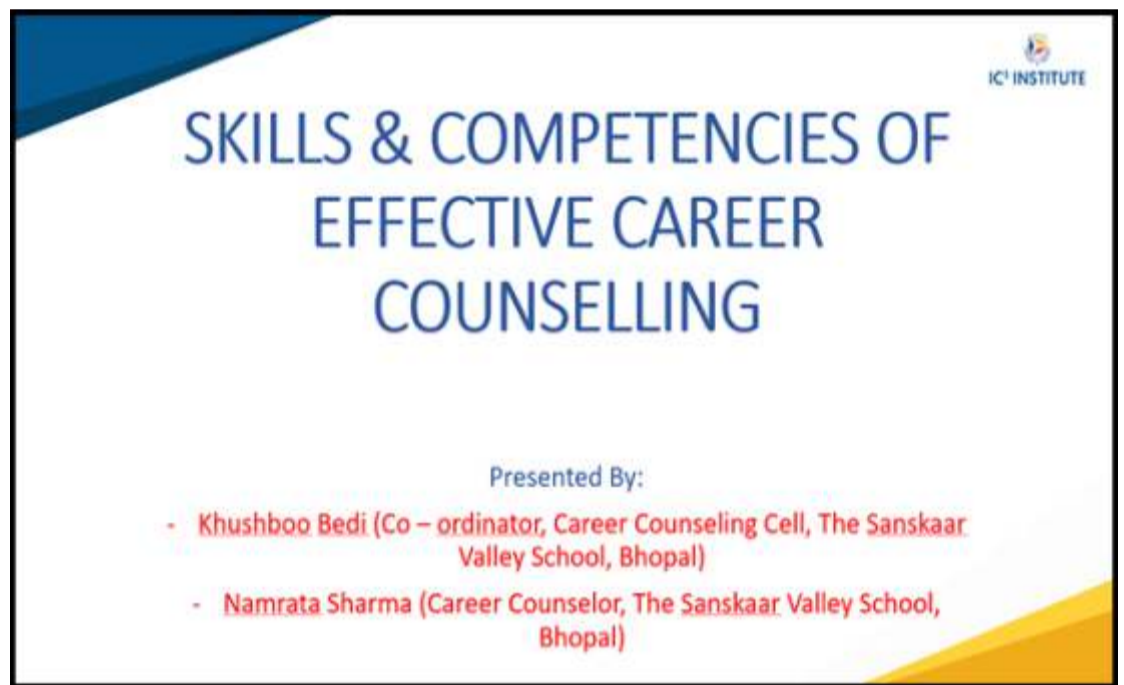
PROFILE BUILDING WORKSHOP FOR AFRICA HIGH SCHOOL STUDENTS

Career Cell Coordinator, **Ms Khushboo Bedi**, enriched the career knowledge of African students at Star Leadership Academy along with their Career Counselor and Coordinator. It was an open event and many Sanskaarians also benefitted from the workshop. They went back overwhelmed with so much career awareness! They understood the importance of starting the profile building initiatives in their early high school years. We discussed some traditional and off beat ideas to build their profile for applications abroad and liberal arts colleges.



INSTITUTE SESSION-IC3

Our seasoned counselors are invited as guest faculty to take sessions for new Career Counselors. **Ms Khushboo and Ms Namrata** took 2 sessions for cohort of 120 career counselors: Skills and Competencies of Effective Counseling and Debunking career myths with creative career counseling. Cohort raved about their experiential and power packed sessions.



SAMCARA AT IC3 ANNUAL CONFERENCE 2021-2022

Samcara, The Career Counseling Cell, has made their global presence at the IC3 (International Career and College Counseling) Annual Conference 2021. The top International and National Universities and Schools from 56 countries participated in the Hybrid Conference. We are proud to

share that our Samcara Coordinator, **Ms Khushboo Bedi**, moderated two engaging sessions “Ethics in Counseling” and “The New Counsellor Avatar” at the IC3 Annual Conference 2021. Ms Bedi was also the Master of Ceremony for the Opening Plenary of this prestigious Conference.

Ms. Khushboo and Ms Namrata showcased the school to all the 100+ Universities both physically and virtually in the school exhibit! Samcara Team is **INSPIRED** and **EMPOWERED** by all the 45 sessions and have geared up for **ONWARD** and **UPWARD** journey with the students of Sanskaar!



SANSKAAR @ ANNUAL IC3 CONFERENCE - 2021

BUILDING STUDENT PROFILE



Samcara, organized a session with top UK Universities to discuss “Building student profile” and engage in a Question/ Answer session to understand how a student can prepare from the start and land up at a study abroad destination that fulfils all their criteria's for a brighter future. Profile building refers to any activity undertaken to raise **public awareness of your expertise**, skills, achievements and involvements in order to advance your career and the importance of this

was highlighted in the session. The university representatives spoke about the various course requirements by the university. Students from Grade 9 to 12 were part of the session. The key takeaways from the session was that the student should deep dive into the subject they are considering for the undergraduate course and should start working early on their profile. Students actively asked questions from the speakers and tried to gain as much as they could from the session.

ESSAY WRITING WORKSHOP

International University Officers from University of Southern California and Michigan State University, USA (**Ms. Julie Chiu and Ms. Amber Longtin**) conducted a special Common App Essay Writing Workshop specially for the students of **The Sanskaar Valley School from Grades 11 & 12**. The workshop provided an overview on the Common App personal statement prompts, tips on how to get started on the writing process, and pointers on what to be aware of while writing. The officers also took time to answer all the queries of the students.



SESSION WITH ALUMUNI



In our **Alumni Connect** series, we had **Ms. Onisha Murab (Cohort 2021)** to give a sneak peak into her career planning journey and interact with the Grade 11 students. Onisha is currently a student at **Miranda House, Delhi University**. She spoke about the process of

choosing the right course, listing the universities, identifying their entrance criteria and then working towards it right from Grade 11. She emphasized on the importance of keeping backup options and working on profile building activities. She also discussed the mistakes during the application process and how the students can avoid them. **It was an enriching session and an eye opener session for the students regarding their career planning journey.**



Onisha Murab

ALUMNI SESSION STUDY ABROAD

Samcara organized a session with **Ms. Unnati Goyal**, an alum of The Sanskaar Valley School who is currently studying at The University of Southern California (USA), pursuing a course in Computer Science to talk about the process of selecting a country, course, college/ university and the major factors to be kept in mind find while planning to study abroad. She highlighted that it is important that the students make realistic choices while selecting a college and stressed on building a strong profile from the

start. She also spoke about the opportunities for students on campus and how they can be useful. Planning early and working on a timeline is very important. Unnati, shared her own journey about factors that she worked on while shortlisting colleges, timely getting the required documents for college application, and even while studying balancing her internship work along with her university work. The session was highly interactive, where the students actively asked questions and got their doubts cleared.



OUTREACH



VIRTUAL NATIONAL CAREER FAIR

The Career Cell hosted the Virtual National Career Fair in support with Shiv Nadar University for students of Grade 9–12. 12 eminent National universities were part of the fair, where the university representatives gave an overview about their respective institutes, courses offered, eligibility criteria, etc special focus on the new age courses and the changing work scenarios and the requirement of the

employers. The students also had a Q & A session with the representatives where the focus was on scholarship options, importance of grades and profile, starting with physical classes and tie ups with International Institutes. The students were acquainted with the plethora of courses being offered by these universities in various streams. The session was appreciated by both students and parents.

PANEL DISCUSSION – EDUCATION IN CANADA

Samcara organized a panel discussion with the Canadian Universities-York University, Ryerson University, **Mc Master University and Queens University** on Education in Canada-A land of Opportunities which was moderated by **Ms. Khushboo Bedi**, The Samcara Coordinator. Along with The Sanskaar Valley School, other eminent schools of Madhya Pradesh like The Scindia School, The Emerald Heights International School

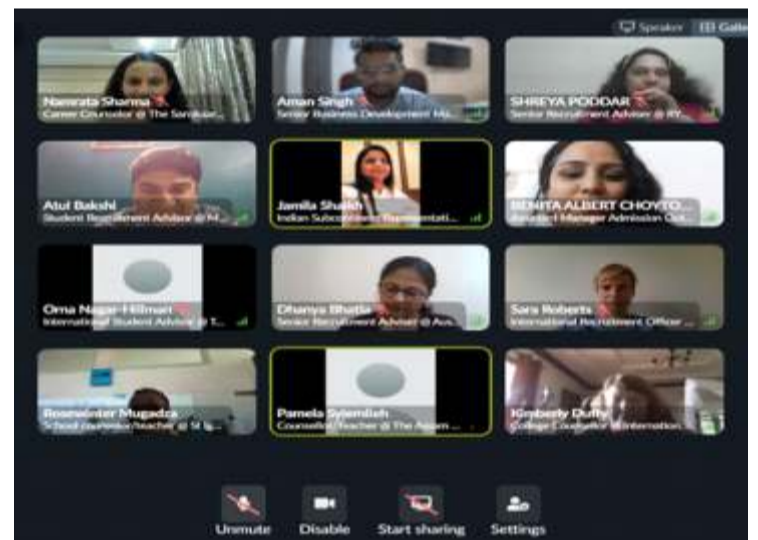
and The Daly College were also part of the event. Students got clarity on co-op opportunity, scholarship options, post study stay permit, test scores considered, etc. It was truly an interactive session with questions pouring in from the students throughout the session. It was very informative for the students as the university representatives spoke about OUAC application process, job opportunities and gap year engagements.



INTERNATIONAL UNIVERSITY FAIR

Samcara co-hosted an International Webifair for the students of grades 9-12 with KIC UnivAssist. More than 30 universities from across the globe participated in the fair. **University of Cambridge, University of Waterloo, Ohio State University, Trinity College Dublin, Arizona State University, University of California Riverside, IE University, Bocconi University** to name a few

were part of the fair. Parents and students interacted with the university representatives directly, explored scholarship options, entrance criteria, hybrid education pattern, new undergraduate courses, liberal programs and much more. Both the counsellors were present to help and guide the students throughout the fair. This was well appreciated by the parents also.



Parent Testimonials



“The advent of new careers with new-generation skill sets in a post-pandemic world has created an urgent need for support and direction among students to make their transition from school to university and beyond. With uncertainty all around, the pressure to make the best-suited career and higher education choices having life-long impact on the lives of students is quite stressful for their parents too. Samcara has been instrumental in providing us with the information and tools to act upon these choices. It has helped us answer the three most important questions:

- what to study
- where to study, and
- how to make it happen?

It is not just about the college/university admission process or that only students going abroad to study need counselling.

Ms Khushboo Bedi and Ms Namrata Sharma at the career counselling cell have created an entire process of guiding each student on the path to self-discovery, working with them patiently, supporting them as they weed out self-doubt and make surer decisions based on their interests, to make the most relevant choices. The well-timed workshops and regular admission deadline reminders help the students stay focussed on the next steps.

The path to higher education for my daughter is still work-in-progress. Nevertheless, I would like to highlight the crucial role of Samcara and appreciate its tireless efforts in ensuring a future for every student at the school. ”



SCHOLARSHIPS

- | | |
|--|--------------------|
| 1. University of San Diego, USA - \$100,000 | (Tanmay Prakash) |
| 2. Southern Methodist University, USA - \$100,000 | (Tanmay Prakash) |
| 3. Michigan State University, USA - \$72,000 | (Sparsh Goyal) |
| 4. Arizona State University, USA - \$62,000 | (Sparsh Goyal) |
| 5. Purdue University Regional Campus, USA - \$32,000 | (Sparsh Goyal) |
| 6. Parsons School of Design, USA - \$10,000 | (Pari Goel) |
| 7. Ashoka University, India – 80% Scholarship | (Anandita Saksena) |



STUDENT OPPORTUNITIES @ SAMCARA

THE UNIVERSITY OF QUEENSLAND AUSTRALIA

Samcāra Career Counselling Cell

The Sanskaar Valley School

Samcāra is thrilled to share the participation of

SANSKAR RAJDEV

RITHIK KUMAR

SANKET DARYANI

PURUNJAI PRADHAN

MADHAV PRAKASH

in Q Labs India Network, an entrepreneurial venture discovery program by The University of Queensland

1. Samcāra collaborated with The University of Queensland, Australia (**Ranked #2 in Australia & #46 in the World**) for the Q Labs program!

a. Q Labs is a Pan India Virtual Student incubator network b. It was a rigorous 7 month long program to give comprehensive understanding of Entrepreneurial journey c. It culminated into India Future Founders Competition. **Sanskar Rajdev, Rithik Kumar, Sanket Daryani, Purunjai Pradhan & Madhav Prakash from Grade 12** took part in the **Q Labs Program**. Out of 50+ schools that participated, TSVS team was shortlisted in the top 10 finalist to pitch their entrepreneurial idea. It was a one of its kind experience for the students competing with the top students from eminent schools of India.

INDIANA UNIVERSITY

Samcāra Career Counselling Cell

The Sanskaar Valley School

SAMCARA IS THRILLED TO SHARE THE PARTICIPATION OF

Aadya Bharti

Aabir Ghosh

Ishmeet Wadhwa

Priyanshu Ahirwar

Shubh Jain

in Game Design & UI/UX

virtual workshop by Indiana University (USA)

2. The Sanskaar Valley School has been amongst the few handpicked schools in the county by Indiana University (USA) for 3 days virtual workshop on Game Design and UI/UX. The students got an exposure in the field of Human-Centered Interaction and Game Design. **Aadya Bharti, Aabir Ghosh, Ishmeet Wadhwa, Priyanshu Ahirwar & Shubh Jain** represented the school for this workshop.

SESSION TOPIC: **WHY STUDENT IMPACT MATTERS**

DATE/TIME: AUGUST 11, 5.40-6.20 PM IST

Student Impact Summit
Aug 10 - Aug 11
5.30 - 8.30 PM IST

Register here: bit.ly/colleegy3

Presenters:

SUCHITA OHRI
COFOUNDER, COLLEGEY
INDIA

RAVNIT KAUR
THE SANSKAAR VALLEY SCHOOL
BHOPAL
GRADE 12

ESHNA AGRAWAL
THE SANSKAAR VALLEY SCHOOL
BHOPAL
GRADE 9

SUNISHA DUGAR
KC HIGH INTERNATIONAL SCHOOL
CHENNAI
GRADE 12

colleegy

#BeADoer

3. Our school students **Ravnit Kaur (Grade 12)** and **Eshna Agrawal (Grade 9)** were the presenters at The Student Impact Summit organized by Collegey on the topic: Why Student Impact Matters, where they shared their journeys of being a part of The student Impact Summit and how it has helped them.

SUSTAINABLE DEVELOPMENT GOALS CHALLENGE 2021 - 2022

University College Dublin is organizing sustainable development goals challenge with the purpose of providing penultimate year high school students with the opportunity to think creatively and gain valuable research skills as they learn more about the UN Sustainable development goals.

Students will have to select one of the SDGs that is of interest to them, their country, region or community and answer how can social sciences help the community to achieve one of the UN SDGs. **Anushka Jain, Tanmay Wadia & Bhawat Bansal from grade 11** will be representing the school for the competition.

PLACEMENTS OF THE YEAR-2020-21

INTERNATIONAL

- Babson College, USA
- Bocconi University, Italy
- Boston University, USA
- Cardiff University, UK
- King's College London, UK
- New Castle University, UK
- Parsons School of Design, USA
- Rutgers University, USA
- St George's University (SGU), Grenada, West Indies
- The University of Manchester, UK
- University of California Irvine, USA
- University of California San Diego, USA
- University of Leeds, UK
- University of Surrey, UK
- University of Warwick, UK

NATIONAL

- Ashoka University, Sonipat
- Bennett University, Noida
- Christ University, Bengaluru
- Gargi College, New Delhi
- Hansraj College, New Delhi
- Hindu College, New Delhi
- HR College of Commerce, Mumbai
- Indian Institute of Management (IIM), Ranchi
- Indian School of Design & Innovation, Mumbai
- Indraprasth College for Women, Delhi
- International Institute of Hotel Management (IIHM), Pune
- Istituto Marangoni, Mumbai
- Jai Hind College, Mumbai
- Jesus & Mary College, New Delhi
- Kamla Nehru College, New Delhi
- Manipal University, Manipal
- Miranda House, New Delhi
- Narsee Monjee Institute of Management Studies (NMIMS), Mumbai
- National Defence Academy (NDA) Khadakwasla, Pune
- Nirma University, Ahmedabad
- OP Jindal Global University, Sonipat
- Rajiv Gandhi National University of Law, Patiala (NLU Patiala)
- Shri Ram College of Commerce (SRCC), New Delhi
- SP Jain School of Global Management, Mumbai
- St. Stephen's College, New Delhi
- St. Xavier's College, Mumbai
- Symbiosis Centre for Management Studies, Noida
- Zakir Hussain College, New Delhi

About SAMCARA Team



MS. KHUSHBOO BEDI Co-Ordinator SAMCARA

- Heading the Career Cell at The Sanskaar Valley School, Bhopal (Career Cell ranked All India #5 by Education World Magazine).
- Experienced Career Counsellor with over 11 years of experience in Education, Training and Counseling.
- Counselling 2000+ students for different National and International career options along with spearheading all the career events and workshops at The Sanskaar Valley School.
- Chaired IC3's Outreach and Social Media Committee.
- A member of International ACAC and a certified International Career Coach, NCDA, USA.
- Nominated twice for the Best Emerging counsellor Award in India at IC3 Annual Conference 2019 and IC3 Festival 2020.



MS. NAMRATA SHARMA Career Counselor

- Graduate with double majors in Psychology & Sociology from St. Xavier's College, Mumbai.
- Masters in Career & Developmental Counseling along with a Post Graduate Diploma in School Counseling from Mumbai.
- Internationally Certified Career Coach by NCDA & CDA, USA.
- Committee member with the IC3 Movement, currently serving on the Content & Research Committee.
- Vast experience of working with students and professionals in Mumbai & Indore, helping them select the right career path.
- Counselling over 1500 students in the past 6 years.