

Manodarpan

B2C Users

Copyright Disclaimer

This document contains proprietary information of Selfspec Technologies Private Limited. No part of this document may be reproduced, stored, copied, or transmitted in any form or by means of electronic, mechanical, photocopying or otherwise, without the express consent of Selfspec Technologies Private Limited. This document is intended for internal circulation only and not meant for external distribution.



Table of Contents

1 Introduction
1.1 Overview
1.2 Purpose of Manual
1.3 Target Audience
2 Getting Started
2.1 System Requirements
3 User Registration Workflow
3.1 Locating and Clicking on the "Register" Option
3.1.1 Open the Web Application4
3.1.2 Navigate to the Registration Section
3.1.3 Click on "Student"
3.1.4 Make Payment & Registration6
4 Login Workflow
4.1 Locating and Clicking on the "Login" Option8
4.1.1 Open the Web Application8
4.1.2 Navigate to the Login Section9
5 Home
6 Profile 12
6.1 Profile Pic Upload 12
6.2 Change Password
6.3 Profile Details
6.4 Education
6.5 Family Details
6.6 Other
7 Assessments
7.1 Career Pathway 16
7.1.2 Interest, Personality, Value and Belief, Multiple Intelligence
7.1.2 Interest, Personality, Value and Belief, Multiple Intelligence
 7.1.2 Interest, Personality, Value and Belief, Multiple Intelligence
 7.1.2 Interest, Personality, Value and Belief, Multiple Intelligence
7.1.2 Interest, Personality, Value and Belief, Multiple Intelligence
7.1.2 Interest, Personality, Value and Belief, Multiple Intelligence
7.1.2 Interest, Personality, Value and Belief, Multiple Intelligence.177.1.2 Aptitude197.2 Wellbeing217.2.1 Wellbeing Category Assessments228 Assessment Reports258.1 Career Pathway258.2 Wellbeing28

Manodarpan

8.2.1 Individual Category Report	
8.2.2 Consolidated Report	30
9 All Career Pathway	32
10 Purchase Plan	33
11 Invoice	33



1 Introduction

1.1 Overview

Manodarpan simplifies student support by providing a platform for assessing mental being and conducting career assessments.

1.2 Purpose of Manual

This manual guides you through our platform and helps you understand how to sign up, take assessments and view your reports.

1.3 Target Audience

This manual assists students filling in wellbeing and career assessments on the Manodarpan platform.

2 Getting Started

2.1 System Requirements

The user should have a laptop, desktop, or mobile device with a good internet connection and should be able to access the platform on browsers such as Microsoft Edge, Mozilla Firefox, and Google Chrome.

3 User Registration Workflow

3.1 Locating and Clicking on the "Register" Option

3.1.1 Open the Web Application

Open your preferred web browser and type the application's URL in the address bar (https://manodarpan.com).



3.1.2 Navigate to the Registration Section

- On the homepage, look for the "Register" option.
- You can usually find it at the top-right corner of the screen or within the login section.



3.1.3 Click on "Student"

• Once located, click the "student" button you will be redirected to the pricing page on the website, where you can setup the plan selection and proceed for registration.

Choose The Perfect Fit For Your Growth With Our Flexible Pricing Plans						
Complete Wellbeing ₹ 2,100 (GST Excluded) What all is included? Comprehensive wellbeing analysis Instant reports & summaries All 10 wellbeing assessments (included) Detailed reports to all wellbeing areas	Please select a pl Mixed (Wellbeing + career)	An for Registration. Fiex Wellbeing £100 (GST Excluded) What all is included? instant reports & summaries ; Wellbeing Assessments (choose from 16) . Detailed wellbeing reports	Complete Career E 2.100 (CST Excluded) What all is included? Instant reports 8 summaries Information on 25 unique career pathways S Mandatory Career Assessments Detailed career reports on interests, aptitude, personality, values and belief			

• After desired plan selection, you click on "Proceed to Register" button then you will be finally redirected to registration page (app.manodarpan.com), where you can fill the mandatory fields.

Mixed (Wellbeing + Career)	₹ 2,100
Discount Coupon Enter Coupon Code Apply	
Net Amount	₹ 2,100
GST (18%)	₹ 378
Total Amount Payable	₹ 2,478
	Proceed To Register

https://app.manodarpan.com

nt Registration Detai	Last Name Enter your last name	
ır first name	Last Name Enter your last name	
ur first name	Enter your last name	
ur email		
	State	
~	~	
	Pincode	
	Patrice Princode	
ø	ketype Password	
	·) ·)	State V Pincode V Enter pincode Retype Password ******

3.1.4 Make Payment & Registration

- After filling all the mandatory fields like (Name, Email, Password etc..) and check the terms and conditions.
- Click on "Make Payment & Register" button proceed for payment

Manodarpan		ogin
Mellbein Orareer Dathways	Student Registration Details First mais Lest Name Image: State Image: State County State Image: State <t< th=""><th></th></t<>	

• Redirected to payment gateway interface



After Successful Payment Completion, the user is redirected to the Login Page with the confirmation "Thank You for registering with Manodarpan"

Manodarpan				
Mellbeing Pa	Thank you for registering with Manodarpan	8	Forgot Password?	

• The user will receive a confirmation email at their registered email address and, upon clicking the Login button, will be redirected to the Login Page







4 Login Workflow

4.1 Locating and Clicking on the "Login" Option

4.1.1 Open the Web Application

Open your preferred web browser and type the application's URL in the address bar (https://manodarpan.com).

			Manodarpa	n
\leftarrow	C	ttps://manodarpan.com	Q A* ☆	
		-		

4.1.2 Navigate to the Login Section

- On the homepage, look for the "Login" option.
- You can usually find it at the top-right corner of the screen or within the login section
- See multiple options in the dropdown, click on the 'Individual Student' option to be redirected to the Login Page

Manodarpar	1	Home About He	w It Works Pricing	Login Register	
<	Nurturing Min	ds, Shaping Ir Perfect Career Match Get Started	g Futures	Individual Student School Student School Admin	>
Manodarpan					
	Career Pathways) In r your Email & Password to il iter your email	Sign In		
ellbeing		word Iter your password Remember Me		Log In	© Forgot Password?

• Enter valid credentials in the Email and Password fields, click Login, and the user will be redirected to the Welcome screen (Only first-time login after registration welcome screen appears to take additional details)



Re-directed to Home screen





5 Home

After logging in with valid credentials, the user is directly navigated to the home screen and can view a summarized overview of their current profile as below.

Manodarpan				Select Language	Plans Subscribed Flex Wellbeing	Mixed (Wellbeing + Career)	Amish Dist
값 Home 윤 Profile 교 Assessments 윤 Assessment Report	ات > >			Hey, Manish Dixitl e next step towards better wellsbeing an	d career clarity.		
All Career Pathway Purchase Plan Invoice		Total Plan 2	My Plans	Total Assessment 2	Completed 0	Pending 2	Plan Expiry 18-03-2026
[-+ Logout		Profile Complet 25% Edit Profile	te Mor	0% Career Progress we forward on your path towards an ideal career	Well Move forward o	0% being Progress on your path to better well-being	
		View Report Career	<u>Wellbeing</u>	Announcement Please Select Categories Please Complete Pendin	s For Your Wellbeing Plan g Assessments		

- Total Plan indicates the number of plans chosen at the time of registration
- **My Plan** provides details of each selected plan (if multiple plans are opted for), including the number of assessments available, completed, or pending based on their status.
- **Profile Completion** indicates the percentage of information you have updated.
- **Career Progress** indicates the percentage of career assessments you have completed. This applies if you have purchased a plan that includes career assessments; otherwise, a purchase is required to view progress.
- Wellbeing Progress indicates the percentage of wellbeing assessments you have completed. This applies if you have purchased a plan that includes wellbeing assessments; otherwise, a purchase is required to view progress.
- The 'View Report' option displays two links for report redirection: clicking on 'Career' redirects to the Career report and clicking on 'Wellbeing' redirects to the Wellbeing report.
- **Announcements** indicate any new updates on the portal, which you can view by clicking the relevant links



6 Profile

Clicking on the Profile section from the menu displays the default view of your profile and you can edit profiles based on different-2 tabs options.

- Profile Pic Upload
- Change Password Link to redirects to password change screen
- In Profile Tab , you get to know about personal information
- In Education Tab, You can update your education related information
- In family tab, you can update about your family details (optional)
- In Other tab , you update other details.



6.1 Profile Pic Upload

You can upload your new/update profile pic by clicking on camera icon

Manish Dixit	Profile Details	Education	<mark>දිදි</mark> Family	(i) Other
India Change Password	Name : Richard Rills		Phone No. :	
	Email : manish.dixit123	4@yopmail.com	Gender : Male	
	DOB : 01-03-2011		Address : Jamshedpur, 123456	Jharkhand, India,
			Edit	

6.2 Change Password

You can change your password by clicking the 'Change Password' link, which redirects you to the change password window.

	Profile			
Manish Dixit	Details	Education	Family	Other
India Change Password	Name : Richard Rills		Phone No. :	
	Email : manish.dixit12	34@yopmail.com	Gender : Male	
	DOB: 01-03-2011		Address : Jamshedpur, 、 123456	Jharkhand, India,
]
			Edit	

Manodarpan



	Change Password	
Current Password		
Enter your current password	\$	
New Password		
Enter your new password	\$	
Confirm Password		
Enter your confirm password	9	
Enter your confirm password		

6.3 Profile Details

You can update your personal details (Name, Address, Phone Number etc..) except email information.

Profile Details	Education	Family	Other
First Name		Last Name	
Richard		Rills	
Phone No.		Email	
		manish.dixit1234@yopmail.com	m
Gender		DOB	
Male	~	01-03-2011	
Address 1		Address 2	
Enter your address		Enter your address	
Country		State	
India	~	Jharkhand	~
City		Pincode	
Jamshedpur	~	123456	
	Cance	Update	
er Manual	Selfspec Techr	nologies Private Limited	14 P a ş



6.4 Education

You can update your educational details (stream/course, Board, Subjects, School Name, Year of Passing) except class.

2			i		
Profile Details	Education	Family	Other		
Class		Stream/Course			
9th	9th		Select ~		
Board	Board		Subjects		
Select	Select ~		Select		
School		Passing Year			
Enter your school name		Select ~			
	Cancel	Update			

6.5 Family Details

You can update family details, including father's and mother's information.

Do	Ш	<u>a</u>	i
Profile Details	Education	Family	Other
Father's Information			
Name		Email	
Enter your father's name		Enter your father's email	
Phone No.		Education	
Enter your mobile number		Select v	
Occupation		Organization	
Select	~	Enter your father's organization	
Mother's Information		Email	
Enter your mother's name		Enter your mother's email	
Phone No.		Education	
or Monuel	Solfanoo	Technologies Private Li	mitod



6.6 Other

You can update other details; this is an optional tab

Do	Ē	20	i
Profile Details	Education	Family	Other
How did you get to kno	w about Manodarpan?	Reason to join Manodarpar	1?
Select	~	Select	~
Any health issues diag	nosed medically?	Any learning disabilities dia	agnosed medically?
◯ Yes ◯ No ◯ Prefer not to mention ◯ Yes ◯ No ◯ Prefer not to mention) Prefer not to mention
Are you undergoing an	y medical treatment?		
◯ Yes ◯ No	O Prefer not to mention		
	Cance	Update	

7 Assessments

This section has been divided into two subsections, which contain Career Pathway and Wellbeing.

7.1 Career Pathway

This subsection contains five dimensions that helps the user attain an in-depth understanding of their strengths and limitations. It also assists in the identification of career pathways that are most suitable for the user.

The 5 dimensions are as follows:

- Interest
- Aptitude
- Personality
- Value and Belief
- Multiple Intelligence

	o 😑	You Are One Sten Closer To Your Ideal Career
· · · · · · · · · · · · · · · · · · ·		informed decisions with our assessments and insights.
nterest		Aptitude
Interest Check your Interest	Constant Start	Aptitude Personality Check your Aptitude Start

7.1.2 Interest, Personality, Value and Belief, Multiple Intelligence

When a user clicks the Start button for the selected assessment category, they will be redirected to the next screen, where they can view the assessment title, description, plan name (in case of multiple plans, multiple rows will be shown for each assessment), purchase date, and assessment status.

Note – Skipping questions is not allowed; all questions must be attempted. Additionally, the assessment is not time-based.

Bacl Interv +	k est	Instructio Please rea • Start the • Choose th • Remembe • Do not na • Good Luc	ns d carefully and then only pro test with a relaxed mind. he options that appeal the most t ar, there are no right or wrong ans vigate away from the page once k!	ceed for the test.	
S.no	Assessment Title	Description	Plan Name	Purchase Date	Status
1	Interest	Career Assessment for Interest	Complete Career	27/03/2025	Start

When the user clicks on Start, the assessment for the selected category will begin.

Manodarpan

	Manodar Manodar
nterest	① ⁰²
Q.1 enjoy working with tools and machinery.	
Strongly Disagree	
O Disagree	
O Neutral	
○ Agree	
 Strongly Agree 	

After Submission of assessment

Int	terest
Que	
C	Manodarpan
	Congratulations!!
	Total Question Attempted : 24
	ок
) Strongly Agree

After submitting the assessment and clicking "OK," you will be redirected to the main section with the status marked "Completed." If an assessment category is aligned with multiple career plans, its status will remain "Start."

If Single Plan associated with single Assessment Category





7.1.2 Aptitude

When a user clicks the Start button for assessment category, they will be redirected to the next screen, where they can view the assessment title, description, plan name (in case of multiple plans, multiple rows will be shown for each assessment), purchase date, and assessment status.

Note – This segment has time based questions (Mechanical, Verbal, Numerical, Spatial, Reasoning,) and skipping of questions is allowed.

Manodarpan



When the user clicks on Start, the assessment for the Aptitude category will begin. The assessment is divided into multiple segments.

Mechanical Aptitude	 ① ① 10 m 00 s
This section assesses your understanding of mechanical concepts and how things work. Mechanical aptitude is useful in technical fields and for solving practical, real-world problems. This is a timed test. You will have 10 minutes to answer as many questions as you can correctly. Please ensure you have a pen and paper handy for rough work.	
Cancel Start	

After submitting the assessment and clicking "OK," you will be redirected to the main section with the status marked "Completed." If an assessment category is aligned with multiple career plans, its status will remain "Start



If Single Plan associated with Aptitude Assessment Category

		You Are One St Uncover your strengt informed decisions v	ep Closer To Your hs, explore career option vith our assessments an	Ideal Career	
Interest Check your Interest	Completed Value and Belief Check your Value and Belief	Aptitude Check your Aptitude Completed	Completed Multiple Intelligence Check your Multiple Intelligence	Personality Check your Personality Completed	Completed

If Category aligned with Multiple Plans then

	You Are One Step Closer To Your Uncover your strengths, explore career optio informed decisions with our assessments an	Ideal Career
Interest O Check your Interest Start	Aptitude Check your Aptitude	Personality Check your Personality
Value and Belief Check your Value and Belief	Start Multiple Intelligence Check your Multiple Intelligence	Start

7.2 Wellbeing

This subsection contains ten assessments that help users gain insights regarding their wellbeing levels.

The assessments are as follows:

- Eating Attitude
- Attitude to Learning
- Emotional Intelligence



- Bullying & E-safety
- General Wellbeing
- School Satisfaction
- Perception of Self
- Peer Relationship
- Physical Activity
- Learning Style

You can select any 2 categories fro	m Flex Wellbeing Plan	v	
Eating Attitude	Attitude to Learning Check your Attitude to Learning Start	Emotional Intelligence © Check your Emotional Intelligence Start	Bullying and e- Safety Check your Bullying and e- Safety Start
General Wellbeing Check your General Wellbeing	School Satisfaction Check your School Satisfaction	Perception of Self Check your Perception of Self	Peer Relationship Check your Peer Relationship
	Physical Activity © @ Check your Physical Activity	Learning Style Check your Learning Style Start	

7.2.1 Wellbeing Category Assessments

When a user clicks the Start button for assessment category, they will be redirected to the next screen, where they can view the assessment title, description, plan name (in case of multiple plans, multiple rows will be shown for each assessment), purchase date, and assessment status.

Note – Skipping questions is not allowed; all questions must be attempted. Additionally, the assessment is not time-based.

Sample Category



Attitude To Learning

+ +			
		Instructions +	
BE	THE BOOK	Please read carefully and then only proceed for the test.	
	1 600 9000 I	Start the test with a relaxed mind.	
	My	Choose the options that appeal the most to you.	
		Remember, there are no right or wrong answers.	
·~~		Do not navigate away from the page once you have started.	
2 2Q3		Good Luck!	

Asse	ssment				
S.no	Assessment Title	Description	Plan Name	Purchase Date	Status
1	Attitude to Learning	Assessment for Attitude to Learning	Complete Wellbeing	01/04/2025	Start

When the user clicks on Start, the assessment for the selected wellbeing category will begin.

Attitude To Learning		(i) 55
Question:-		
Q.1 feel satisfied when I learn something that interests me.		
Strongly Agree		
◯ Agree		
O Neutral		
O Disagree		
Strongly Disagree		
	Prev Next	

After submitting the assessment and clicking "OK," you will be redirected to the main section with the status marked "Completed." If an assessment category is aligned with multiple career plans, its status will remain "Start



If Single Plan associated with Aptitude Assessment Category

	Gain insights into you take meaningful step	Your Wellbeing ur emotional and mental well-being s toward a balanced and fulfilling li	
You have selected 2 categories from You have all categories access under	Flex Wellbeing Plan r the Complete Wellbeing plan	· · · · · · · · · · · · · · · · · · ·	
Eating Attitude Check your Eating Attitude	Attitude to Learning Check your Attitude to Learning	Emotional Intelligence Check your Emotional Intelligence	Bullying and e- Safety O Check your Bullying and e- Safety Start
General Wellbeing Check your Check your Start	School Satisfaction Check your School	Perception of Self Check your Check your Check of Check your	Peer Relationship Check your Dear



Take Charge of Your Wellbeing Gain insights into your emotional and mental well-being and take meaningful steps toward a balanced and fulfilling life. You have all categories access under the Complete Wellbeing plan You can select any 2 categories from Flex Wellbeing Plan Bullying and e-Safety Emotional Attitude to Learning Eating Attitude 0 0 Intelligence 2 0 Check your Attitude to Learning Check your Emotional Intelligence Check your Bullying and e-Safety Check your Eating Attitude General Wellbeing Perception of Self School Satisfaction Peer Relationship 0 00 0 Check your School Satisfaction Check your Perception of Self Check your Check your Start Start General Wellbeing Peer Relationship

If Multiple Plan(s) associated with Aptitude Assessment Category

8 Assessment Reports

Based on the assessment taken, the user can view a report that highlights all aspects of wellbeing and career.

8.1 Career Pathway

In this section, the user can see the report only when all 5 dimensions (Personality, Interest, Intelligence, Aptitude, Values and Belief) of the personality assessment have been completed.

Plan Name	Purchase Date	Categories Name	Assessment Date	View
		Interest	27-03-2025	
		Aptitude	27-03-2025	
Mixed (Wellbeing + Career)	18-03-2025	Personality	27-03-2025	
		Value and Belief	27-03-2025	
		Multiple Intelligence	27-03-2025	

When User Click on View Option then Whole Report will generated of user As Below.

Details	Name : Srijan Sharma	Stream/Course : General	Class: 8 th	~
3 Recommended Careers				
	Select Language	Plans Subscribed Complete	Career Flex Wellbeing	🖌 Srijan Sharma 🕶
Administrative Support	633) t	58% bing & Training	Humanities & Social Science	57%) 25
	Administrativ smooth opera are crucial foi maintaining c	e support focuses on providing esse ations across various sectors. Skiller r managing office functions, coordin communication, particularly as organ ols for efficiency and productivity	ential services that ensure d administrative professionals ating schedules and nizations embrace remote work	i i i i i i i i i i i i i i i i i i i
Administrative Sup	port			
Administrative Sup c Snapshot est (Key and Secondary Areas of	port			
Administrative Sup c Snapshot est (Key and Secondary Areas of Investigating	of Interest)			
Administrative Sup x Snapshot est (Key and Secondary Areas of Investigating 2 terest inventory reveals preferences core interests, you gain insight into	port of Interest) Artistic s and passions that drive you, highligh what naturally engages you, helping y	ting activities and fields that capture yo you align your career choices with aspec	ur attention and enthusiasm. By ur its that you truly enjoy.	nderstanding
Administrative Sup c Snapshot est (Key and Secondary Areas of Investigating 2 terest inventory reveals preferences core interests, you gain insight into	of Interest) Artistic s and passions that drive you, highligh what naturally engages you, helping y	ting activities and fields that capture yo ou align your career choices with aspec	ur attention and enthusiasm. By u ts that you truly enjoy.	nderstanding
Administrative Sup s Snapshot est (Key and Secondary Areas of Investigating 2 terest inventory reveals preferences core interests, you gain insight into tional	of Interest) Artistic s and passions that drive you, highligh what naturally engages you, helping y	ting activities and fields that capture yo ou align your career choices with aspec	ur attention and enthusiasm. By u ts that you truly enjoy.	nderstanding
Administrative Sup s Snapshot est (Key and Secondary Areas of Investigating 2 terest inventory reveals preferences core interests, you gain insight into ttional ising	port of Interest) Artistic s and passions that drive you, highligh what naturally engages you, helping y	ting activities and fields that capture yo ou align your career choices with aspec	ur attention and enthusiasm. By u its that you truly enjoy.	nderstanding
Administrative Sup a Snapshot est (Key and Secondary Areas of Investigating 2 terest inventory reveals preferences core interests, you gain insight into tional ising gating	port of Interest) Artistic s and passions that drive you, highligh what naturally engages you, helping y	ting activities and fields that capture yo ou align your career choices with aspec ©	ur attention and enthusiasm. By ur ts that you truly enjoy.	nderstanding
Administrative Sup c Snapshot est (Key and Secondary Areas of Investigating 2 terest inventory reveals preferences core interests, you gain insight into tional ising gating c	port of Interest) Artistic s and passions that drive you, highligh what naturally engages you, helping y	ting activities and fields that capture yo ou align your career choices with aspec	ur attention and enthusiasm. By u ts that you truly enjoy.	nderstanding

those inherent and enduring aspects which he	ness	í .	, , ,
hose inherent and enduring aspects which he	ness		
hose inherent and enduring aspects which he		Low Agreeableness	High Agreeableness
reer pathways that a person is naturally suited	cs and qualities that define an individual. They n situation. These personality traits allow us to	ighlights those unique characteristics and Iking, feeling and behaving in a given situa	ersonality assessment highlig dict one's pattern of thinking,
50 Accomodating		50% Assertive	bleness 50
50 Organized		50% Flexible	entiousness 50
50 Compassionate		50% Resilient	nality 50
50 Outgoing		50% Reserved	rsion 50
50 Altruistic		50% Pragmatic	y-Humility 50
50 Explorative		50% Conventional	ess to New Experience 56
	eferred Learning Approaches)	Ir Strongest Intelligences and Preferre	ple Intelligence (Your Str
		2 Interpersonal	Bodily Kinesthetic
anding these perceived abilities, you gain	you process information and solve problems. E areers that you are inclined to be successful at.	Incovers the diverse ways in which you pro your skill-set, helping you choose careers	ultiple Intelligence test uncov t into activities that suit your #
	Ŷ		Kinesthetic 🗧
	Q		rsonal
	<u>ହ</u> ହ		rsonal •
	ହ ହ ହ		rsonal tic - Mathematical
	ହ ହ ହ ହ		rsonal tic - Mathematical istic

1 Spatial 2	Reasoning		
itude assessments identify y	our natural talents and abilities across	s different skill areas, highlighting strengths that may come	more easily to you. By understanding
e aptitudes, you gain insight	t into areas where you can excel, helpir	ng you focus on paths that make the most of your potential.	
hanical	Ŷ		
erical	Ŷ		
soning	©		
soning		Q	
ial	Q		
pal			
	Low	Moderate	High
has and Ballof (Fundamond			
		Select Language V Plans Subscribed Complete	aree Flex Wallheing 3 Finan Sharr
		Select Language v Plans Subscribed Complete (Flex Wellbeing 5rijan Sharr
ativity		Select Language	Flex Wellbeing () Srijan Sharr
ativity nomic Return		Select Language	Flex Wellbeing () Srijan Sharr
ativity nomic Return spendence		Select Language	Flex Wellbeing () Srijan Sharr
ativity nomic Return ependence Ilectual Stimulation		Select Language	Flex Wellbeing Flex W
ativity nomic Return ependence flectual Stimulation nagement		Select Language	Flex Wellbeing () Srijan Sharr
ativity nomic Return spendence Ilectual Stimulation nagement stige		Select Language	Fiex Wellbeing Fiex Wellbeing Srijan Sharr S S S S S S S S S S S S S
ativity nomic Return ependence electual Stimulation magement stige		Select Language	Parced [®] Flox Wellbeing [®] (m) srijan Sharr © © © © © © © © © © © © ©
ativity nomic Return ependence Illectual Stimulation nagement stige		Select Language	Flex Wellbeing Flex Wellbeing
ativity nomic Return ependence llectual Stimulation nagement stige ationships urity		Select Language	Pareel Plex Wellbeing () Srijan Sharr () () () () () () () () () ()
ativity nomic Return ependence effectual Stimulation nagement stige ationships urity ial Justice		Select Language	Fiex Wellbeing Fiex Wellbeing

8.2 Wellbeing

In this Section the user can see reports in two ways. Either an individual report of only a selected category or a consolidated report of all categorizes within the selected plan.

8.2.1 Individual Category Report

Users can view a report for a completed assessment category by clicking the 'View icon' under the 'view section' next to that category.

Manodarpan



Users will be able to access the complete report of each individual category after clicking on the "view" icon.

Wellbeing Assessment Report : Individual Report



May these insights guide you toward a brighter and more fulfilling tomorrow.



8.2.2 Consolidated Report

Users can view a consolidated report for all submitted assessment categories by clicking the 'View icon' under the 'view plan report section' within their purchased plan.

Plan Name	Purchase Date	Categories Name	Assessment Date	View	View Plan Report
		General Wellbeing	25-03-2025	0	
Flex Wellbeing	18-03-2025	Physical Activity	25-03-2025	0	
Plan Name	Purchase Date	Categories Name	Assessment Date	View	View Plan Report
		General Wellbeing	18-03-2025	0	
Mixed (Wellbeing + Career)	18-03-2025	Peer Relationship			
		Learning Style	-	0	
Plan Name	Purchase Date	Categories Name	Assessment Date	View	View Plan Report

User will the complete report of All categories after clicking on "view" option



High

Moderate

Low

Moderate

Wellbeing Assessment Report : Consolidated Report

Physical Activity

Overall Report

Moderate

Individuals with moderate physical activity tend to engage in exercise, sports or other physical activities regularly but not as consistently as those in the high category. They may have a routine that includes physical activities several times a week but might not adhere to a fixed schedule. These individuals are likely to participate in physical education classes and occasionally play sports outside of school hours. While their participation may vary due to other commitments, moderate physical activity levels still contribute to good health. Benefits include improved fitness, better mood, and enhanced overall well-being. Their dedication to maintain fitness is applaudable, however they have the potential to improve consistency of engaging in physical activities to avail greater health benefit.

General Wellbeing

High **Overall Report** Moderate Individuals with moderate wellbeing perceive a balance of fulfillment and challenges in their lives. They generally Moderate Moderate function adequately, feeling reasonably positive about their mental and physical health, and maintain some fulfilling relationships. While they may face occasional difficulties, they exhibit a fair level of resilience and have the potential to overcome their problems. By addressing specific areas, they Low can enhance their overall well-being and achieve greater life satisfaction. ~ **Detailed Report** Physical Health & Well-****** Being A high score on the Physical Health & Wellbeing sub-scale indicates excellent physical health and a good standard of living. Individuals scoring high are usually content with their lifestyle and their standard of living. **Psychological Well-Being** rate - A moderate score on the Psychological Wellbeing Scale indicates average mental and emotional stability. These individuals are generally in control of their own lives but may experience occasional emotional struggles or stress. They are capable of managing their thoughts and emotions effectively but may benefit from actively engaging in tasks that boost their mental satisfaction. Relationships A moderate score on the Relationships sub-scale indicates an adequate level of satisfaction with one's personal relationships. These individuals tend to have some positive and supportive connections but also experience occasional conflicts or feelings of disconnection. Low Moderate High

May these insights guide you toward a brighter and more fulfilling tomorrow.

User Manual



9 All Career Pathway

In this section, users can explore all possible career pathways that are a part of our career assessment process.

Search	for Career Pathway		Q ::: <u>:</u> :::
o			× .
Com	plete your assessments and see your Recomm	endations Go to Assessments	
Management	Business Development	Finance and Banking	Distribution and Logistics
Law	Academia	Teaching and Training	Humanities and Social Sciences
Healthcare	Allied Healthcare	Physical Sciences	Applied Sciences
K Technology	Designing	Vocational Skills	Administrative Suppo
Art & Performance Based Roles	Mass Media	Hospitality and Tourism	Life Sciences
Agriculture and Forestry	References	Government and PublicAdministration	Sports and Fitness
Green Careers			

Each career pathway has multiple job roles, which the user can explore. For eg: If the assessment identifies 'Management' as a career recommendation, the user can click on 'management' in this section and explore the various job roles that are a part of this career pathway.)

Management involves overseeing operations, and resource allocation. The management se prioritizing leadership skills and effective com	coordinating teams and implementing st ctor in India is evolving, with an increasin munication. The demand for skilled man	rategies to achieve organizational g g focus on digital transformation ar agers is expected to grow, especiall	joals, playing a crucial role in decision-making Id agile methodologies. Companies are Iy in sectors like e-commerce, healthcare, and
Explore Career in Manage	ment		
Corporate Management Corporate Managers oversee teams, develop with leadership and communication skills. Se	Digital Marketing strategies and drive business growth in a	Hotel Management corporate organizations. A degree in d there are numerous opportunities	Human Resource Management



10 Purchase Plan

In this section, the user can purchase additional plans and continue gaining deeper insights regarding career and wellbeing. They can also see which plans are currently active.



11 Invoice

In this Section user can see all billing information and download or view their invoice.

	-												
G Home								All	Transactions				
≗ Profile			# 1	Payment Id	Order Id	Plan Name	Subtotal	Coupon Code	Discount Amount	Net Amount	GST (18%)	Total Amount Payable	Ema
Assessments	~		1 :	SG1865- j2eqz3-1	j2eqz3	Complete Wellbeing	₹2100	-	₹0	₹2100	₹378	₹ 2478	com
Assessment Report All Career Pathway	~		2	SG1865- FnHq6Q-1	FnHq6Q	Flex Wellbeing	₹1100	FLEX001	₹110	₹ 990	₹178.2	₹ 1168.2	com
Purchase Plan			_										*
Invoice													
	_												
	- 1	Contac	t T	Ferms & Conditio	ns Privacy	Policy							
[→ Logout		© 2024	- 202	25 Manodarpan.	Selfspec Tec	hnologies Private	Limited						

le	Discount Amount	Net Amount	GST (18%)	Total Amount Payable	Email	Created At	Status	Action
	₹0	₹2100	₹ 378	₹ 2478	completewellbeing@yopmail.com	02-05-2025	SUCCESS	© 4
	₹110	₹ 990	₹178.2	₹1168.2	completewellbeing@yopmail.com	02-05-2025	SUCCESS	0

User Manual

Selfspec Technologies Private Limited



By clicking on view option, user will get detailed information about the plan purchased.

nvoice Details	Business Name: Selfspec Technologies Private				
Selfsner Technologies Drivate Limited	Limited Phone No: +91 7874000957				
201301, Uttar Pradesh	GSTIN No:				
Billed To					
Invoice No: INV-20250502-3c34776e	Email: completewellbeing@yopmail.co				
Name: Richard Rills	m				
Phone No:	State: Uttar Pradesh				
Billing Status: SUCCESS	Payment Date: 02-05-2025				
Payment Method: NB_AVENUETEST	Address: Rae Bareli, Uttar Pradesh, India, 201909				
Plan Name	Plan Amount				
Complete Wellbeing	₹ 2100				
	Total Net Amount ₹ 2100				
	2227 (22)				

 Complete Wellbeing
 ₹ 2100

 Total Net Amount
 ₹ 2100

 CGST (9%)
 ₹ 189

 SGST (9%)
 ₹ 189

 Total Amount Payable
 ₹ 2478

User can download the invoice by clicking on "Download invoice" button. The invoice will be saved in a pdf format.