

Head:-

- ⇒ Communication skills, Accuracy in decision making, making connections
- ⇒ How to approach job opportunities and Competencies building.
- ⇒ Career planning, professionalism in preparation of Research, Articles, publications

Heart:-

- ⇒ "Saravanan Raj" sir Life story
- ⇒ Connections & Experiences & Skills of co-participants of training.
- ⇒ Achievements of Professional trainers who shared their experienced & achievements

Hands:-

- ⇒ Am gonna start doing courses to improve competencies,
- ⇒ Use and make productive time
- ⇒ Decided the sky is high & I'll catch it.

Head: Punctuality, Fearless,

Global level research ideas and
many network.

[Love for extension Heart:
everyday, everytime]

many research publication and
AI tools used for research.

Hand: confidence and

hardworking.

Head :- I Learn career opportunities ,
and also how to do Research and
Academics .

Heart :- I will inspire to do some online
courses related my career opportunities

Hand :- These are skills it's help to get
a job and complete research ,

1. HEAD →

1. Networking
2. Building connection
3. Team work
4. Buzz session is like coffee to my brain
5. Critical thinking

2. HEART ::

1. Being consistent
2. Being Disciplined in what we
3. To communicate, do more.

3. Hand: H. Listen more.

1. To avoid low confusion
2. Decision-making
3. Problem-solving
- 4.

Head

Positive work culture
where I can compete
with my fellow
extensionists

Heart

The MANAGE
food & environment
& grounded people

Hands

Will encourage my Juniors & Students
to participate in NYDYP

Head:-

• A g. Extension has far more career opportunities than I ever ~~imagined~~ imagined.

• When Sir, said you are not here b/c you had paid you are living in my dream and part of something I am making or building.
I had started thinking I am co-builder of something.

• Heart:-

→ I belong to this field not by default but by choice

→ The field is not limited - my thinking was limited that changed forever.

Head: There are plenty of opportunities around us. We just need to search it differently rather going behind the Mass

Heart: The way the director of MANAGE and team were communicating to the participants for hours without making them bored a single second

Hands: I will try to improve my competencies in the area of my interest using from what I learnt from here.

head : New opportunities
Internships
Networking

heart : Many success stories of seniors
& their achievements

hands : Apply the learnt ideas
Practical Acts Take everything in

05/06/26 NYDYP-MANAGE

HEAD: Greater exposure
about our multicultural
Extension subject & learning
opportunities in various
organizations.

HEART: Inspired the
journey of every Extension
expert who have enlightened
me through every session

HAND: will
apply this
imposed knowledge practically
to shine brighter in my
current & future career

Head

Prepared a roadmap - high level vision related to my extension scholar journey, to implement new competencies required for impact to society.

Heart

Learn new career opportunities related to extension jobs and explore new tools and techniques that can be applied in our future practice.

Hand

apply in my research, dissertation and future aspects.

Head-

Present of mind, Presentation skills
Competencies, How to conduct
Training, Research value in
Ext., How to connect others,
public speaking, soft skills
Importance of English

Heart

:- Different Research methodologies
Heart to Heart connectivity
deep understand of Ext. Deep
communication skill, Time management
management, positivity,
maintain Dynamic personality.

Hands

:- all session it must be use
for in my life change i try
daily practice.
• keep study, set daily routine.
skill oriented learning time increase
Connect Agri-Ext-Scientist For solve
problem

Head -

- Different career opportunities
- Whom to approach [academic] writing
- Different competencies

Heart

Dr. Sravanan Raj sir &
Dr Mahesh Chander sir

" - You can always improve at any
time
&
Celebrate yourself

Hand

- Policy Advocacy
- Research Methodology new tools.

Knowledge of
Head → New Competencies

→ Networking

→ Research Priorities

Heart → Stories of other
professionals

Hands → Apply in my academics
& everyday life.

Head - opportunities are available, keep exploring

Heart ::

Connecting people & learning
New things

Hand :- keep pushing

for one step far
giving extra mile

HEAD - (Inspired / Learn
- ALWAYS BE CURIOUS
Regarding Your Work.
Try to Learn New
Things.

HEART - (Inspired /
- Positive ATTITUDE
OF MANAGE & STAFF

HAND - Increasing
Practical Approach toward
every aspect of my
Subject.

Head:

Research, Policy Evaluation,
Competency for adaptability,
Asst curiosity, Career opportunities.
Awareness, Critical thinking.

Heart:

Punctuality, Patience,
Reading habit, Relentlessness,
Hardwork.

Hands:

Writing more academic papers, Read
more books, find something new skills.
Teaching competency.

Head: To listen the dignataries about Agni extn stories & lectures

Heart: Eager to listen more about Batchmates & their stories

Hands: Application of all knowledge of info for students;

Head

Think
Reasoning

Hand

supply,
help,
writing the
creativity,

truthness,
kindness,
love,
purity
Heart

Head :- I learned how to be myself, to never feel unworthy.

Heart :- I feel motivated to use my time better.

Hands :- I would like to apply everything I learned here

HEAD:

Change started within
second you need to change

HEART:

To leave -ve behind ...
You Are Enough!

HANDS:

Push your limits

Head

Building connection

Practical knowledge on national projects & Publishing

- New forums of writing & Publishing Platforms

Heart

- Freshness
- New people
- Success of other people.

Blogs

- Not just traditional newspaper papers
- writing platforms

Hand

Head [What I learned] :-

Academic AI tools

Confidence

Prog. planning

Networking

How Research papers are finalized by committee member.

Hand [What is the application]

Value addition

Research

Heart [Inspired]

Personality of Dr. Saravanan Sir

Heart

inspired you

• Nature of Teachers

• Food

• Campus

Head

Learn

• Confidence

• Communication

• Interaction

• Public Speaking

• Jobs

Hand

Apply

• Interview

• Life

• Teach

Head

Learn new
competencies, Research
Priorities.

Heart

Networking,
Positive vibes
Food.

Hands

Communication, Externial
& related activities.

Head → To learn
more, to connect more

Heart = eager to learn,
already connected with
talented persons, learnt to
be patience.

Apply!

to stay connected with
people, to apply learning
in daily life.

1. Head: I want to learn writing skills,
and data analysis skills.

2. Heart:

The line "Why not?"

"Dream for Big" inspired me.

Head
(Learn)

- Learned about what I
need to learn
COMPETENCIES

Heart
(Inspire)

- Inspired with the
**OPPORTUNITIES &
KNOWLEDGE of
EXPERTS**

Hand
(Apply)

I will have more pride
about my subject.
GUIDE BETTER

Head - How program is conducted?

New ideas for future research

Heart - All the research persons - their work life journey & ideas

Hands - Try to have proper time mgt., give more time for my further research works

Head: -

To love extension

Become professional

Importance of networking and connecting

Academic and research skills

Heart: -

Dr. Saravananam Raj

Hands: -

Utilize opportunities

Improve my writing skills

Head →

To communicate without
hesitation. About
Academic research

Heart →

Manage
Environment &
People

Hand

I will apply the tools and methods
related to Academic research

I will search new opportunity according
to competencies.

Head: (i) Brains forming
new ideas

(ii) Feeling less

hesitated during
communication

Heart: My friend's
knowledge

Hand: not only for being
good extrovert, but
day to day life

Head

Learned new knowledge and skills related to the Agricultural

- New career opportunity in field of the Agricultural extension education.

Inspired Me:

HEART:

I felt inspired and motivated by the experience, ideas and stories shared during training.

HANDS:

Learned practical skills that can be applied in studies, fieldwork and future career activity.

Head:-

- Learnt more about different career opportunities and research areas in agri. extn.
- Learnt to not give up due to hardships

Heart :-

- Saravan sir's career journey was truly inspiring

Hand :-

- I'll apply in my research & to set out my future path.

HEAD

PROFILE



HEART - INSPIRE

Being lively in intension.

HANDS:

I am going to create
& update my profile with
the competency learned.



Head

I have learnt that I need to express my thoughts without hesitation without fear and doubting whether it is right or wrong.

Heart

The confidence level and the subject knowledge and the interest of the fellow participants inspired me a lot.

Hand

I will apply the networking skill and build networks everywhere.

Head

- * New opportunities
- * Positive thinking about choosing this department.
- * New things & knowledge from my friends & others.

Heart

- * Inspired by the words given by alumni voices & one day I have to be part of that.
- * To explore more about my subject.
- * To prove my subject in actions.
- * To go through the research topic

Head

- to be patience
- to be positive

Heart

- inspired by others
vast of knowledge
- inspired by the
staff who taught
us.

Hand

- to be confident
in every situation
-

HEAD.

About Competencies.

To level up

HEART.

Punctuality
to celebrate life

HAND.

Would definitely learn some courses
happy over small wins.

Head:

- I learned to communicate to more peoples.
- Learned to speak ~~the~~ telugu.
- Learned to overcome my fear.

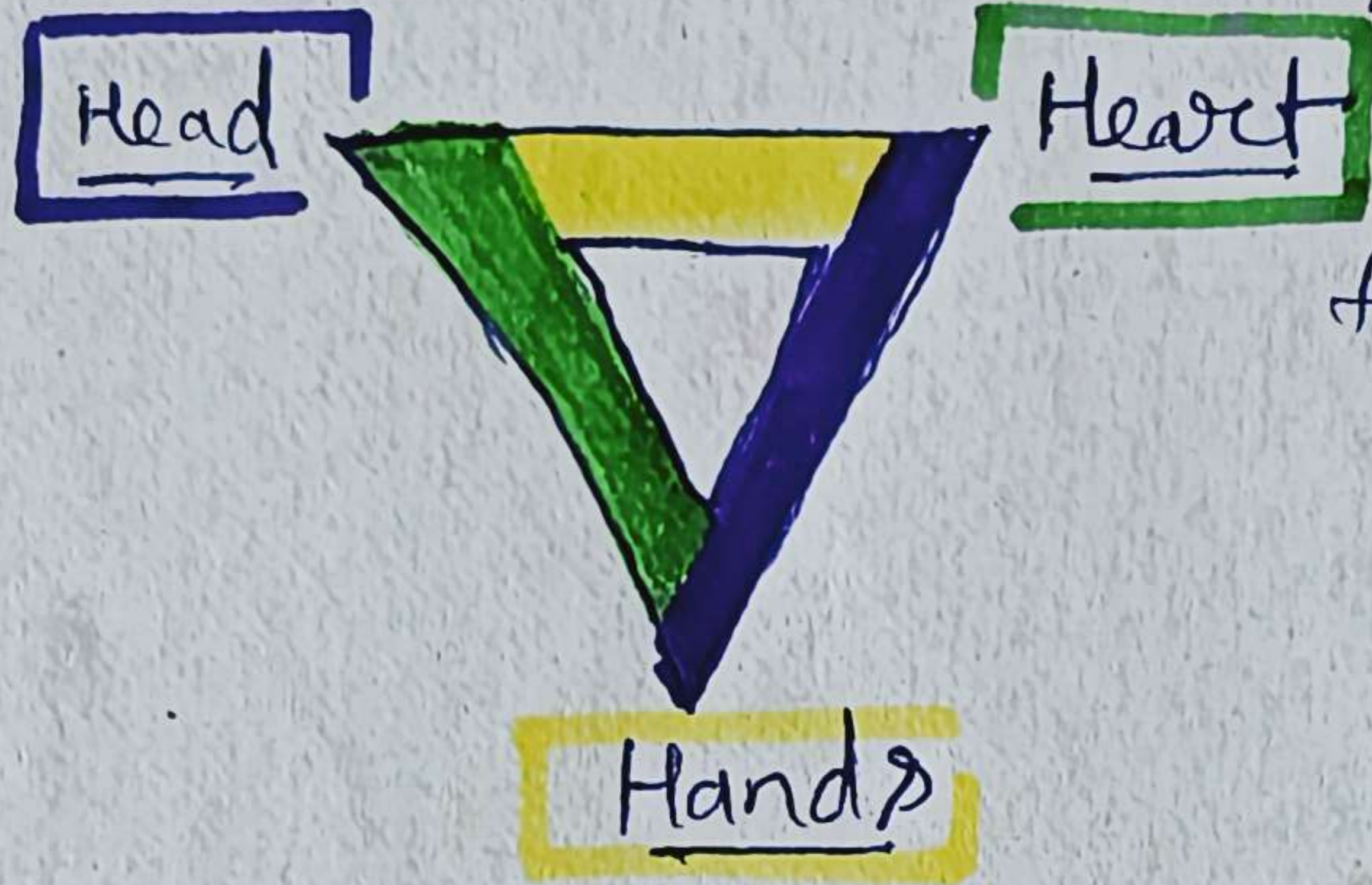
Heart:

- All the friends/new family members here are my heart to go to new things/new opportunities.

Hands:

- I will apply it in my daily life and in my professional life also.

- Over come my hesitation to initiate the communication.
- Improve the fluency in eng.



Inspired by Director Sir, his life story and his commitments for Extension edu.

Going to specialize in one/two area of study in which i'm interested.

HEAD (WHAT I LEARN)

LEARN → ~~what~~ I will continuously learn & apply my knowledge & update it.
Curiosity

HEART (WHAT INSPIRED ME)

EMPATHY → I will understand & respect people's needs.

HAND (WHAT I WILL APPLY)

ACTION → I will apply my knowledge.
Team work.

Head:

- * Learned new competencies.
- * Learned various pathway in the field of Agricultural Extension.

Heart:

- * The story of Saravanan Sir inspired me more. Atleast I am willing to follow col. from his experience.

Hand:

- * So apply the learned competencies in my day to day life and in my academic career.

Head

Encouragement, Interacting
with others, Communication

Heart

Networking, Motivation,
Confident

Hands

Thinking Skill, Confident,
Creativity.

Head

Network, Research potential, Competencies
I must gain and how much I should
develop myself and how I can
use my potential effectively


Heart

Even Extension has wide
scope internationally and people
have achieved more in our field
and how I ~~can~~ also should also
contribute. Great people exist in
extension also

Hand

All the things as much as
possible.

Head :- A broad sense of thinking
and love towards the
subject.

Heart :- Hospitality of **MANAGE**
faculty, food, accommodation
inspired me a lot 

Hand :- Whatever the good things
I learn I'll try to
apply in every day to
day life

Head → Curiosity, Confidence to
(Learn) speak, debate, critical
thinking, Existing Career Opp.
in Extension

Heart →
(Inspire) Journey Dr. Sawan
Sir, systematic arrangement of things.

Hand → Writing Skill, Research
(To apply) work, for preparing
confidently about our subject
Comp. Exam.

Head

- Exposure to policy, schemes & extension reforms.
- Building problem solving.

Heart

- Developing leadership, confidence & social responsible.
- Strengthening motivation to serve agri sector.

Hands

- Learning digital tools (apps, e-market, e-Nam, ICT platform).

Head:

Learn an complete insights on Research,
~~and~~ specialisation and career opportunities in
different field.

Heart:

The love and passionate Saravanan Sir
had towards Extension that truly inspired me.

Hands:

confidence, Public speaking and personal
development.

Head

- ✓ change of Perception.
- ✓ love towards Agricultural Extension Education...

Heart

- ♥ The only inspiration Sarvanan Raj Sir.... Made feel much love about the subject, Profession and also his life experience! ...

Hands

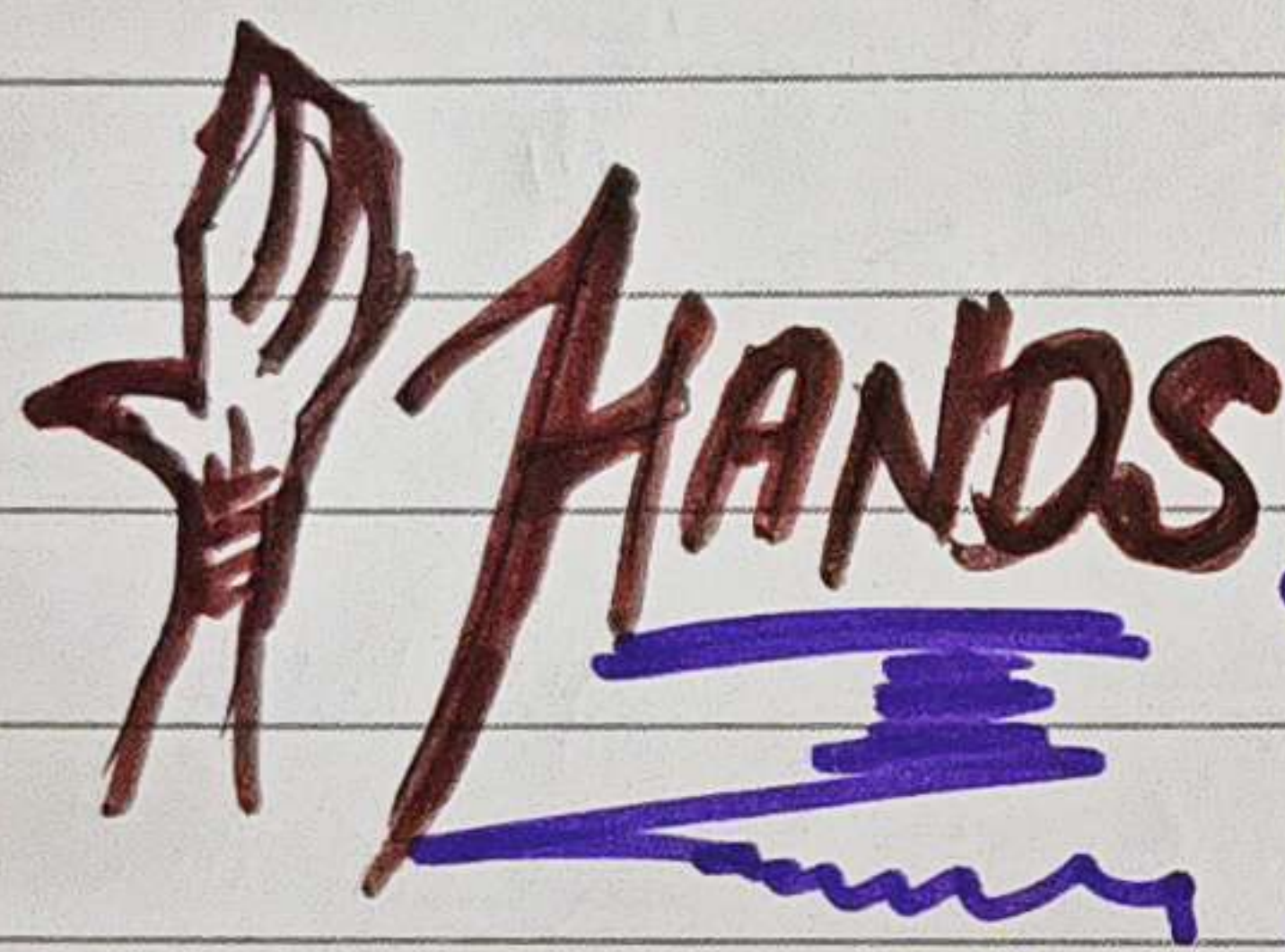
- ✓ wanna transform myself into unbelievable By the time I come again to MANAGE.



- writing skills.
- Building capacity & personality.
- Confidence
- Importance of Extension.
- How to conduct Research that will benefit Society.



- MANAGE
- FRIENDS, PEOPLE
- FOOD
- MEMORIES



- Skills & Competencies
- New extension strategies
- Techniques for solving the problem (personal, group & societal).

