

Career Discovery Report

Deep insights on your holistic profile and recommended career paths according to your strengths.



**CAREER
Minded™**

Clarity. Confidence. Success.



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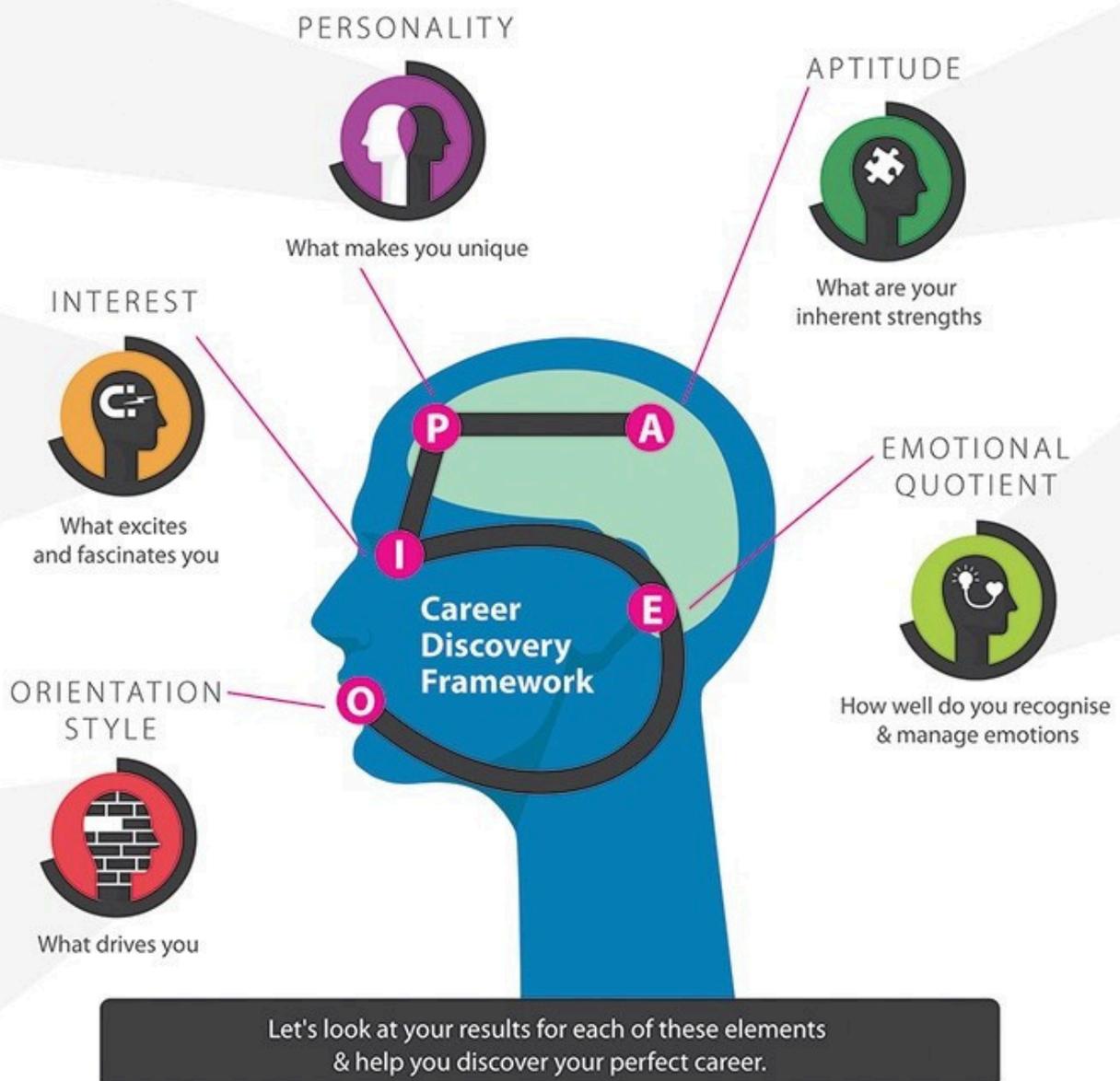
School:

Career Assessment Framework

Congratulations on completing the Career Assessment Framework! Your comprehensive career discovery report is now ready to give you your best-fit career matches.

Our award-winning career guidance framework and assessment tool have been developed by a team of some of the top psychometricians, industry experts and researchers in the world. It is the most accurate and valid career assessment, with a blend of advanced technology and millions of research data points collected from students from multiple demographics and cultures.

Our 5-dimensional framework, the first of its kind, has been tailor-made for students. These 5 dimensions together form the pillars of career guidance, and will help you make a scientific and accurate choice for career success.



Your Orientation Style

What is Orientation Style?

Orientation style identifies what an individual is driven by. Understanding the orientation style will help you with career decision based on your dominant style of interaction with the surroundings.

Your Dominant Style



People Orientation

The scores obtained on this style inventory indicate that you are people-oriented. This means that you like to interact with people and have an understanding of their problems and needs. You are drawn more to seek close relationships with others. Your style indicates that you will be good in tasks in which you have to lead, direct and persuade others. You cooperate well with others and can express yourself clearly. You make friends easily and are observed as trustworthy, social and helpful at the workplace.

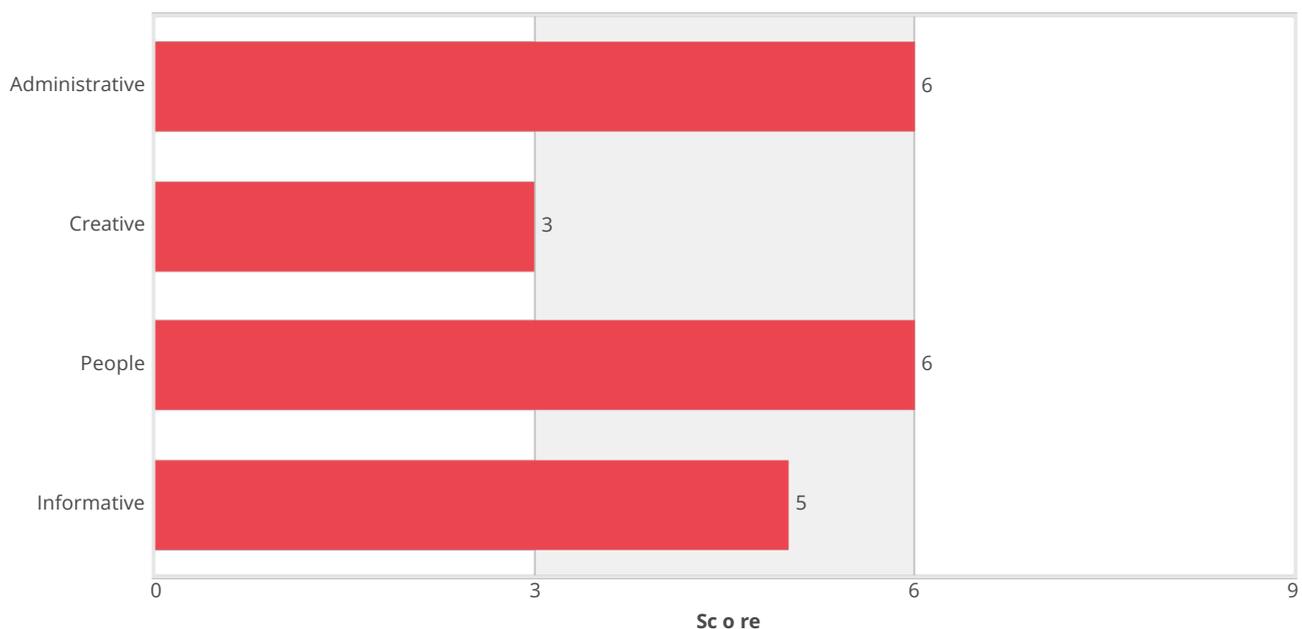
Your Secondary Style



Administrative Orientation

The scores obtained on this style inventory indicate that you are administrative orientated. This means that you are good with work tasks in which you have to deal with facts, number, records, files and data. You prefer to work in an organized systematic manner paying close attention to details. You would be good in tasks which require a high sense of responsibility and rule-abiding norms. You are good in perceiving the practical aspects of problem and solving it through rulebooks and guidelines. You may be observed as being practical, realist and organized at the workplace.

Your Orientation Style



Your Interest

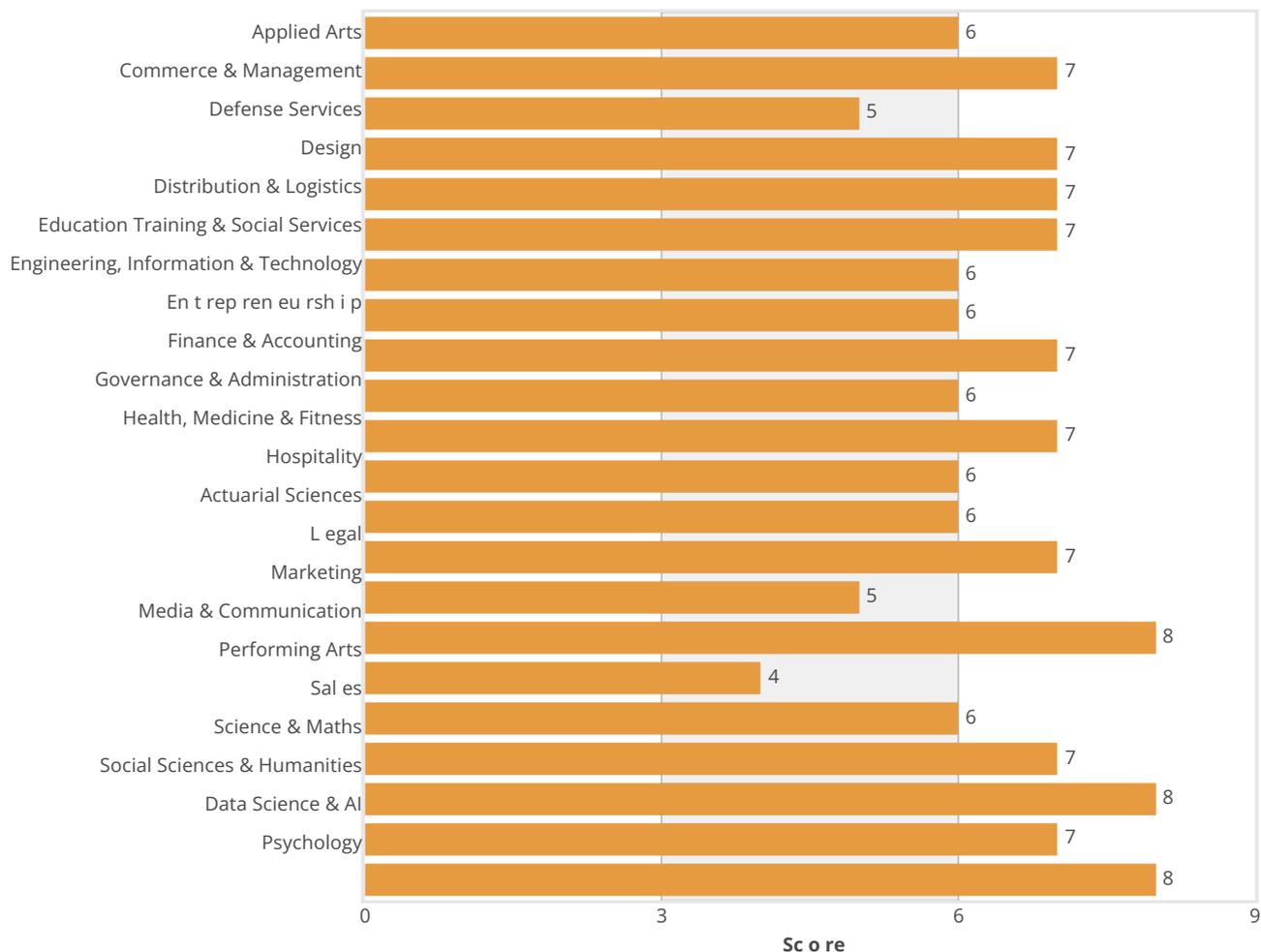
What is Interest?

Understanding your Interest will help you identify what work areas excite you and helps you identify career options which are personally rewarding. Interest assessment explores your interest across multiple career options to find the right match which shall keep you engaged.

Your Dominant Interest Areas



Your Interest

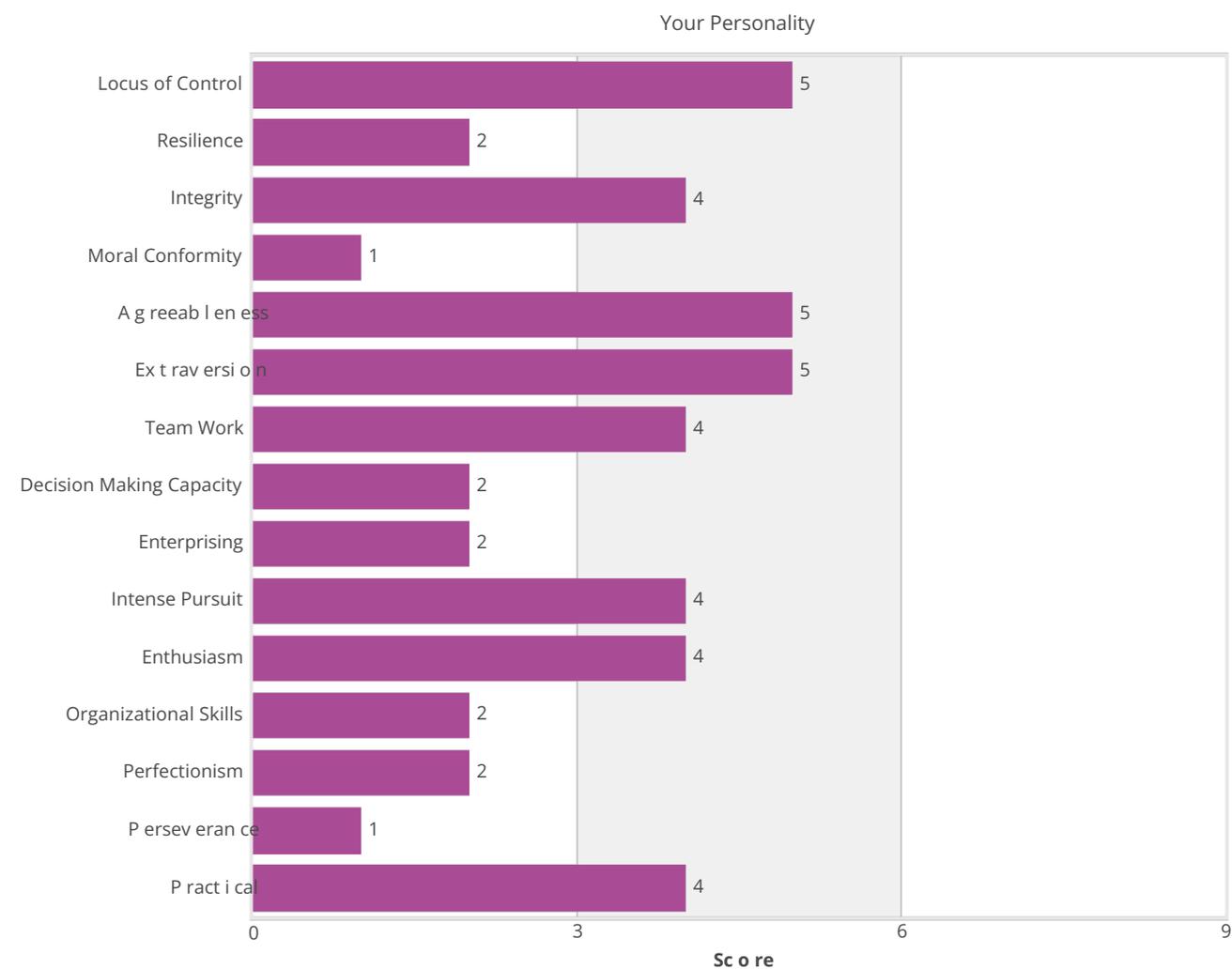


Your Personality

What is Personality?

Understanding your Personality will help you identify your consistent behavior patterns. Every individual is different due to their unique blend of attributes. Personality assessment identifies what career options suit your style and match your personal attributes.

Your Dominant Personality Traits



Your Personality in Detail



Enthusiasm

1 2 3 **4** 5 6 7 8 9

Meaning

Synonymous with vitality, spiritedness & vigor, enthusiasm is having abundant or intense energy and curiosity to gather knowledge

Expert Analysis

You are not very enthusiastic to gain more knowledge from your surroundings. You tend to avoid new experiences and do not feel very energetic in general. Your energy levels are low most of the times and you are reserved in your interaction with others. If at the start of a project or goal you meet with setbacks, you may feel the urge to give up. This restricts you from questioning about your surroundings and consequently seeking answers

Development Plan

You can increase your enthusiasm by using following strategies:

- **Develop a sense of humor:** People with high enthusiasm, have a contagious sense of humor. Sulking about your life will further lower your spirits. Start looking at your problems as opportunities for new learning and experiences. When engaged in heated arguments, try to use humor to lighten the situation.
- **Start questioning:** You need to question the various happenings around you. This will help you to make efforts to seek answers to those questions. Do not hesitate to question and remember that nobody knows everything.
- **Healthy Lifestyle:** If you are exhausted, with too much work, it is impossible to radiate enthusiasm. Take frequent breaks between your work schedule and have adequate sleep at night. Take a balanced diet along with physical workout on regular basis



Intense Pursuit

1 2 3 **4** 5 6 7 8 9

Meaning

Synonymous with dedication, devotion & zeal; intense pursuit is having a clear intention, aim, interest, commitment and strong desire to pursue on a chosen path

Expert Analysis

You have a hard time maintaining your focus, passion and commitment to long-term goals. You tend to leave the task undone when the obstacles are difficult to overcome and are unable to persistently work towards a difficult task. Your initial excitement for a project soon vanes off, and your attention deviates to other exciting things happening nearby

Development Plan

You can develop intense pursuit by following strategies:

- **Writing it down:** This is as simple as it sounds. Have well defined time bound goals. Also make a "To Do" list on daily basis, to make sure that things are getting done.
- **Prioritizing your work:** You have to make a clear distinction about what is important & what just seems to be important. Focus your energy on what is critical and needs to be done.
- **Take responsibility for your goals:** Rather than making excuses for incomplete tasks, take up responsibility and make efforts to complete them. It will be difficult for you to pursue your goals, unless you take responsibility

Your Personality in Detail



Extraversion



Meaning

Extraversion is the ability to talk easily to others, assert viewpoints and prefer working in groups, rather than working alone

Expert Analysis

You mostly prefer to avoid social gatherings & feel uneasy in the presence of too many people around you. You hesitate in approaching strangers, even when your concern is genuine; especially when the person is from a different background than yours. Sometimes you are unable to assert yourself and hesitate to share your opinions and ideas when working in a group

Development Plan

You can look to increase your extraversion level by using the following strategies -:

- Developing interpersonal skills: Try to communicate with people around you. This might be difficult at first, but you can keep trying and soon you will learn how to initiate a conversation and how to go about the whole process of communicating and sharing your views.
- Find social activities you enjoy: Sign up for hobby classes or volunteering activities or associate with new groups of people. Its easier to connect with people if you have a shared interest.



Agreeableness



Meaning

Agreeableness is the ability to sympathize with others, trust them and be warm, concerned and cooperative towards them

Expert Analysis

You are not very optimistic about human nature. You believe that excepting few, people are generally not trustworthy, considerate or cooperative. You believe that self-interest should take precedence over the social interest in most situations. You may find it hard to genuinely empathize with most people. You easily get into conflicts with others and may find it difficult to maintain social harmony

Development Plan

You can increase your agreeableness level by using following strategies:

- Try to see things from perspective of others: This will help you better understand the behavior of other people and also the reasons why they behave in certain ways. Also check on how you would have reacted in a similar situation.
- Accept that all people are different: Rather than competing with others and suspecting their intentions, it is better you understand that everyone is unique. This will help you to accept different viewpoints and also maintain social harmony.
- Different people different voices: Everyone has a point of view which needs to be respected. Listening to these voices will help you to sympathize with them

Your Personality in Detail



Team Work

1 2 3 **4** 5 6 7 8 9

Meaning

Team work implies including not only your views but also the views of others while working towards a common goal. It involves working collaboratively with people and maximizing the team output

Expert Analysis

You may find it difficult to work with others in a team. You face some difficulty in communicating your views with other members of your team. This interferes with your ability to work with a group of people, in order to achieve a goal. This also makes it difficult for you to establish and maintain new relations. You tend to ignore the views of others while making decisions most of the time

Development Plan

Your scores indicate that you need to put some effort to develop your ability to work collaboratively within a group of people in order to achieve a goal. You can do this by:

- Be an active listener: Developing listening skills will help you to understand others viewpoints, provide you with learning opportunities and will also minimize misunderstandings. Wherever warranted, you need to express your views to others.
- Add humor: Adding humor in your day-to-day dealings with others will help you to keep a sense of perspective and will also work as a great bonding tool.
- Group activity: You need to try and engage yourself in more group activities wherein coordination and cooperation with members of the team will help achieve the common objective



Perfectionism

1 **2** 3 4 5 6 7 8 9

Meaning

Perfectionism is the desire to strive for flawlessness and set high standards of excellence

Expert Analysis

Your score stands for a minimal desire to strive for high standards of excellence. This means that you are often careless about your task and don't feel responsible for your own work. You are generally casual about the things happening around you. All such things interfere in your performing the task in an efficient manner. You are more interested in completing the task rather than the quality of work and hence tend to use short-cuts while doing the task

Development Plan

You need to develop a sense of high standards of excellence. You can do this by:-

- Detailing: Break down a task into smaller steps and pay attention to minute details in every step. You can reward yourself for successfully completing every step with perfection.
- Evaluate your performance: Be honest while evaluating your performance and work on the areas wherein improvement seems necessary.
- Set high standards: You should make an attempt to set high standards of excellence for yourself. This will motivate you to work hard and ultimately perform better

Your Personality in Detail



Perseverance

1 2 3 4 5 6 7 8 9

Meaning

Perseverance is the determination of an individual to complete a task, irrespective of the obstacles

Expert Analysis

You find it difficult to continue with a task when faced with obstacles. You do not really finish what you start, and tend to get stuck in problems, hence losing the ability to resolve them. Your decisions seem to be impulsive at times and you express dissatisfaction with your working style. You lose patience and easily get disheartened by failures

Development Plan

You can improve your perseverance levels by using the following strategies:

- Strengthen the belief that nothing is impossible. Everything is possible if you make constructive efforts to achieve it.
- Running away from problems is not a solution. Facing them and dealing with them will help you find a solution.
- Learn from Failures. Learning from failures rather than just getting emotionally driven will help build perseverance. A clear focus on the goal and ability to continue the pursuit should lead to success.
- Create alternatives. Try and use unconventional problem solving approach, whenever faced with dynamic situations and new complexities.



Practical

1 2 3 4 5 6 7 8 9

Meaning

Synonymous with pragmatic, real & hands-on; practical is being more concerned with practice than theory

Expert Analysis

You tend to hold on to theoretical assumptions and do not focus too much on its practical application. You may lose efficiency as a result of the gap between theory and practice. You also have a tendency to dismiss the role of experience and focus more on achieved qualifications. You may have many interesting ideas but they may lack realistic application

Development Plan

You can improve your tendency of being more concerned with theory rather than with practice by following certain strategies such as -:

- Try it out - Hands on experience will help you in testing of assumptions and your own belief.
- Visualize reality - Try to visualize the practical aspects of theories in day to day situations.
- Challenge the status quo - Don't go by pre-set standards or assumptions. Try to challenge the existing way of doing things.
- Functional Connect - Develop a functional connect between theory and its practice so as to have a more realistic understanding.

Your Personality in Detail



Organizational Skills

1 2 3 4 5 6 7 8 9

Meaning

Organization skill is the ability and style of an individual to structure plan and meet their goals in a systematic manner

Expert Analysis

Your tendency to not work in a systematic and coordinated way puts a lot of stress on you when it comes to achieving tasks in a specific period of time. You are unable to utilize your time, energy, and resources, in an effective manner and therefore not able to meet your goals at times

Development Plan

You can improve your organization skills by using the following strategies -:

- Set specific & realistic goals. This will help you in being more systematic and efficient, which will enable you to achieve set tasks.
- Prioritize your work. Learn to understand the difference between tasks that are highly important and need to be done immediately and the tasks that can be done later. This will help you do your work on time and not be stressed.
- Set proper timelines. When you start a task, set a realistic timeline for the completion of your task. This will make you more systematic and help you to be more structured in doing your task



Resilience

1 2 3 4 5 6 7 8 9

Meaning

Resilience is the ability to pursue chosen path despite stress, high- risk status, challenges and hardships

Expert Analysis

Your responses indicate that you don't exhibit competence under stressful conditions and hardly display courage, adaptability, and endurance. You tend to avoid challenges and see them more as a burden rather than excitement or an opportunity to grow. You are likely to falter when it comes to sticking to your tasks & defined schedule. You may also find it difficult to bounce back from setbacks or failures. You generally prefer to choose a safe path

Development Plan

You can improve your resilience by using the following strategies -:

- Learn to be more flexible. It is always better to embrace change and adapt as per the requirements. It helps in handling stress in a better manner and work more effectively.
- Be optimistic & do not lose hope. It is always better to be optimistic during hardships. A sense of optimism helps in dealing with difficult situations.
- Learn to tackle your problems step by step. Think of taking small steps while resolving problematic circumstances.
- Develop a strong social network. Being with people that are supportive and encouraging can be very helpful in facing hardships

Your Personality in Detail



Locus of Control



Meaning

Locus of Control is the individual's perception of the power they have over events that happen in their lives. People with this trait believe that they have control over their own destiny and are convinced about their own skills

Expert Analysis

You feel that all your abilities, skills and reinforcement are dependent on your luck and external factors. You feel better when you get directive from others, as your decision-making may be low which makes you less of a leader and more of a follower. You are not very good in situations where initiative is to be taken and your dependency is high making you less independent in nature

Development Plan

You can improve your internal locus of control through following strategies -:

- Be assertive: You have to start speaking up your mind and take responsibility for your acts as blaming others would not work in life.
- Develop trust: After understanding your strengths, you have to start trusting yourself. Believe in whatever you do or perform. Strong level of trust in oneself makes a person confident and composed.
- Stop being judgmental: Stop judging all your actions and go easy on yourself. Demanding too much sometimes leads to drainage of strength and hence failures.
- Be relaxed and rejuvenate yourself: Sometimes too much of stress to excel leads to panic and then everything you work on gets spoiled. Take timeouts to start regaining confidence in yourself.



Enterprising



Meaning

Enterprising is being assertive, confident, high on risk-taking capacity, and having the ability to persuade others

Expert Analysis

You fit in best in groups, as you do not shift from group norms. Working with problems, you tend to stick to the tried and tested solutions, as you do not believe in risk taking. You are a person who likes his security and stability; hence, coming out from the secure zone puts you in a fix. It is difficult for you to put forward your point in an assertive manner, hence it hampers your self-confidence and esteem

Development Plan

You can improve your enterprising skills through the following strategies:

- Be willing to admit and learn from failures and weaknesses: No one is perfect, and everyone makes mistakes. The most successful person is one who knows that the key to success is not in avoiding failures, but to learn from them. You should continue to improve yourself in every possible way.
- Being confident: Learning about any area/domain in detail helps you to become confident in that particular area. You can start by learning more about your hobby.
- Maintain a positive attitude: With a positive attitude, you are looking at the bright side of life. People are naturally attracted to you when you have a positive attitude. By being positive, you will lead a happier life, as well as be surrounded by other positive people.
- Being passionate: You need to be passionate about the work you do. Passion is contagious and it helps you in persuading others.

Your Personality in Detail



Decision Making Capacity

1 2 3 4 5 6 7 8 9

Meaning

Decision making capacity is the tendency to choose effectively from alternatives through reasoning and critical thinking

Expert Analysis

Your responses reveal that your decision making capacity is quite low. You find it difficult to take decisions in normal as well as in the conflicting situations. Even small problems may look like a great challenge at times. Your decision making capacity makes you unpredictable at times and you may not be able to take decisions in a confident manner

Development Plan

You can work on decision-making skills by using the following strategies:

- Learn from others. You can learn from people who are skilled or good at decision making. Learn techniques from these people, and then apply them using your own thinking.
- You can start with normal situations and then go bottom up. Take decisions first for ordinary situations and then move towards conflicting situations.
- Learn from your mistakes: Be attentive toward small mistakes and try not to repeat those mistakes in future. Also learn from the mistakes of others and apply them in your life.



Moral Conformity

1 2 3 4 5 6 7 8 9

Meaning

Moral conformity implies standing by your principles & code of conduct rather than matching attitudes, beliefs, and behaviors to group norms so as to fit into the group

Expert Analysis

Your acts are intended to fit in the group even if they go against principles of morality. Peer perception and acceptability is more important to you than following the societal norms of right and wrong. You have a strong need for affiliation to the group even if they are not in conformity with the accepted norms of society

Development Plan

You can work on following strategies to work on improving moral conformity levels:

- Be Assertive - Make an attempt to put forward your point of view with conviction
- Think of Long Term Impact - Avoid short term gains or giving in to temptations
- Right Associations - Form Associations with people who have clear understanding of right and wrong
- Learn to say 'No' - Saying 'No' will not spoil your relationships with others, rather it will help you make meaningful & stronger relationships.

Your Personality in Detail



Integrity

1 2 3 4 5 6 7 8 9

Meaning

Synonymous with honesty, principles, sincerity, scruples; integrity means being honest and living by universal principles of right and wrong

Expert Analysis

Your score indicates that on one hand you perceive set norms as important and on the other hand you sometimes don't give that much importance to it. You can compromise on your set standards and integrity. Personal gains may prove to be more important for you and you may be ready to compromise on your set rules and norms. You often face conflicts to decide between right and wrong

Development Plan

Think of working on following strategies to improve on your integrity levels:

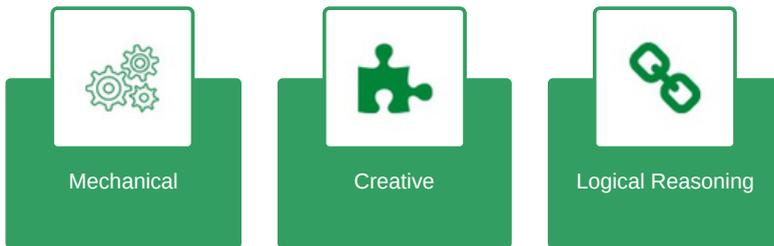
- Right vs. Wrong Dilemma: You should learn how to develop the difference between right and wrong and how you can deal with conflicting situations.
- Place a rule book in your life: Start afresh with new norms in your life. Begin with simple tasks and complete them on set timelines and gradually move to the bigger tasks. Give importance to set rules and strictly follow those rules. Be aware of your decisions and recognize your mistakes and try to not repeat them in future.
- Accept ups & downs: You should have courage to accept your failures along with appreciations for the achievements regardless of the person providing the feedback.

Your Aptitude

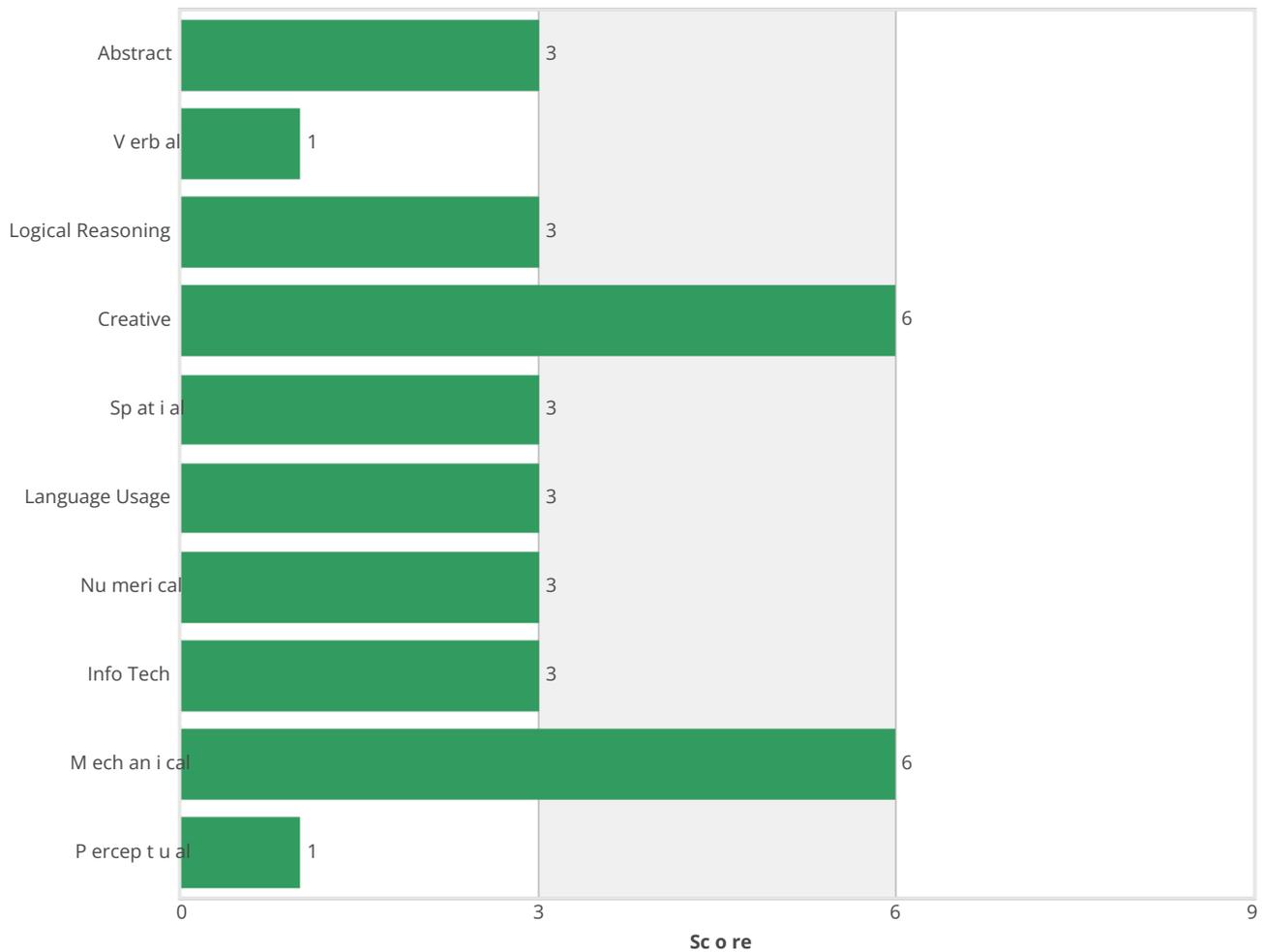
What is Aptitude?

Understanding your Aptitude will help you explore your innate strengths. Every individual has a unique area of expertise and their own forte. Aptitude assessment predicts what is your innate ability and potential and helps you find career options that are in sync with your aptitude.

Your Dominant Aptitude Strengths



Your Aptitude



Your Aptitude in Detail

Abstract

1	2	3	4	5	6	7	8	9
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Meaning

Ability to work with new concepts, abstract ideas & recognizing patterns and similarities

Expert Analysis

You are not very skilled at working with new concepts, abstract ideas and recognizing patterns and similarities between them. You have a limited capacity to analyze and understand non-verbal or visual information to figure out problems using non-verbal reasoning. Your scores also indicate that you find it difficult to recognize the similarities and differences between ideas, or concepts which are not necessarily related.

Development Plan

Abstract aptitude can be developed by adopting following strategies:

- **Abstract ideas and concepts:** Give yourself a regular exposure to abstract ideas and concepts. Repeatedly examining information presented in abstract forms in books and newspapers will help you to develop a capacity for handling abstract information and looking for patterns. Try and solve puzzles, games and other forms of analytical material to enhance abstract way of thinking.
- **Patterns and relationships:** Purposefully seek patterns and relationships in things around you for enhancing abstract aptitude and outlook. You should also practice creating diagrams which represent relationships, connections and sequences

Creative

1	2	3	4	5	6	7	8	9
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Meaning

Ability to develop novel and diverse ideas and solutions for a given problem

Expert Analysis

Your responses indicate that you have an average capacity to develop new and diverse ideas and solutions for a given problem. Your creative aptitude enables you to find unique ways of finding solutions to problems in most but not all cases. At times you are tempted to use out-of-the-box solution but usually tend to follow the conventional way of thinking

Development Plan

Adopting following interventions will aid you in developing a creative way of thinking:

- **Openness to new experiences:** You require an open minded approach and willingness to explore new ideas around you. Constant exposure to creative ideas and information enables an individual to develop an aptitude for creativity.
- **Constant Experimenting:** Experimenting and modifying ideas will train you to have an open mind, which in turn, will stimulate creative thinking. Try and absorb newer ideas in your surroundings from all possible sources.
- **Generate ideas in a group setting:** Surround yourself with creative people. Generate and discuss diverse ideas as much as possible, and with as many people as you can.

Your Aptitude in Detail

Spatial

 1 2 **3** 4 5 6 7 8 9

Meaning

Ability to manipulate shapes in two dimensions or to visualize three-dimensional objects presented as two-dimensional pictures

Expert Analysis

You have a limited ability to effectively visualize and mentally rotate objects presented to you in two-dimension. This means you can't easily imagine how objects would look when turned or rotated without actually turning or rotating them. You are unable to mentally re-arrange objects. This puts you at a disadvantage while trying to understand and remember the spatial relations among objects

Development Plan

There is a possibility to enhance your spatial understanding through practice, training, and leaning. You can use the following strategies in order to increase your spatial aptitude:

- **Studying Geometry:** Studying geometry has been found to improve spatial visualization skills. Pick up some good geometry textbooks and try to solve questions related to shape, size and relative positions of figures.
- **Games and Activities:** Pursuing certain activities such as Lego building (including computer versions), photography, doing jigsaw puzzles, playing chess, drawing, geography, studying origami, practicing visual memory games or playing computer games like Tetris can help to improve your ability at spatial visualization.
- **Practice Visualization and Spatial Thinking:** Regularly exposing yourself to three-dimensional spaces and environments along with paying conscious attention to these spaces can be of great help to develop spatial aptitude. This should progress from actual physical environments to the diagrammatic representations of these spaces

Language Usage

 1 2 **3** 4 5 6 7 8 9

Meaning

Ability to understand and use words along with the grammatical rules and structures to produce meaningful-novel sentences

Expert Analysis

Your scores indicate that you are not very skilled at understanding and using words and the grammatical rules and structures to produce meaningful and complex sentences. This also means that you find it difficult to detect errors in grammar, punctuation, and capitalization

Development Plan

Language usage can be enhanced by adopting following strategies:

- **Reading:** Reading extensively enables you to develop an understanding for the components and structures of the language along with developing an understanding of its rules. Read material even on those areas which do not interest you. Slowly progress from easy to more challenging reading material.
- **Writing:** Writing, on the other hand, opens you up to formulating newer combinations of words and putting words to creative uses. Gradually start writing on a wide variety of topics and subjects.
- **Listening:** Listening to the language also improves your language aptitude. Regularly listen to English news or even English songs to enhance your language aptitude.
- **Use of Dictionary:** Develop your vocabulary by regularly using dictionaries and thesaurus. Developing a sound vocabulary base is essential for developing language aptitude

Your Aptitude in Detail

A Verbal

1 2 3 4 5 6 7 8 9

Meaning

Ability to comprehend words and sentences and deduce meaningful relationship from them

Expert Analysis

Your scores indicate that you are not very skilled at understanding word relationships and interpret detailed written information. You are often unable to absorb information without losing concentration or feeling left behind in a conversation. This puts you at a disadvantage while trying to analyze relationships among parts of sentences or recognizing relationships among words and concepts

Development Plan

You can use the following strategies to improve your verbal skills:

- **Reading:** You can start reading and analyzing texts, articles and newspaper columns. Challenge yourself with more and more complex material and continue even though you seem to be making little progress because over time, it will show results. **Drawing conclusions and inferences:** Try to deduce relationships among various components of the reading material. Try to look for relationships and patterns, drawing conclusions and making inferences.
- **Memorizing word-meanings:** Consciously memorizing word-meanings regularly will also help in broadening your vocabulary base.

Info Tech

1 2 3 4 5 6 7 8 9

Meaning

Ability to grasp and use principles and concepts of technology and computer programs to solve problems

Expert Analysis

Your understanding of the principles and concepts of technology is relatively low. Your responses indicate that you are not very aware about the basic computer programs and applications. You are generally not very comfortable when it comes to handling computer software. Your awareness about latest technologies and software is low. You are not very comfortable when it comes to learning about the working of new gadgets or software

Development Plan

You can develop info-tech aptitude by following the given interventions:

- **Joining a computer course/program:** One of the best ways to develop and enhance info-tech aptitude is by joining a basic computer course and later on doing an advanced-level program
- **Exposure to technology, computer programs and applications:** You can develop the info-tech aptitude by extending your exposure towards technology, various computer programs and applications. Try and get hands on experience of various applications with different features.

Your Aptitude in Detail



Logical Reasoning

1	2	3	4	5	6	7	8	9
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Meaning

Ability to identify and isolate components of an argument to arrive at a complete inference and reach a conclusion

Expert Analysis

You have limited ability in identifying various components of an argument and isolating them to arrive at an inference. You find it difficult to identify relationships among unorganized or seemingly unrelated stimuli. You perform well in tasks wherein the steps of the task are well specified without much complexity

Development Plan

You can develop logical reasoning by practicing following strategies:

- **Play mind games:** You should try playing mind games such as chess, Sudoku, word games and other mystery games and puzzles that are easily available online. This will give you an understanding of the patterns and their individual elements and will help you in developing logical reasoning.
- **Practice & Perform non-routine tasks:** You should regularly practice open-mindedness and must make conscious attempt to figure out relationships among related or unrelated stimuli. Read books on logical reasoning and improve your skills by practicing a wide range of problem types.



Perceptual

1	2	3	4	5	6	7	8	9
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Meaning

Ability to accurately and quickly compare similarities and differences among sets of pictures, patterns, objects, letters or numbers.

Expert Analysis

Your score indicates that you are not good at rapid speed and accuracy in tasks, which don't necessarily require high intellectual activity. You mostly exhibit a prolonged reaction time, i.e., you may not be able to give reaction within a reasonable time range. You have difficulty in dealing with complex information swiftly and may not show accuracy in r e s p o n d i n g

Development Plan

You can develop perceptual speed aptitude by following the given interventions:

- **Computer/ Mobile games:** You should try various games that require speed and precision. Computer applications that are known to enhance perceptual ability can be used on regular basis to progressively increase your ability.
- **Be alert and show presence of mind:** You should consciously try being alert and keep presence of mind. Be very vigilant of the information in your surrounding environment and show interest in it. Use connecting dot strategy where you can apply information learnt from one aspect to the other to quickly understand the meaning of events around you

Your Aptitude in Detail



Mechanical

1 2 3 4 5 **6** 7 8 9

Meaning

Ability to grasp and use mechanical concepts and principles to solve problems

Expert Analysis

Your ability to understand and apply mechanical concepts and principles is average. You could easily grasp and apply mechanical principles with which you are familiar. However, you are not very confident of applying your mechanical knowledge to new challenges or problems. With adequate training and effort, you can improve your mechanical aptitude

Development Plan

You can think of developing mechanical abilities by adopting following strategies:

- **Developing sense of physical world:** You should be observant to perceive the physical world around and understand the principle through practical demonstration. You may take coaching or practical science training in subjects like Physics.
- **AV media and 3-D programs:** You can take help of the audio-visual media with 3-D programs to understand scientific principles in depth and learn to apply them to real world problems.



Numerical

1 2 **3** 4 5 6 7 8 9

Meaning

Ability to quickly grasp mathematical functions and to use them to analyze and solve mathematical problems

Expert Analysis

You are not able to use numbers & numerical operations rapidly and accurately. You are rarely able to quantify many features of the problem. You find it difficult to quickly grasp mathematical functions and to use them to analyze and solve mathematical problems with high accuracy

Development Plan

You can develop numerical ability by adopting following interventions:

- **Mental Imagery:** You have to try making mental imagery of the problems in terms of the numerical values of the elements involved in the problem. Constant effort will be helpful in enhancing numerical/ mathematical ability.
- **Practice and increase comfort with numbers:** You must progressively keep taking different tests on numerical ability to know your current level and further try to progress to a higher level.
- **Computer-simulated mathematical games:** You can try different computer applications, games and mobile apps that are known to enhance numerical ability

Your Emotional Quotient

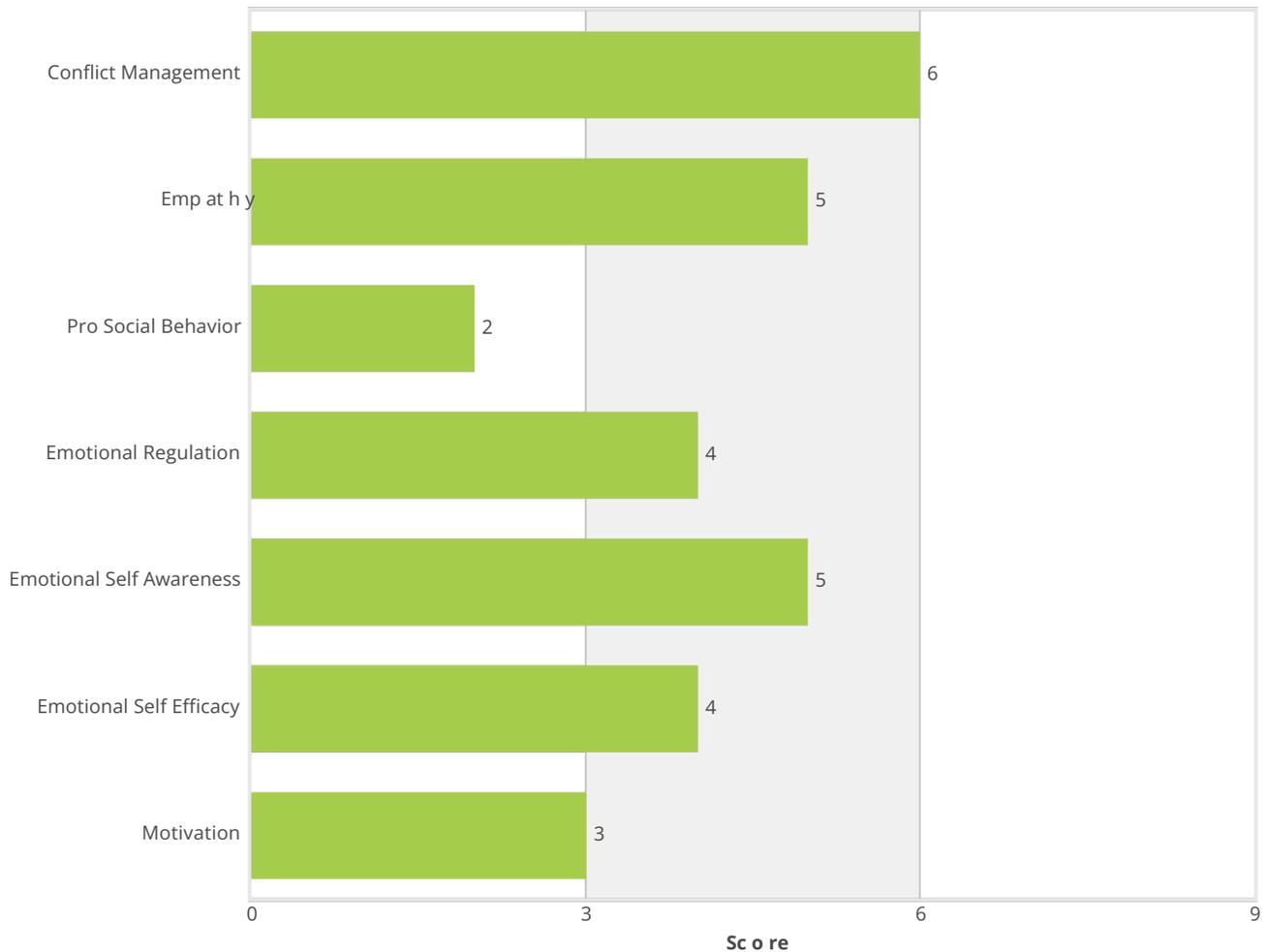
What is Emotional Quotient?

Understanding your Emotional Intelligence will help you understand your effectiveness in social situations. Emotional Intelligence assessment identifies how well do you recognize and handle your own emotions and interpersonal relationships.

Your Dominant Emotional Quotient Strengths



Your Emotional Quotient



Your Emotional Quotient in Detail



Empathy

 1 2 3 4 **5** 6 7 8 9

Meaning

Perceiving and being aware about emotions of others, including being sensitive to a diverse population

Expert Analysis

You have some difficulty in understanding and responding to the feelings and emotions of others. This also indicates that you find it difficult to form a good rapport with the people around you. You are somewhat uncomfortable with people sharing their feelings with you and as a result you are unable to form close relationships.. Not only do you have difficulty with others' emotive sharing, you also find it hard to understand and accept your own emotions. At times, this may make it difficult for you to respond to others with an appropriate emotional response

Development Plan

Empathy is an important social skill. It is an essential ingredient to succeed in careers as well as relationships. You can improve your empathy by using the following strategies:

- Be self-reflexive: Be in touch with your own feelings. Being in touch with your own emotions helps in understanding and responding to the feelings of others.
- Communicate effectively: For this, you may need to develop your communication skills so that you are able to clearly indicate your understanding of the other person's emotional experience.
- Use humour to ease the situation: However it is important to not sound too casual or seem like you are taking the situation lightly.



Pro Social Behavior

 1 **2** 3 4 5 6 7 8 9

Meaning

Having the motivation to help others without any personal gain

Expert Analysis

Your responses indicate that you are not inclined to help others in distress. It may be because you are absorbed in some problems of your own. This may also be a result of not wanting to bear the repercussions of being helpful. The score also indicates low interpersonal trust as well as a low expectation of fairness in the world. Your lack of helpful behaviour also shows that you may have a low level of empathy towards others and their needs. You find it difficult to concern yourself with the rights, feelings, and welfare of others

Development Plan

Prosocial behaviour is important to promote your connectedness to society. To increase your prosocial behaviour you can:

- Increase your group identification: this will promote your co-operative behaviour.
- Reduce your social dilemmas: you can consciously learn to pay attention to the needs of others whenever there is a conflict of interests between your needs and the needs of others around you.
- Make the rewards of prosocial behaviour intrinsic rather than extrinsic: you can focus on the emotional rewards like empathy and self satisfaction rather than social rewards like social approval.
- Consciously work on increasing empathy towards others: This will bring about a greater understanding of the emotions and pressing needs of others.

Your Emotional Quotient in Detail



Emotional Self Awareness



Meaning

Being aware of and recognize one's own emotions

Expert Analysis

You find some difficulty in understanding the emotions that you experience. As a consequence, you also face some difficulty in understanding what you think and do as a result of those emotions. This limited awareness restricts your ability to understand how your emotions drive your behavior. Moreover, you may be carried away by your negative emotions at times and it may interfere in your capacity to make the right decisions and take the right action

Development Plan

- Identify your feelings: Be open to identifying and naming your feelings. This will help you to understand yourself better and also be aware of the feelings that led to specific behaviours.
- Identify causes for negative feelings: You must realistically evaluate as to what led to negative feelings and be aware of factors that overpower you capacity to make the right decisions.



Emotional Self Efficacy



Meaning

Belief in one's capability to understand and deal with one's emotions

Expert Analysis

Your score indicates that you partly believe in your capacity to understand and deal with your own emotions. You also have some doubts regarding your ability to regulate them. This hampers your ability to make the right decisions in some situations . You believe that both external and internal factors are the cause for negative emotions and as a result, you often don't take responsibility for your own feelings

Development Plan

- Be confident: Be confident in your own potential to understand and deal with emotions.
- Encouragement: Take the help of your friends and family to boost your confidence. Their encouragement will have a positive influence in improving your emotional self-efficacy

Your Emotional Quotient in Detail



Emotional Regulation



Meaning

Managing one's constructive as well as destructive emotions well. Ability to manage stress, anger and anxiety

Expert Analysis

Your score indicates that you may find it hard to manage your emotions. If the pressure is high, it may interfere in your ability to give your best. You also have difficulty asserting yourself, and there are situations in which you find you are being taken advantage off. If a performance in a particular situation is too important for your future, you may find the anxiety unmanageable. Your inability to manage your emotions may also cause problems in some of your interpersonal relationships. When faced with a setback or a failure you may find it hard to deal with it

Development Plan

You can improve emotional regulation by following strategies.

- Reappraisal: This involves reinterpreting the meaning of an event so as to alter the emotional impact. For example, this might involve reinterpreting an event by broadening one's perspective and looking "at the bigger picture."
- Distancing: This involves that you that you don't evaluate situations according to your emotions
- Humor: You can also make use of humor to effectively manage emotions



Motivation



Meaning

Having achievement drive, optimism, and being committed to one's values, needs and goals

Expert Analysis

Your score indicates that you often start a task with enthusiasm but have a hard time sustaining it. At other times you are not able to start the task itself because of the lack of drive, which is required to achieve goals. When you are feeling low, you find it hard to come up with strategies that can help you overcome this inertia. You are not able to focus on a particular task because you get distracted easily. Your low motivation continuously interrupts your progress at home and at work. You find it hard to get inspired by your surroundings. This results in your setting fewer goals. In case of urgent and pressing goals, you find the goal attainment process exhausting and hard to initiate

Development Plan

- Choose goals that are intrinsically satisfying: You need to also make sure that the set goals are intrinsically rewarding, i.e. goals that include activities that you enjoy doing.
- Ask your friends to encourage you: Ask for encouragement from your friends whenever the task gets difficult and you want to give up.
- Set few small goals, and commit to achieve them: Instead of setting too many goals, in the beginning, set few, achievable goals and gradually move towards more challenging one

Your Emotional Quotient in Detail



Conflict Management

1 2 3 4 5 6 7 8 9

Meaning

Ability to resolve conflicts through negotiations

Expert Analysis

You are comfortable with resolving conflicts. You are usually clear about what you want from a particular situation, and also the needs of the other party involved. You can listen to people, and often figure out their reasons for the resistance in resolving a particular issue. You are able to read the non verbal signs which at times provide an important insight in resolving the conflict. You are flexible in your approach & opinions, and with some efforts can see the perspective of the other side also. You believe that two different positions can share a great deal of commonality and benefit much from the differences. You can maintain emotional composure in a tense situation with some effort. You have a number of strategies to deal with the pressure, which you recognize to be a part and parcel of a conflict resolving situation

Development Plan

You can improve conflict management by using the following strategies

- **Wait and watch:** You can choose to wait for a few days, if you find conflict is beyond your control at present. Waiting for a few days often allows you to come up with appropriate strategies to resolve the conflict. This strategy can diffuse the tense situation.
- **Working with a role model:** You can greatly improve your conflict management skills by working with a person who is good at resolving conflict. By observing how this individual deals with various challenges in the conflict management situations, your self-belief in regard to developing these skills would increase.
- **Right preparation:** You can increase your confidence in resolving conflict by thorough preparation. This means you collect all the evidence pertaining to the issue involved. Preparing extensively would make you realize the loopholes, which you can overcome in advance.

Your Dominant Style



People Orientation



Administrative
Orientation

Your Dominant Interests



Social Sciences &
Humanities



Media &
Communication



Psychology



Legal



Commerce &
Management

Your Dominant Personality



Locus of Control



Extraversion



Agreeableness

Your Dominant Aptitude



Mechanical



Creative



Logical Reasoning

Your Dominant Emotional Quotient

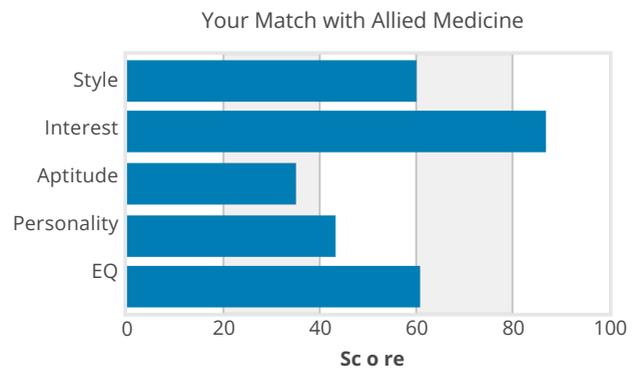


Conflict
Management



Empathy

Career Match with Allied Medicine



Without allied medicine professionals, the integral health management is out of gear and non-functionary. The upsurge in the number of patients, array of diseases and demand for the extensive treatment has paved the way for the paramedical professionals who are expert technicians or therapists in providing better quality health care. A paramedic is a professional who assists the doctor in the specialized fields and assists in better diagnosis, treatment and therapy. Hence, paramedics are the key players in the health and medical sector.

Specialized fields include- Physiotherapy, Radiology, Audiology, Optometry, Speech Therapy, Occupational Therapy, Orthotic and Prosthetic Technology, Renal Dialysis Technology and many more.

The competition in this field is relatively low compared to Medicine since many candidates are unaware of the myriad options and bright futuristic prospects, which the field offers.

Aspirants must have pursued Science with Biology at the 10+2 level for admission to BSc courses at college level.

Job offers for these professionals come from Leading Hospitals, Diagnostic Centre Chains etc.

Trending fields include- Audiologists, Occupational Therapists, Pharmacy, Surgical Technologist

[Read more about Allied Medicine >](#)

Career Match with Allied Medicine

Top 10 Skills Needed for a Career in Allied Medicine

- Critical thinking and problem-solving skills
- Analytical and research skills
- Attention to detail
- Strong communication and interpersonal skills
- Data analysis and interpretation skills
- Technical writing skills
- Ability to work in team
- Knowledge of laboratory techniques and instrumentation
- Ability to understand and apply scientific principles
- Time management and organization skills

Trending Jobs in the Domain of Allied Medicine

- Research scientist
- Laboratory technician
- Medical Technologist
- Physical Therapist
- Optometrist
- Perfusionist
- Respiratory therapist
- Occupational Therapist
- Audiologist
- Speech Therapist

Institutes /Universities in India Offering Undergraduate Programs Allied Medicine

- All India Institute of Medical Sciences - Allied Health Sciences, Multiple Locations
- Christian Medical College - Allied Health Sciences, Vellore
- Sri Ramachandra Faculty of Health Sciences, Chennai
- Jamia Hamdard - School of Nursing and Allied Health Sciences, Delhi
- Apollo Institute of Hospital Management and Allied Sciences, Chennai
- Manipal School of Allied Health Sciences, Karnataka
- Amrita Centre For Allied Health Sciences, Kochi
- SGT University, Gurgaon
- Chitkara University - School of Health Sciences, Solan
- Noida International University, Noida

Institutes /Universities Abroad Offering Undergraduate Programs in Allied Medicine

- University of California, San Francisco (UCSF), USA
- University of California, Berkeley, USA
- University of Cambridge, UK
- University of Oxford, UK
- McGill University, Canada
- University of Toronto, Canada
- University of Sydney, Australia
- University of Queensland, Australia
- University of Amsterdam, Netherlands
- University of Hong Kong
- National University of Singapore (NUS), Singapore

Common Entrance Exams for Allied Medicine in India

- National Eligibility cum Entrance Test (NEET)
- Common University Entrance Test (CUET UG)
- Institute level Entrance test / Board marks

Disclaimer: The above information is indicative in nature about the career domain. For detailed information it is recommended to connect with Career Coach. Do note that some specializations are available at the Post Graduate level and the college list covers the same.

Discover more at <https://students.eeshabagga.in/careerlibrary>

Career Match with Food & Agriculture



This field is simply not just about harvesting, crops, seeds, pesticides etc., but also delves into the aspects of trading, feasibility studies, food processing, marketing as well as economics. If the prospect of getting into the management or the business side of the agriculture interests you, then the relatively new courses like B.Sc. in Agriculture Business Management may interest you.

Specializations in the field are - Food Science, Plant Science, Animal Science and Soil Science.

With the demand for improvement of the food quality and production techniques it has led to a career gateway for the interested students to pursue this course.

Candidates must have had Science with biology at 10+2 level for this course. Some institutions also have admissions via entrance tests.

Top recruiting companies- ICRISAT, Indian Agriculture Research Institute and many more.

Trending fields - Agriculture Scientists, Agronomy

[Read more about Food & Agriculture >](#)

Career Match with Food & Agriculture

Top 10 Skills Needed for a Career in Food & Agriculture

- Domain Subject Knowledge
- Technology Proficiency
- Adaptability
- Communication skills
- Sustainability Knowledge
- Understanding Regulations and compliances
- Team work
- Cultural awareness

Trending Jobs in the Domain of Food & Agriculture

- Agricultural Scientist
- Agronomist
- Plant Breeder/Geneticist
- Food Technologist
- Food Safety Manager
- Nutritionist/Dietitian
- Agricultural Engineer
- Farm Manager
- Agricultural Economist

Institutes /Universities in India Offering Undergraduate Programs Food & Agriculture

- Indian Agricultural Research Institute (IARI), New Delhi
- Indian Council of Agricultural Research (ICAR), New Delhi
- Indian Institute of Technology Kharagpur
- University of Delhi, Delhi
- SRM Institute of Science and Technology, Chennai
- University of Agricultural Sciences (UAS), Bangalore
- Tamil Nadu Agricultural University (TNAU), Coimbatore
- Punjab Agricultural University (PAU), Ludhiana
- Banaras Hindu University (BHU), Varanasi
- Indian Institute of Food Processing Technology (IIFPT), Thanjavur

Institutes /Universities Abroad Offering Undergraduate Programs in Food & Agriculture

- University of California, Davis, USA
- University of Reading, UK
- Cornell University, USA
- University of Nottingham, UK
- University of Queensland, Australia
- University of British Columbia, Canada
- Swedish University of Agricultural Sciences, Sweden
- University of Guelph, Canada
- University of Hohenheim, Germany
- Lincoln University, New Zealand

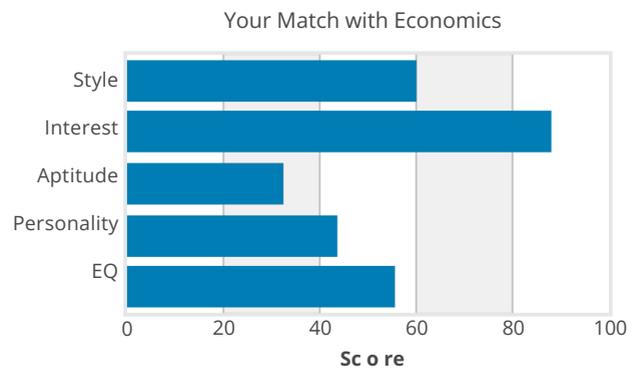
Common Entrance Exams for Food & Agriculture in India

- CUET - ICAR UG
- Punjab Agricultural University (PAU) entrance exam
- Joint Entrance Examination (JEE) Mains and Advanced
- West Bengal Joint Entrance Examination JEE
- MHTCET
- Central University Entrance Test (CUET)

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Career Match with Economics



Economics is the study of deep insight in economical functions at macro and micro levels to handle the global market. It is the science of economic system and theories that manages production, distribution and consumption of goods and services. Economics favours quantitative skills and critical thinkers.

Fields involved in economics are econometrics, international economics, economic policy making, public finance, development economics, monetary economics, etc.

Economics as a career provides good opportunities to conquer an edge in today's globalizing world. The industrial sector has great demand for economist at both the national and international level. The fastest growth in demand for economics is being witnessed in the private sector, especially in the areas of consulting and economic research. Economists are equally important in the government sector, entry to which is on the basis of UPSC examination (Civil Services in IES).

Candidates aspiring for career in Economics must have passed the 10+2 (HSC) examination from recognized Board/University with Economics as one of the recommended subjects. One can move on to pursue Bachelor's degree in Economics followed by a Master's Degree or Doctor of Philosophy degree for prospective economists to be competitive. However, job prospects are open after graduation itself.

The top recruiters include Private and Public Banks, Private and Government Research Centres, Multi National Companies, Consulting Companies.

Trending Field: Business Economics, Monetary economics, Financial economics

[Read more about Economics >](#)

Career Match with Economics

Top 10 Skills Needed for a Career in Economics

- Analytical skills
- Critical thinking skills
- Problem-solving skills
- Strong mathematical skills
- Ability to analyze and interpret data
- Writing and communication skills
- Attention to detail
- Ability to work independently and in a team
- Research skills
- Knowledge of economic theories and principles

Trending Jobs in the Domain of Economics

- Economist
- Financial Analyst
- Investment Banker
- Market Research Analyst
- Data Analyst
- Policy Analyst
- Business Analyst
- Economic Consultant
- Statistician
- Risk Analyst

Institutes /Universities in India Offering Undergraduate Programs Economics

- Delhi School of Economics, Delhi University
- University of Delhi, Delhi
- Loyola College, Chennai
- Christ University, Bangalore
- Fergusson College, Pune
- Ashoka University, Sonapat
- Gokhale Institute of Politics and Economics, Pune
- Presidency University, Kolkata
- Symbiosis International University, Pune
- NMIMS University, Mumbai

Institutes /Universities Abroad Offering Undergraduate Programs in Economics

- Harvard University, USA
- University of Toronto, Canada
- University of Sydney, Australia
- Erasmus University Rotterdam, Netherlands
- University of Warwick, UK
- London School of Economics and Political Science (LSE), UK
- Stanford University, USA
- Hong Kong University of Science and Technology, Hong Kong
- Stockholm School of Economics, Sweden
- Bocconi University, Italy

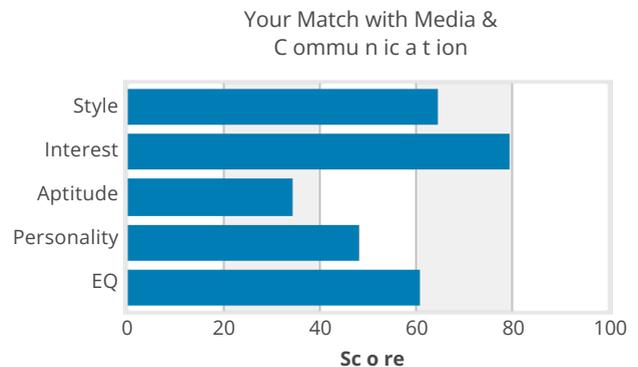
Common Entrance Exams for Economics in India

- Central University Entrance Test (CUET)
- Christ University Entrance Test (CUET)
- Ashoka Aptitude Test (AAT)
- Symbiosis Entrance Test (SET)
- NMIMS Entrance Test (NPAT)

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Career Match with Media & Communication



Journalists in the 21st century play a very important role in providing necessary information to people regarding the day-to-day life and keep the citizens of the country updated with the current affairs and happenings that take place. Mass communication helps in disseminating such wide range of information to the people in a variety of ways such as audio, video, graphics, animation etc. Today, journalism is not only about reading out news to the people, but is central to shaping the thought patterns among people. With the increasing number of news channels, newspapers and the expansion of technology, journalism and mass communication has a wide scope and plenty of opportunities.

Mass communication opens the door to fields like public relations, editing, scriptwriting, video jockey, and radio jockey amongst many others.

The coursework for journalism and mass communication provides the technical aspects of knowledge required for the field. Other important skills necessary for the field are the ability to write and speak effectively, interest in the current affairs. General knowledge constitutes an important component of journalism and mass communication.

Specialization in the field of journalism is available in areas like sports, politics, finance and economics, investigation etc. Master level courses are also available and are also considered to be important for future growth.

Some of the top job recruiters in the field include AIR, NDTV Network, India Today Network, Hindustan Group of Publications, Viacom etc.

Trending Field: Reporters, Journalists, Editors, Scriptwriters, Anchors, Writers etc.

[Read more about Media & Communication >](#)

Career Match with Media & Communication

Top 10 Skills Needed for a Career in Media & Communication

- Excellent communication skills - both written and verbal
- Proficiency in digital media platforms and tools
- Creative thinking and problem-solving abilities
- Ability to work in a team and manage multiple projects simultaneously
- Strong analytical and research skills
- Understanding of media laws and regulations
- Interpersonal and networking abilities
- Time management and organizational skills
- Adaptability and flexibility
- Attention to detail and accuracy

Trending Jobs in the Domain of Media & Communication

- Digital Media Strategist
- Social Media Manager
- Public Relations Specialist
- Advertising Account Executive
- Content Creator/Writer
- Multimedia Artist/Animator
- Video Editor
- Graphic Designer
- Event Planner
- Brand Manager

Institutes /Universities in India Offering Undergraduate Programs Media & Communication

- Symbiosis Institute of Media & Communication, Pune
- Bennett University, Noida
- University of Delhi, Delhi
- Christ University, Bangalore
- Amity School of Communication, Noida
- Jagran Lakecity University, Bhopal
- Manipal Institute of Communication, Manipal
- St. Xavier's College, Mumbai
- University of Mumbai, Mumbai
- Ashoka University, Sonapat

Institutes /Universities Abroad Offering Undergraduate Programs in Media & Communication

- University of Southern California, USA
- New York University, USA
- University of Melbourne, Australia
- University of Sydney, Australia
- University of Leeds, UK
- University of Amsterdam, Netherlands
- University of British Columbia, Canada
- London School of Economics and Political Science, UK
- University of Texas at Austin, USA
- Nanyang Technological University, Singapore

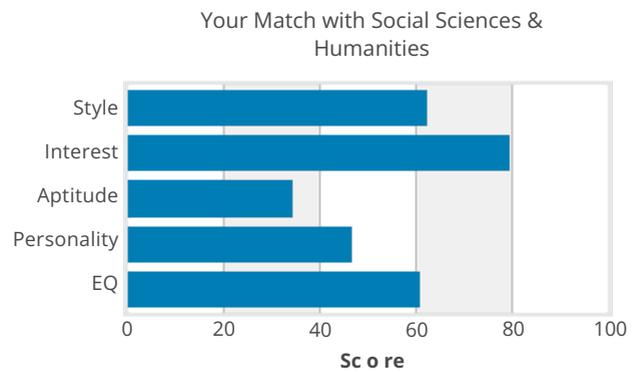
Common Entrance Exams for Media & Communication in India

- Central University Entrance Test (CUET)
- Christ University Entrance Test (CUET)
- Symbiosis Entrance Test
- Ashoka Aptitude Test (AAT)
- Manipal Entrance Test

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Career Match with Social Sciences & Humanities



Social Sciences and Humanity is a science that deals with understanding various aspects of human development. It includes a vast domain of career options such as psychologist, sociologist, historian, political scientist, archaeologist, anthropologist amongst others.

While a career in engineering and medical field is becoming a traditional and obscure concept, competition in these fields is fast increasing. Securing a seat in good social science colleges requires outstanding marks at the +2 level. On the other hand some universities are conducting entrance tests and personal interviews as a selection process.

Although it will be quite helpful to take up stream of humanities/social sciences/arts in 10+2 examinations, but there has also been an influx of science and commerce students in the field of social sciences at the under graduation level. A Bachelor's degree in psychology, sociology, political sciences and anthropology is a benchmark in career qualification. One may further go for masters degree and PhD for better career prospects.

Jobs opportunities can be found in Private Sector, Government Sector, Judiciary sector amongst others depending upon the area of specialization.

Trending Field: Counsellor, Archaeologist, Anthropologist

[Read more about Social Sciences & Humanities >](#)

Career Match with Social Sciences & Humanities

Top 10 Skills Needed for a Career in Social Sciences & Humanities

- Critical Thinking
- Research and Data Analysis
- Communication
- Interpersonal Skills
- Problem-Solving
- Adaptability
- Cultural Awareness
- Time Management
- Leadership
- Ethics

Trending Jobs in the Domain of Social Sciences & Humanities

- Data / Market Research Analyst
- Human Resource Manager
- Content Writer
- Social Media Manager
- Public Relations
- Event Planner
- Journalism & Mass Comm
- Social Worker
- Foreign Language Specialist
- Legal Researcher

Institutes /Universities in India Offering Undergraduate Programs Social Sciences & Humanities

- University of Delhi, New Delhi
- Presidency College, Kolkata
- Loyola College, Chennai
- Christ University, Bengaluru
- Tata Institute of Social Sciences, Mumbai
- Jawaharlal Nehru University, Delhi
- Ashoka University, Sonapat
- Fergusson College, Pune
- Flame University, Pune
- NMIMS, Mumbai

Institutes /Universities Abroad Offering Undergraduate Programs in Social Sciences & Humanities

- Harvard University, USA
- Stanford University, USA
- University of Chicago, USA
- King's College London, UK
- University of Oxford, UK
- University of British Columbia, Canada
- University of Toronto, Canada
- University of Amsterdam, Netherlands
- University of Melbourne, Australia
- University of Sydney, Australia

Common Entrance Exams for Social Sciences & Humanities in India

- Central University Entrance Test (CUET)
- Christ University Entrance Test (CUET)
- Ashoka Aptitude Test (AAT)
- Flame Entrance Aptitude Test (FEAT)
- NMIMS (NPAT) & Department specific entrance

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GOT ANY QUESTIONS?

Consult with our experts



