

Report
On
Career Counselling Session 2024
on
"Don't Limit Yourself"
Monday, May 13, 2024
Organized by

**Department of Humanities and Social Sciences in Collaboration with
CCG&D, Admission Cell & PW (Only IAS)**

On May 13, 2024, the Department of Humanities and Social Sciences at Integral University, Lucknow, in collaboration with the Centre for Career Guidance and Development (CCG&D), the Admission Cell, and Physics Wallah (Only IAS), organized an impactful career counselling session titled **"Don't Limit Yourself"**. The event commenced at 10:30 AM at the University Auditorium and aimed to provide students with valuable insights and guidance on pursuing careers in the Indian Administrative Services (IAS). Two experts from Physics Wallah (Only IAS Team), **Dr. Mohammad Saleem** and **Mr. Veerendra Kumar Mishra**, a distinguished faculty member from PW Only IAS, delivered a talk on the theme of the session.

By emphasizing the importance of the Career Counselling Session and its benefits for students, **Prof. Zeba Aqil**, Head, the Department of Humanities & Social Sciences, welcomed the guests and participants. The program was anchored by **Dr. Vandana Mishra**, Assistant Professor from the Department of Humanities and Social Sciences. She highlighted the importance of career guidance and the university's commitment to student development.

Mr. Veerendra Kumar Mishra initiated the counselling & provided insights into the intricacies of Polity & Governance. He discussed the critical aspects of governance that IAS officers must navigate and shared practical tips on preparing for this segment of the IAS examination effectively. He also discussed other career options for students from all branches of the university.

Later, **Dr. Mohammad Saleem** focused on the significance of a strong foundation in CSAT preparation for IAS aspirants in his talk. He emphasized the role of scientific knowledge in addressing contemporary administrative challenges and encouraged students to integrate

technological advancements in their preparation strategies. Dr. Saleem suggested that students should have strong self-belief from the graduation level and start their journey of IAS preparation early. Both speakers also invited questions and queries of the students and responded to all of them eloquently.

The coordinators, **Dr. Khurshed Alam, Dr. Mohd Shahwaiz, and Dr. Vandana Mishra**, played a pivotal role in ensuring the program's success and enhancing the career opportunities for the students. The session concluded with a vote of thanks delivered by **Dr. Priyanshi Gupta**, Assistant Professor, Humanities & Social Sciences, Integral University

By acknowledging the needs of the students, this organized session successfully meets the desired goals by providing direction and motivation, helping students in their academic and professional pursuits.



Regards,

Prof. Zeba Aqil,

Head,

Humanities and Social Sciences,

Integral University, Lucknow