



**INTEGRAL
UNIVERSITY**
LUCKNOW - INDIA



Center for Career Guidance & Development

Creating Possibilities....Enabling Growth

Seminar Report on "Exploring Careers in the Public Sector and Government Sectors"

On **Monday, 10 March 2025**, a seminar titled "**Exploring Careers in the Public Sector and Government Sectors**" was conducted by **Physics Wallah**. The event aimed to provide students with valuable insights into career opportunities within the public and government sectors, including essential preparation techniques and knowledge required for such careers. The seminar was attended by students from B. Tech, B. Com, B.Sc., BCA, and B.A. The speakers in the seminar were **Mr. Ravindra Tripathi (Branch Head, Physics Wallah)** and **Mr. Gaurav (Reasoning and Math Expert, Faculty at Physics Wallah)**.

The seminar began with a warm welcome by **Dr. Sufia Rehman** from the Center for Career Guidance and Development (CCG&D).

Key Takeaways:

1. Importance of Career Counseling:

Mr. **Ravindra Tripathi** commenced the seminar by discussing the crucial role of career counselors for students. He emphasized that career counseling helps students identify their interests and strengths, which in turn guides them towards the right career path, especially in competitive fields like government and public sectors.

2. Guidance on Career Choices:

Mr. **Gaurav**, took over by introducing students to various career options in the public sector. He highlighted the significance of choosing the right career based on one's personal interests and academic strengths. He discussed different government sectors where students can build successful careers, such as banking, SSC (Staff Selection Commission), and the railways.

3. Importance of Aptitude and Knowledge:

A significant portion of Mr. Gaurav's talk was dedicated to stressing the importance of aptitude skills. He explained that aptitude knowledge is equally crucial for securing jobs in government sectors. He provided practical tips and guidance on how to strengthen

reasoning and math skills, which are a major part of the selection process for exams like Bank PO, SSC, and Railway recruitment exams.

4. Exam Process and Criteria:

Mr. Gaurav gave detailed information about the recruitment processes for various government jobs, including the eligibility criteria for exams like Bank, SSC, and Railways. He elaborated on the structure of these exams, the syllabus, and the preparation strategies that can help students succeed. This session aimed at equipping students with the necessary understanding of how to navigate these exams and secure a position in the public sector.

5. Aptitude Tricks and Strategies:

During the seminar, Mr. Gaurav shared useful tricks and techniques for solving aptitude questions more efficiently. His session provided students with tools and strategies to approach competitive exams with a more structured and confident mindset.

At the end of the seminar, a Q&A session was held where students had the opportunity to ask questions.

The seminar provided valuable insights into exam preparation, the significance of aptitude, and the key steps required to qualify for government positions.

Glimpse of the Session –



Mr. Gaurav (Aptitude Expert) making the presentation