

Manodarpan

B2C Users

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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

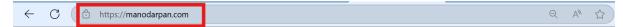
The user should have a laptop, desktop, or mobile device with a good internet connection and should be able to access the platform on browsers such as Microsoft Edge, Mozilla Firefox, and Google Chrome.

3 User Registration Workflow

3.1 Locating and Clicking on the "Register" Option

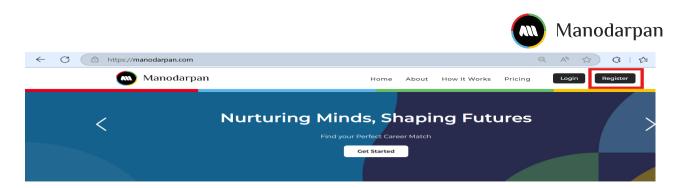
3.1.1 Open the Web Application

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.

		For Your Growtl ricing Plans	i with Our
 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.	fex Wellbeing fex Wellbeing type (GST Excluded) What all is included? instant reports & summaries : Wellbeing Assessments (choose from 10) Detailed wellbeing reports	Complete Career ₹2,100 (CST Excluded) What all is included? Instant reports & summaries Information on 25 unique career pathways 5 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

anodarpan			Login
	Student Registration	Details	
	First Name	Last Name	
	Enter your first name	Enter your last name	
Career	Email		
Pathways	Enter your email		
	Country	State	
		~) [~
	City	Pincode	
		Enter pincode	
	Password	Retype Password	
	****	*****	<u>ې</u>
Wellbeing	Your selected plan (Change) Mixed (Wellbeing + Career) - 24 I have read and agree to the Terms.		

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

Manodarpa	าก			Login
	Mellbeing Pathways	Student Registration Detail	Last Name	

• Redirected to payment gateway interface

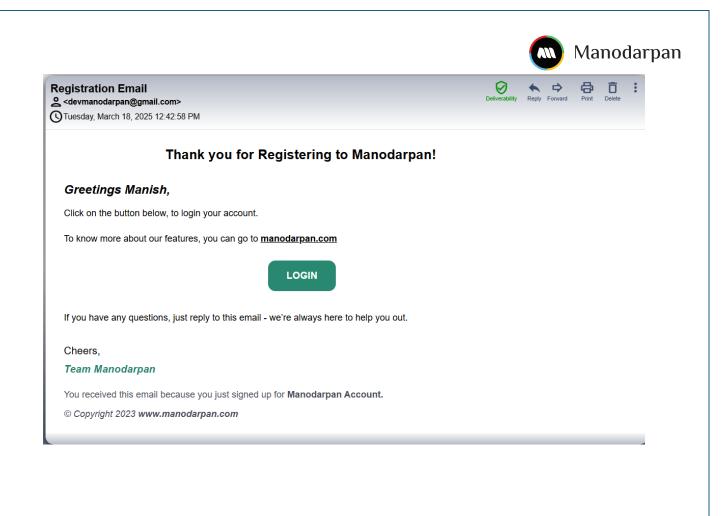
C https://smartgatewayuat.hdfcbank.c	om/payment-page/order/ordeh_2908	55f9d768430f9b450e8a5c	3b7502
	Rema	ining Time : 14:46	
HDFC BA	S SELFSP	EC TECHNOLOGIES PR	VATE LIMITED <u>Ca</u>
SmartGATEV	VAY Order ID:	fBrDLb	Amount: ₹3,
🗔 Credit	/Debit Cards Enter Credit/Del	oit Card details	
🕀 NetBa	Inking		
	Expiry	cvv	
	MM/YY	Enter CVV (2)	
	Name on Card		
	Enter your name of	n card	
	pro	ceed to pay	
secured by	JUSPAY		Privacy HDFC Ba

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

	Manodarpan		
Thank you for registering with Manodarpan	Neilbeing Ba		

• 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).

		Mar	oda	rpan
\leftarrow C (f https://manodarpan.com	Q A	." ☆)
	-			

4.1.2 Navigate to the Login Section

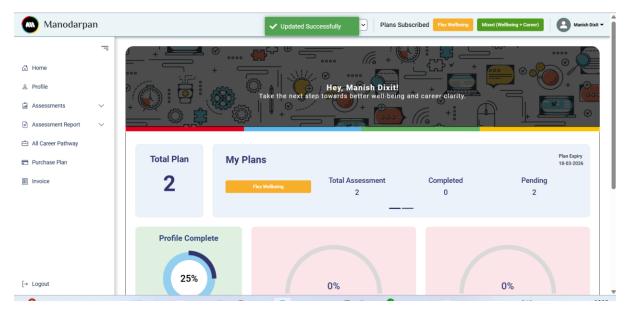
- On the homepage, look for the "Login" option.
- You can usually find it at the top-right corner of the screen or within the login section
- See multiple options in the dropdown, click on the 'Individual Student' option to be redirected to the Login Page

Manodarpan	Home About How It Works Pricing	Login Register
< Nurt	uring Minds, Shaping Futures Find your Perfect Career Match Cet Started	Individual Student School Astudent School Admin
Manodarpan		
Career Pathways		
Wellbeing	Password Enter your password Remember Me	© 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)

Wellbeing	Career Pathways	Log In Enter your Email & Password to Email manish.dixit1234@yopmail.cor Password 		v ۲ ۲ ۲ ۲ ۲ ۲ ۲ ۲ ۲ ۲ ۲ ۲
Manodarpan		Select L		Wellbeing • Career)
	Pleas	Welcome Munish Dir se fill your specific informa		
	Gender Male Female			
	Phone No.	DOB		
			Submit	

• Re-directed to Home screen



User Manual

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10|Page



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)	Anish Disit
 Gi Home Profile Assessments Assessment Report Career Pathway 	ات > >	Total Plan	My Plans	ke the next step	Hey, Manish Dixit! towards better well-being an	d career clarity.		Plan Expiry 18-05-2026
 Purchase Plan Invoice 		2	Flex Wellbeing	-	Total Assessment 2	Completed 0	Pending 2	18-03-2026
[-+ Logout		Profile Complet	te		0% ar Progress ar path towards an ideal career		0% Ilbeing Progress d on your path to better well-being	
		View Report	() <u>Wellbein</u>	g	CP Announcement Please Select Categories Please Complete Pendin	: For Your Wellbeing Plan g Assessments		
		Contact Terms & Conditions Privacy Pol © 2024 - 2025 Manodarpan. Selfspec Techno						

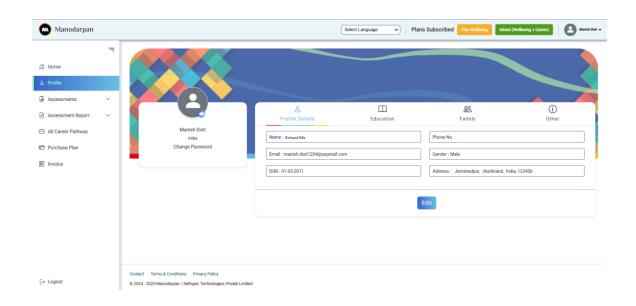
- Total Plan indicates the number of plans chosen at the time of registration
- **My Plan** provides details of each selected plan (if multiple plans are opted for), including the number of assessments available, completed, or pending based on their status.
- **Profile Completion** indicates the percentage 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

				Manodarpan
Manish Dixit	Profile Details	Education	2 Family	(j) Other
India Change Password	Name: Richard Rills		Phone No. :	
	Email : manish.dixit12	34@yopmail.com	Gender : Male	
	DOB: 01-03-2011		Address : Jamshedpur, 4 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	Education	<u>کې</u> Family	(i) Other
Manish Dixit India Change Password	Details CI Name : Richard Rills Email : manish.dixit12 DOB : 01-03-2011	34@yopmail.com	Phone No. : Gender : Male	lharkhand India
			Edit	

	Change Password	
Current Password		
Enter your current password	ø	
New Password		
Enter your new password	i ?	
Confirm Password		
Enter your confirm password	2	

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	
Gender		DOB	
Male	~	01-03-2011	
Address 1		Address 2	
Enter your address		Enter your address	
Country		State	
India	~	Jharkhand	~
City		Pincode	
Jamshedpur	~)	123456	
	Cancel	Update	
er Manual	Selfspec Techno	ologies Private Limited	14 P a g



6.4 Education

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

Q	Ш	20	i	
Profile Details	Education	Family	Other	
Class		Stream/Course		
9th		Select	~	
Board		Subjects		
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.

2	Ш	ăĞ	(i)		
Profile Details	Education	Family	Other		
Father's Informatio	n				
Name		Email			
Enter your father's n	ame	Enter your father's em	ail		
Phone No.		Education			
Enter your mobile n	Enter your mobile number		~		
Occupation		Organization			
Select	~	Enter your father's org	janization		
Mother's Information	on				
Name		Email			
Enter your mother's	name	Enter your mother's er	mail		
Phone No.		Education			
User Manual	Selfspec	Technologies Privat	e Limited		



6.6 Other

You can update other details; this is an optional tab

Do	Ē	<u>00</u>	i
Profile Details	Education	Family	Other
How did you get to kn	ow about Manodarpan?	Reason to join Manodarpan	?
Select	~	Select	~
Any health issues diag	gnosed medically?	Any learning disabilities dia	gnosed medically?
◯ Yes ◯ No	O Prefer not to mention	◯ Yes ◯ No ◯	Prefer not to mention
Are you undergoing a	ny medical treatment?		
◯ Yes ◯ No	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

			anodarpa
		You Are One Step Closer To Your Ideal Career Uncover your strengths, explore career options and make informed decisions with our assessments and insights.	
Interest Check your Interest	0 0 Start	Aptitude Personality Check your Aptitude Start Check your Personality	0 Ø Start
	Value and Belief Check your Value and Belief	Multiple Intelligence Image: Check your Multiple Intelligence Start Check your Multiple Intelligence	

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 Intere Asse		Start the f Choose t Remember	d carefully and then only proc test with a relaxed mind. he options that appeal the most to er, there are no right or wrong answ vigate away from the page once yo	you. vers.	
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.

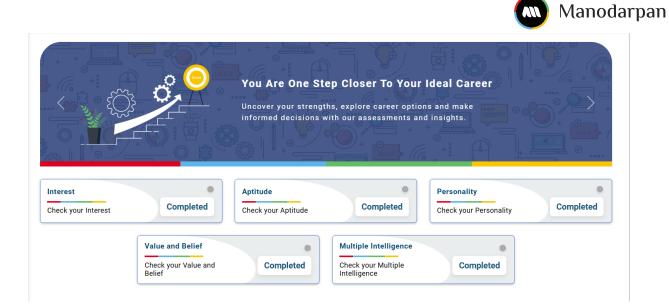
			Manodarp
Interest			(i) 55 55
Question:-			
Q.1 Lenjoy working with tools and machinery.			
Strongly Disagree			
O Disagree			
O Neutral			
○ Agree			
Strongly Agree			
E F	Prev Next		

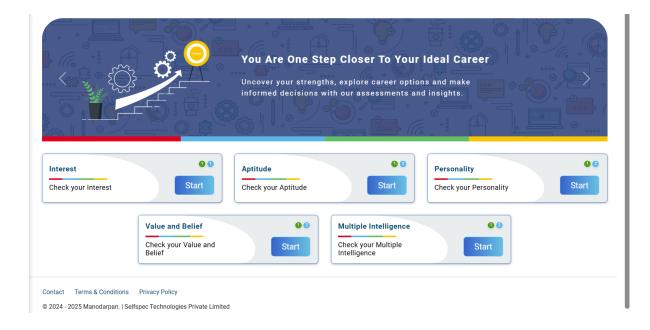
After Submission of assessment

Int	terest
Que	
C	All 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.

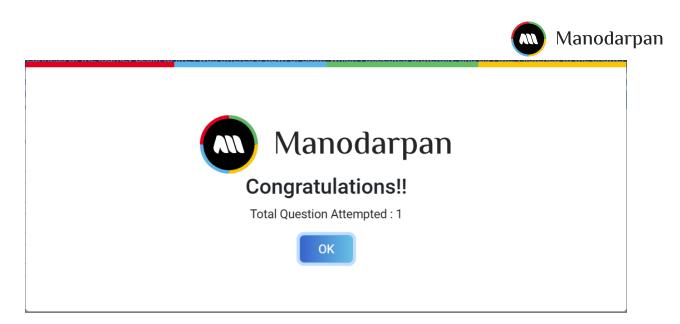
Note – This segment has time based questions (Mechanical, Verbal, Numerical, Spatial, Reasoning,) and skipping of questions is allowed.

					Manodarpan
Aptit	ude				
Asse	ssment	Start the t Choose th Remember	d carefully and then only process est with a relaxed mind. The options that appeal the most to year, there are no right or wrong answer vigate away from the page once you		
S.no	Assessment Title	Description	Plan Name	Purchase Date S	tatus
1	Aptitude	Career Assessment for Aptitude	Complete Career	01/04/2025	Start

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

Mechanical Aptitude	× () () 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

		Uncover your streng	ep Closer To Your ths, explore career option with our assessments an	ns and make	
Interest Check your Interest	Completed Value and Bellef Check your Value and Bellef	Aptitude Check your Aptitude	Completed Multiple Intelligence Check your Multiple Intelligence	Personality Check your Personality	Completed

If Category aligned with Multiple Plans then

		Uncover your strengt	ep Closer To Your ths, explore career optio vith our assessments an	ns and make	
Interest Check your Interest	Value and Belief Check your Value and	Aptitude Check your Aptitude	Start Multiple Intelligence Check your Multiple Intelligence	Personality Check your Personality	O O 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

	n Flex Wellbeing Plan	v	
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
Check your Seneral 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 0 6 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

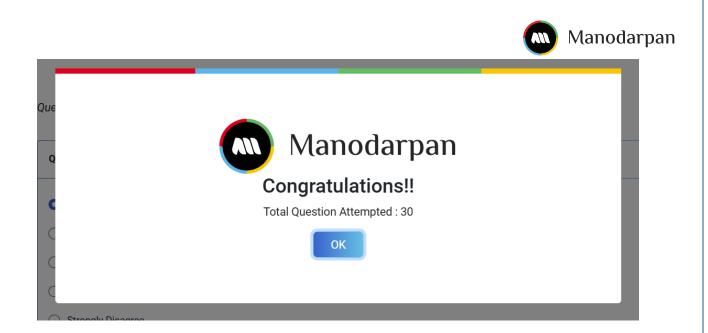
+ +		
	L ford Stranger T	Please read carefully and then only proceed for the test.
	1 1000 1 1000 1	Start the test with a relaxed mind. Choose the options that appeal the most to you.
		Remember, there are no right or wrong answers.
Į Či		Do not navigate away from the page once you have started. Good Luck!

Asses	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) (5)
Question:-	
Q.1 feel satisfied when I learn something that interests me.	
Strongly Agree	
⊖ Agree	
○ Neutral	
⊖ Disagree	
○ Strongly Disagree	
Prev	v 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

		Your Wellbeing r emotional and mental well-being a s toward a balanced and fulfilling li	
You have selected 2 categories from F You have all categories access under the former of th	5		
Eating Attitude Check your Eating Attitude Start	Attitude to Learning Check your Attitude to Learning	Emotional Intelligence Check your Emotional Intelligence	Bullying and e- Safety Check your Bullying and e- Safety
General Wellbeing Check your Central	School Satisfaction Check your School	Perception of Self	Peer Relationship 0 Check your Start

If Multiple Plan(s) associated with Aptitude Assessment Category

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			Manodar
	Gain insights into yo	Your Wellbeing ur emotional and mental well-being toward a balanced and fulfilling I	
You have all categories access unde You can select any 2 categories from Eating Attitude Check your Eating Attitude Start		Emotional Intelligence Check your Emotional Intelligence	Bullying and e- Safety Check your Bullying and e- Safety Safety
General Wellbeing Officer Check your General General Wellbeing	School Satisfaction Check your School Satisfaction	Perception of Self Check your Perception of Self	Peer Relationship Check your Peer Relationship

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.

er Details p 3 Recommended Careers	Name : Srijan Sharma	Stream/Course : General	Class: 8 th	
p 3 Recommended Careers				~
p 3 Recommended Careers				
			3 3	
(Select Language	Plans Subscribed Complete	Career Flex Wellbeing	Srijan Sharma ▼
	63%	58%		57%
Administrative Suppor	rt Te:	aching & Training	Humanities & Social So	ciences
Administrative Sup				
ick Snapshot				
ick Snapshot	of Interest)			
	of Interest) Artistic			
erest (Key and Secondary Areas	Artistic s and passions that drive you, high	lighting activities and fields that capture yo		. By understanding
Investigating 2	Artistic s and passions that drive you, high	lighting activities and fields that capture yo Ig you align your career choices with aspec		ı. By understanding
erest (Key and Secondary Areas Investigating Interest inventory reveals preference the core interests, you gain insight into the	Artistic s and passions that drive you, high	ng you align your career choices with aspec		. By understanding
Investigating 2	Artistic s and passions that drive you, high	ig you align your career choices with aspec		. By understanding
arest (Key and Secondary Areas Investigating Interest inventory reveals preference e core interests, you gain insight into tic	Artistic s and passions that drive you, high	g you align your career choices with aspec		. By understanding

Personality (Leading T	raits)		
1 High Agreeable	eness 2 Low Agreeat	bleness	
-		istics and qualities that define an individual. They focus on those inherent and enduring aspects whi iven situation. These personality traits allow us to predict career pathways that a person is naturally	
greeableness	50% Assertive	Accomodati	50%
onscientiousness	50% Flexible	Organiz	50% d
notionality	50% Resilient	Compassiona	50% te
traversion	50% Reserved	Outgoir	50% Ig
nesty-Humility	50% Pragmatic	Altruist	50% ic
penness to New Experience	50% Conventional	Explorati	50%
	oontentional	Exploration	e
/ultiple Intelligence(Your Strongest Intelligences and	· · · · · · · · · · · · · · · · · · ·	
	Your Strongest Intelligences and	· · · · · · · · · · · · · · · · · · ·	
Iultiple Intelligence (D Bodily Kinesthe	Your Strongest Intelligences and	· · · · · · · · · · · · · · · · · · ·	
Bodily Kinesthe	Your Strongest Intelligences and etic 2 Interpersonal est uncovers the diverse ways in whic	· · · · · · · · · · · · · · · · · · ·	
Bodily Kinesthe e Multiple Intelligence te sight into activities that s	Your Strongest Intelligences and etic 2 Interpersonal est uncovers the diverse ways in whic	Preferred Learning Approaches) ch you process information and solve problems. By understanding these perceived abilities, you gain careers that you are inclined to be successful at.	
Bodily Kinesthe	Your Strongest Intelligences and etic 2 Interpersonal est uncovers the diverse ways in whic	Preferred Learning Approaches) ch you process information and solve problems. By understanding these perceived abilities, you gain c careers that you are inclined to be successful at.	
1 Bodily Kinesthe e Multiple Intelligence te sight into activities that s dily Kinesthetic erpersonal	Your Strongest Intelligences and etic 2 Interpersonal est uncovers the diverse ways in whic	Preferred Learning Approaches) ch you process information and solve problems. By understanding these perceived abilities, you gain c careers that you are inclined to be successful at.	
D Bodily Kinesthe e Multiple Intelligence te sight into activities that s dily Kinesthetic erpersonal guistic	Your Strongest Intelligences and etic 2 Interpersonal est uncovers the diverse ways in whic	Preferred Learning Approaches) ch you process information and solve problems. By understanding these perceived abilities, you gain a careers that you are inclined to be successful at.	
Bodily Kinesthe ne Multiple Intelligence te sight into activities that s dily Kinesthetic	Your Strongest Intelligences and etic 2 Interpersonal est uncovers the diverse ways in whic	Preferred Learning Approaches) ch you process information and solve problems. By understanding these perceived abilities, you gain c careers that you are inclined to be successful at.	

Ide (Your Core Strength Area	5)		
Spatial 2 Re	asoning		
		ent skill areas, highlighting strengths that may come mor focus on paths that make the most of your potential.	e easily to you. By understanding
ical 💡			
al			
ng	9		
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_	7. source 10		
	Low	Moderate	High
Relationships	orals and principles guiding your a	actions)	
	Creativity	ect Language Plans Subscribed Complete Caree	Piex Wellbeing Image: Srijan Sharma
Relationships	Creativity		Flex Wellbeing Srijan Sharma
Relationships 2	Creativity		
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	Creativity		Image: Control of the second

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.

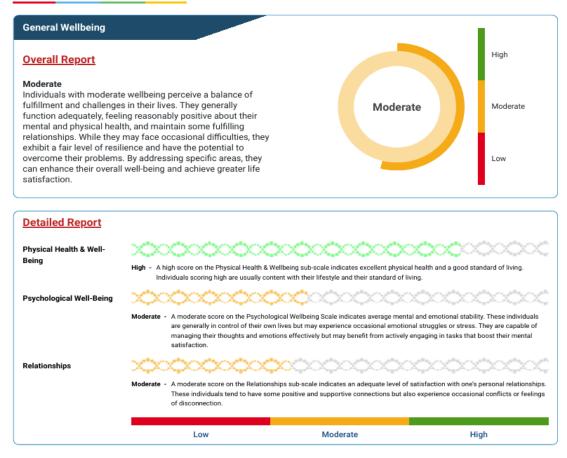
8.2.1 Individual Category Report

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

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

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.

User Manual

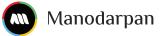


8.2.2 Consolidated Report

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		
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		0	0
		Learning Style			
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



Jownload Report

High

Moderate

Low

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

Overall Report Moderate Individuals with moderate wellbeing perceive a balance of fulfillment and challenges in their lives. They generally 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 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. High Low Moderate

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



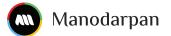
9 All Career Pathway

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

	All Caree	r Pathway	•
Search	n for Career Pathway		Q
0			ж
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 Soci Sciences
Healthcare	Allied Healthcare	Physical Sciences	Applied Sciences
K Technology	Designing	Vocational Skills	Administrative Supp
Art & Performance Based Roles	Mass Media	Hospitality and Tourism	Life Sciences
Agriculture and Forestry	Armed Forces	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.)

Overview Management involves overseeing operations, and resource allocation. The management se prioritizing leadership skills and effective con	ector in India is evolving, with an increasing	focus on digital transformation and a	gile methodologies. Companies are
echnology. Explore Career in Manage	ement		
Corporate Management	Digital Marketing	Hotel Management	Human Resource Management
	Digital Marketing	rporate organizations. A degree in ma	anagement or business is essential, along



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.

යි Home							All	Transactions				
온 Profile		#	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												
		Contact	Terms & Conditio	ns Privacy	Policy							
[→ Logout		© 2024 - :	2025 Manodarpan.	Selfspec Tec	hnologies Private	Limited						

All Transactions								
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	0
	₹110	₹ 990	₹178.2	₹1168.2	completewellbeing@yopmail.com	02-05-2025	SUCCESS	© 4
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Selfspec Technologies Private Limited



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

Manodarpan Selfspec Technologies Private Limited 174, Sector 29, Noida, Gautam Buddha Nagar - 201301, Uttar Pradesh	Business Name: Selfspec Technologies Private Limited Phone No: +91 7874000957 GSTIN No: 09ABOCS7506D1Z3
Billed To	
Invoice No: INV-20250502-3c34776e	Email: completewellbeing@yopmail.co
Name: Manish Dixit	m
Phone No: 7007209200	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

	Total N	₹2100
	CGST (9%)	₹189
	SGST (9%)	₹189
	Total Amount Payable	₹ 2478
ard Rills		
	Cancel Downlo	ad Invoice

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



Manodarpan

B2C Users

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