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Feedback from the participants on our training.

Before the class i think just go and passing the time. But your approach is very different. First time i attend this type of training.

-- Mr. R. Manohar, Student, II-EEE, KSR College of Engineering, Tiruchengode.

I have never attended such a placement class. i never felt bored even for a single minute. I will never forget the class in my lifetime.

-- Ms. Rupa Blessina, Student, II-EEE, KSR College of Engineering, Tiruchengode.

That's my luck and god's gift to meet you and your instructions. I am so happy after attending this session.

-- Mr. Thirupathy, CSE, Customer Support Execitive, NTL, Chennai

Boost your Self Esteem

Self Appreciation

One way to develop a strong sense of happiness is to give yourself the gift of self-appreciation. Offer yourself the same respect and kindness you give to those you care deeply about. Treat yourself to favorite pastimes - great music, happy people, laughter. Self appreciation is the first step to build your self-esteem, that too it greatly improves your self image. This makes us to understand yourself more.

Stop Comparing Yourself with Others.

Nothing can hurt our self-esteem more than unfair comparisons. He has 3,000 Facebook friends while I only have 300. She can outrun me on the field when we play ball. He has a bigger house and a costly car than I have. You can see how this might impact our feelings about ourselves, the more we do this sort of thing.

It's tough, but you need to stop comparing yourself to others. The only person **You** should be competing against is **Yourself**. These comparisons are unfair because you don't know as much as you think you do about these other people's lives, or what it's really like to be them. You think it's better, but it may be 100 times worse than you can imagine. Comparing with others often leads to

negative self-talk.

Remember things that you have achieved.

This can be difficult at first, but after a while, you'll develop a handy mental list of self-esteem boosting memories. And if you're thinking "But I've never achieved anything", I'm not talking about climbing Everest here.

Things like passing your driving test (despite being nervous), passing exams (despite doubting that you would), playing team sport, getting fit (even if you let it slip later), saving money for something, trying to help someone (even if it didn't work) and so on.

Think back when you did something new.

Learning something new is often accompanied by feelings of nervousness, lack of self belief and high stress levels, all of which are necessary parts of the learning process. The next time you feel under-confident, remembering this will remind you that it's perfectly normal - you're just learning!

Engage in activities you really enjoy.

This is where we boost our self esteem drastically. If you do your favorite activity, you will do better. If you perform well, that will boost your self esteem, and you will feel better.

Our New Product

Training for

NON-TEACHING STAFF



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How to be an Ideal Employee in Office

Earning well in your professional life is each one of your dream. Apart from that, each one of you might be wishing to have a healthy work environment and will be expecting a chance for bagging a promotion for the hard work you have done. But, many might now the fact that, to make all these above mentioned expectations to come true, firstly, you as an employee at a company must be an ideal employee. So, here are few tips that can help you to be an ideal employee at your workplace, *as reported by Tejas Morey on the Mensxp website.*

Be a punctual employee at work:

Being on time at workplace is appreciated by every employer wherever you go. If you are punctual at work, you can get the tendency to reach any deadlines that you are asked to meet. Don't forget the fact that maintaining the timeliness at work is considered as one of the essential factors at the workplace. Be-

ing punctual will also help you to deliver your work in a great manner and will be appreciated by everyone at your workplace and you can be called as a trust-worthy employee by your employers.

Take your own decisions:

At a workplace, you always need to be practical and you need to think very practically and take up vital decisions at the right moment. You need to be a thorough professional and you need to be well versed in understanding the ins and outs of your business activities you are doing. If you want to grow up in your professional life, learn and take up your own decisions that can benefit the



If you are punctual at work, you can get the tendency to reach any deadlines that you are asked to meet.

company you are serving. Avoid taking initiatives without a prior knowledge about it.

Don't be a gossip geek:

Yes, gossiping at work is one of the deadliest mistakes you can do at your workplace. Even after you guys are aware of this fact; many are there who cannot avoid themselves from gossiping about their colleagues and their boss. So, the main thing that you need to know is gossiping can damage your career very badly and so to be an ideal employee, try to be away from gossiping with your colleagues about others. Just try to keep your opinion on others to yourself and come up in your professional life.

Source: siliconindia.com



Training Activities



Training for Call Centre Executives @ NTL, Chennai.

Around 200 call centre executives got trained in this first level of training @ NTL, Chennai. This programme is to know their current level in personal as well as professional life.



Soft skills Training @ Erode Sengunthar Engineering College.

3 days of training conducted for all the final year students of Erode Sengunthar Engineering College, Thudupathi on Communication skills, Presentation skills, Profiling, GD and Interview skills.

Communication Skills (English) Training @ Avinashilingam University.

6 days of Communication skills training conducted on English language in the month of December and January for II year Engineering students of Avinashilingam University.

Aptitude Training @ Srinivasan Engineering College, Perambalur.

Second year MCA students of Srinivasan Engineering college, perambalur got trained on Quantitative Aptitude and Basic English.

Soft skills training @ NGP Arts and Science College.

Around 80 BCA students got trained on Soft Skills from NGP College of Arts and Science, Coimbatore. Trends and Expectation of the Industry and self analysis were the topics covered.

Highest Paying Jobs in India Even With Less Education

As getting a **job is becoming tougher in India** and even across the world, not all the budding professionals are just looking at the IT firms or any other business firms for jobs. This is because, earlier it was considered to be a pride factor, if you are working for MNC and Government sector firms, but now the viewpoint seems to have changed in the minds of our people, as we are finding many people having varied interests when it comes to professional life.

The present budding professionals have learnt the fact that, even with minimal educational background, there are varieties of other career options if they search well. But the only thing needed here, apart from minimum educational background is that, you need to have the passion towards the work you are looking out as without having a passion towards it, there is no sense in opting it as your profession.

As this article describes you about the different job opportunities you can get even by having less educational background, it can be considered as a small trail to make your job search easier by looking out on variety of career options mentioned in this article. So, check out the list of jobs in this article,

taken from the Hub Pages website that was published by Kannan Reddy.

Author:

Before dreaming about this profession, which is not actually called as a profession, one thing you need to know is not everybody can become an author. Yes, it is true that every individual on earth would have got a good thinking capacity, but you must also not neglect that fact that, very few among them will be

Now the viewpoint seems to have changed in the minds of our people, as we are finding many people having varied interests when it comes to professional life.

having the capacity to put what they think, on the white paper and give it to their readers. If you think you have a very good thinking capacity, creativity, imagination and writing skills, then why waiting? You can take up a career by searching for a job in any of the top publications in your place. No doubt this profession is a good paying job.

Event Manager:

Any degree holder can try out a hand in this profession, if they have the talent of being creative always and have



the capacity to give something new each time to their clients. But, if you are pretty serious in taking up this profession, then you can have a diploma or a post-graduate degree in this course from any institute that provides a course for event-management, even though this training certificate is not compulsorily needed to take it up as your profession.

Event management can be considered as one of the best professions anyone can have because; showing up your talent and new skills every day is not an easy job to do. But this profession can give you a very good platform to show your communicative skills, create an opportunity to meet new faces in every event etc. You can have a very good chance to roam around the world, if you have clients from different parts of the world. You can bring happiness on someone's face by the way you have designed their function. The pay scale is pretty high in this profession and it also depends on the type of client you get each time.

Contd... In Next News Letter.

Source: jobs.siliconindia.com



NGP Arts & Science Training @ NTL, Chennai.

2 batches, around 80 students of second year BCA from NGP college of Arts and Science will be trained in the second level of training on Communication and Presentation skills for 2 days.

As this is the permanent project, the next set of around 400-500 Call Drivers and call center executives will be trained on **Soft skills training** in the month of February 2013.



Our Chairman
Mr. G. Senthilkumar

Dear Readers,

Warm Greetings.

Happy to meet you once again through our News letter Aadhar...

This month we have started implementing our new products and services with all your support.

We have conducted first level training for call centre executives of one of the leading call taxi company, **NTL** based at Chennai. And we have already completed training over **1000 car drivers** of **NTL**.

Chairman's Column

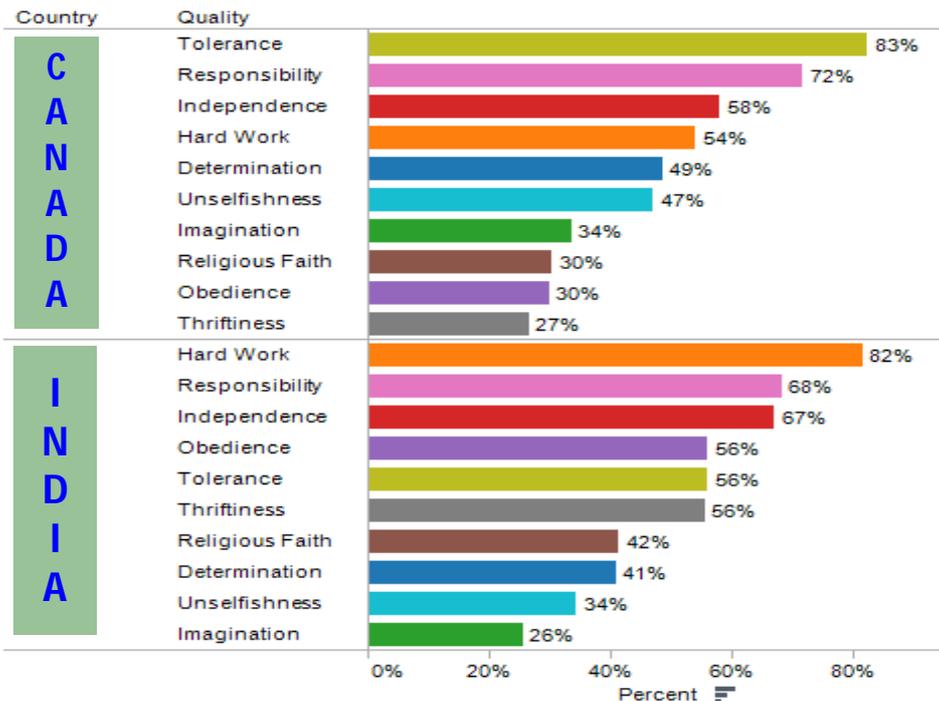
As per few institutions request, we have designed a special training programme for Non-Teaching Staff members in both schools and colleges. Expecting all your support for our new initiative.

Thanks for all your feedback on our News Letters and special thanks our regular readers too.

Keep sending your feedbacks ...

Thank you once again.

Share surveyed who chose each quality as one of Top 5



Source: World Values Survey



We, at helikx, understand the **needs** of the student community and their employability. Our extensive experience of about 2620 programmes and our interaction with various **types and level** of people

makes us **relevant** to college students. We provide solutions to the human problems. Our methods of training will **increase job opportunities** and full-fill students' psychological needs.

We, the team of helikx, have facilitated about 2620 programmes in India and abroad. Our experience is

2,25,000 man-hours. 95,000 persons were benefited by our training programme. They all belong to different walks of life. They range from CEO's to Students. Our team consisting specialists in soft skill, Psychologists and Technocrats that caters to the specific needs of the organisation and deliver the benefit to all stake holders.

Get - Set - Go - a systematic training module for UG/ BE (3+2) days per year for 3/4 years.

Map & Cap - 3days training module for PG/ MBA/ MCA per year for 2 years

Placement Training - Focusing on placements for final year students

OBT - Out Bound Training for UG/ PG students

FDP - 3-day Faculty Development Programme

Counselling skills – a special course on counselling skills (2/4/6 days course) for Faculty

Psychometric Assessments for all.

MBA Specialization - HR practices & Marketing strategies etc.,

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