



INTEGRAL UNIVERSITY, LUCKNOW

Center for Career Guidance & Development

Creating Possibilities.....Enabling Growth

Event Report

Seminar on: - PSC / UPPSC (IAS) Preparation by Physics Wallah

The Center for Career Guidance and Development at Integral University, organized a seminar on UPSC / UPPSC (IAS) Preparation by Physics Wallah which saw an impressive turnout of **75 students**. The session featured **Mr. Salim**, a **distinguished UPSC faculty member renowned for his expertise in science and technology**. The seminar aimed to enlighten Integral University students about the intricacies and importance of UPSC/UPPSC (IAS) exams, guiding them through the syllabus, strategic preparation methods, and the career prospects associated with these prestigious examinations.

Mr. Salim initiated the seminar by emphasizing the profound significance of exams such as UPSC, IAS, and PCS, shedding light on their prestige and the aspirations of numerous students to qualify each year. He delved into the extensive career opportunities and positions one can attain upon successful qualification. He highlighted the importance of utilizing authentic and diverse study materials, recommending textbooks, online resources, and reputable coaching institutes' aids in comprehensive understanding. He underlined the value of regular mock tests and solving previous years' papers to gauge preparation levels, identify weaknesses, and understand the exam pattern as it assists in time management and boosts confidence.

Mr. Salim meticulously outlined the syllabus for each exam, commencing with the General Paper that covered a wide range of topics from Current events of National to International importance. He further elucidated the second paper comprising: Comprehension, Interpersonal skills & communication, Logical reasoning & analytical ability, Decision making & problem-solving, General mental ability, Basic numeracy (Class X level), Data interpretation (Class X level).

Mr. Salim continued by encouraging the habit of making concise and comprehensive notes while studying to aid in quick revision. He provided insights into the weightage and time allocation for each topic, emphasizing the rigorous training and practice needed to tackle these challenging exams. He discussed strategic approaches to managing the syllabus within 6 months to 1 year, outlining effective strategies for comprehensive preparation. Furthermore, he emphasized the

significance of mental and physical health during preparation elaborating on the techniques for stress management, regular breaks, physical exercise, and a balanced diet which plays a pivotal role in sustaining focus and energy levels.

Mr. Amir Khan, Training and Placement officer, CCG&D, coordinated the event. The session culminated with a scholarship test and an engaging Q&A session, allowing students to address their queries and concerns, further enhancing their understanding of the exam structure and preparation methods. Overall, the seminar proved instrumental in guiding Integral University students towards a structured and informed approach to preparing for these prestigious examinations, fostering a sense of preparedness and confidence among the attendees.

Glimpses of the session:



Students giving the scholarship test



Mr. Salim making a presentation