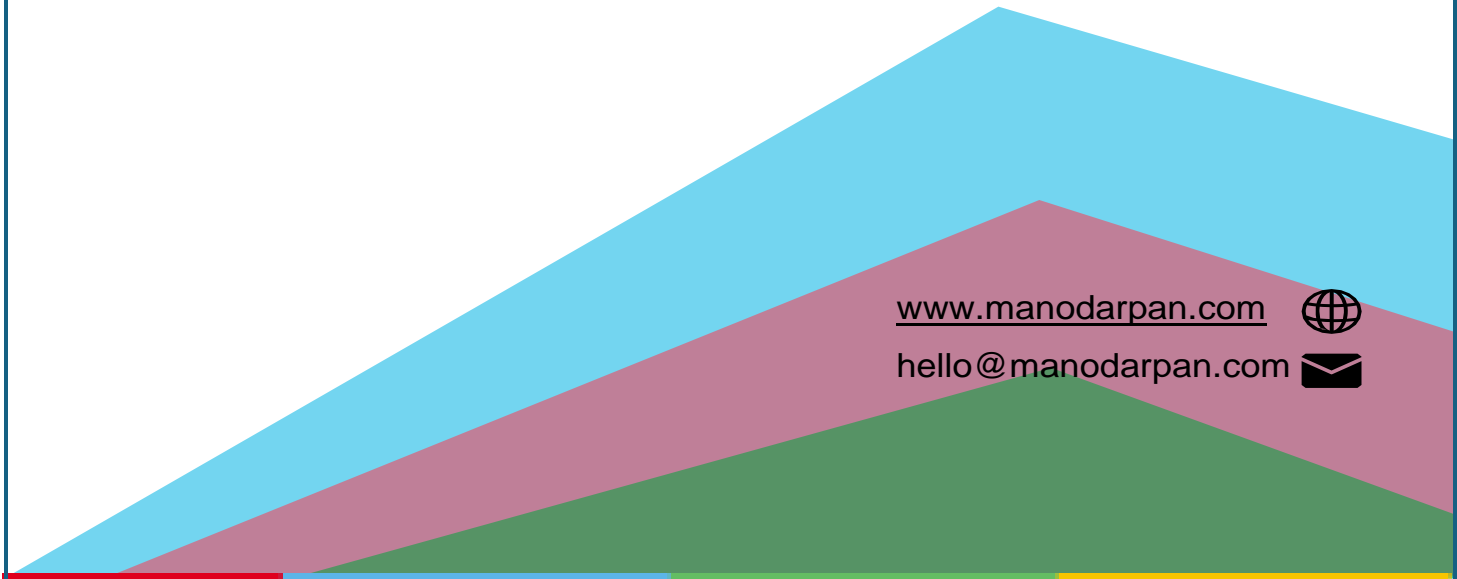


# 2024 WELLBEING SAMPLE REPORT



[www.manodarpan.com](http://www.manodarpan.com)



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## 1. About Manodarpan

Manodarpan redefines student support effortlessly by seamlessly integrating career counselling with a deep focus on mental well-being. Our platform goes beyond traditional guidance services, providing students with easy access to comprehensive resources that nurture both their academic and emotional growth. No matter their background or circumstances, Manodarpan empowers every student to navigate their future with ease, ensuring they have the confidence and resilience to pursue their dreams with clarity and purpose.

## 2. Manodarpan's Insight Platform

Manodarpan provides the awareness in both ways (**Careers and Wellbeing** ).

- **Career** : Users can gain self-awareness through various career assessments that evaluate different aspects of their abilities and preferences. These assessments can align with the categories **Interest , Personality, Multiple Intelligence, Aptitude, Value & Belief.**
- **Wellbeing** : Users can gain self-awareness through various Wellbeing assessments that evaluate different aspects of their abilities and preferences. These assessments can align with the categories **Relationship, General Wellbeing, Attitude to Learning, Learning Styles etc.**

## 3. Your Profile

### 3.1 Basic Details

<b>Name</b>	John Smith
<b>Email</b>	john.smith@gmail.com
<b>Contact No</b>	9876543210
<b>Gender</b>	Male
<b>DOB</b>	10 <sup>th</sup> Jan 2008
<b>Country</b>	India
<b>State</b>	Uttar Pradesh
<b>City</b>	Lucknow
<b>Zip Code</b>	201109

### 3.2 Personal Details

<b>Hobbies</b>	Music   Photography   Reading   Sports
<b>Achievements</b>	Science Olympiad at District Level in 2018
<b>Languages Known</b>	English, Hindi



### 3.3 Education Details

Studying in	12 <sup>th</sup>
Subjects	Hindi, English, Math, Science
Passing Year	2025
School	Khaitan World School

### 4. Attitude to Learning

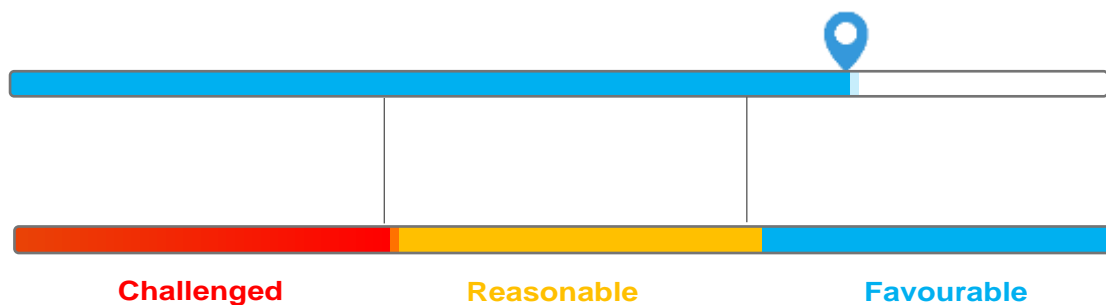
Attitude to learning is the mindset one holds towards acquiring knowledge and skills. It encompasses enthusiasm, resilience, and a willingness to embrace challenges and persist through difficulties.

#### How it Works

The assessment involves a questionnaire with a list of statements. The participant selects the option that best represents their level of agreement with each statement. Based on the responses, the report provides insight regarding the participant's Attitude to Learning and its many facets.

#### Overall Result

Based on this assessment, you have a **Favourable Attitude Towards Learning**. This means that you are highly motivated to gain new information and learn new concepts. It is important to continue enhancing your curiosity by exploring new ideas, theories, and beliefs. Your caregivers and educators can help you take initiatives to seek new learning opportunities in order to maximize your potential.





## Your Detailed Analysis



Low

Moderate

High

### Intrinsic Motivation

Intrinsic motivation is the drive to engage in activities for their own sake, deriving satisfaction and fulfillment from the process itself rather than from external rewards or pressures. This type of motivation is fueled by personal interest, curiosity, and the desire for self-improvement

**High** - Indicates a strong natural curiosity and enjoyment in learning for its own sake. It also suggests high levels of personal satisfaction and fulfillment from gaining new knowledge and skills.

### Extrinsic Motivation

Extrinsic motivation is the drive to perform activities in order to achieve external rewards or avoid negative outcomes. This type of motivation is influenced by factors such as money, grades, praise, or approval from others.

**Moderate** - Indicates that external rewards (Marks, Praise, Secure Future) play a reasonable and sufficient role in encouraging the participant to learn new concepts and ideas.

### Value Placed

The value placed on learning reflects how much importance an individual assigns to acquiring knowledge and skills. This value can be influenced by personal goals, cultural norms, and the perceived benefits of learning, such as career advancement, personal growth, and societal contributions.



**High** - Indicates a high regard for learning, recognizing its importance and the long-term benefits that come from educational pursuits.

### **Learning Self-Efficacy**

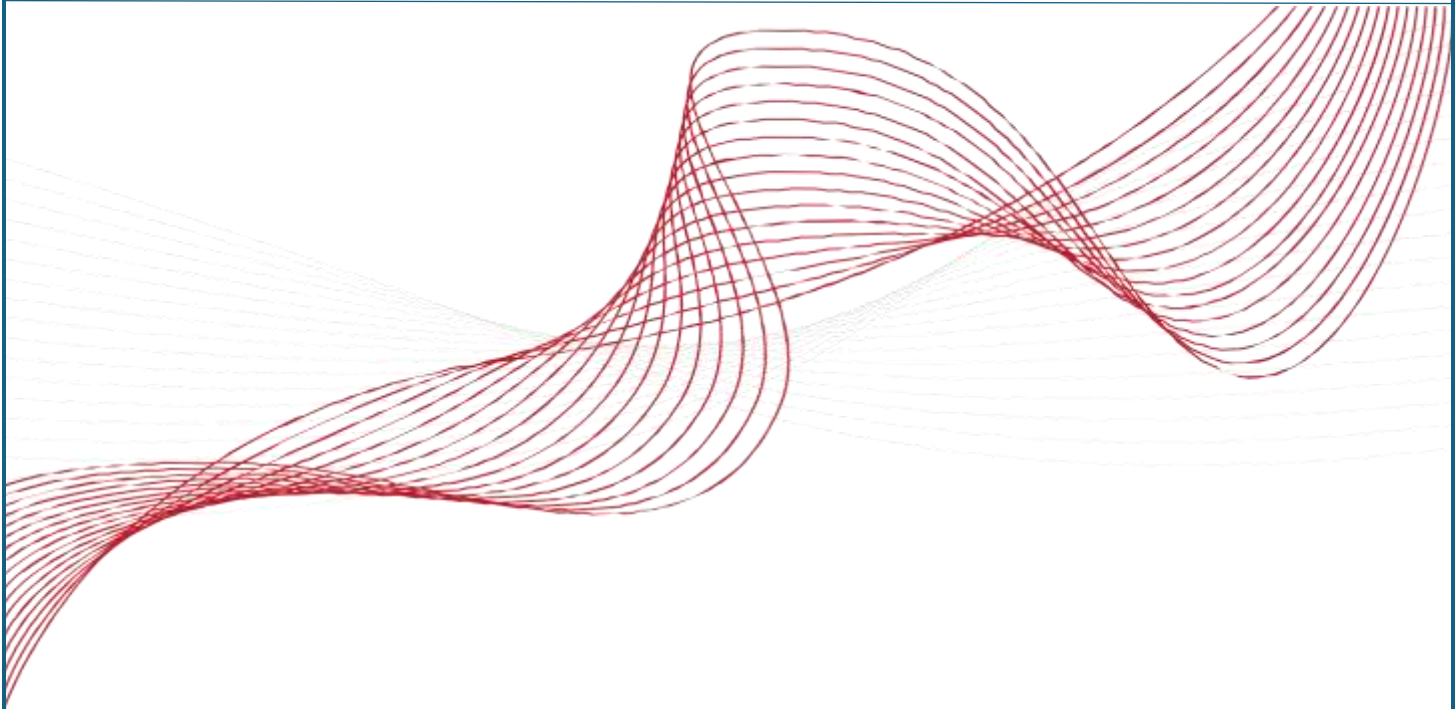
It is the belief in one's own ability to successfully acquire and apply new knowledge or skills. It influences motivation, persistence, and the approach to challenges, with higher self-efficacy leading to greater confidence and resilience in the face of learning obstacles.

**Moderate** - Indicates moderate confidence in one's ability to overcome challenges during learning. Confidence in achieving learning goals is often dependent on contexts such as interest in the subject, classroom environment, encouragement by caregivers and teachers etc.

### **Learning Anxiety**

Anxiety towards learning is a feeling of tension, worry, or fear related to the process of acquiring new knowledge or skills. This anxiety can hinder performance, reduce motivation, and create a barrier to effective learning by causing distractions, negative self-perceptions, and avoidance behaviors.

**Low** - Indicates minimal anxiety related to learning, with a generally calm and composed approach to educational activities, allowing for better concentration and performance without feelings of apprehension.



**THANK YOU!**