Government of Pakistan

National Vocational and Technical Training Commission

Prime Minister's Hunarmand Pakistan Program

"Skills for All"



Course Contents / Lesson Plan

Course Title: Auto Mechanic

Duration: 6 Months

Revised Edition

Trainer Name				
Course Title	AUTO MECHANIC			
Objectives and Expectations	Employable skills and hands-on practice for Auto Mechanic This course is intended to provide sufficient theoretical knowledge and comprehensive skillset to build a great career in the field of Auto Mechanic in diagnosing, repairing and maintaining a variety of mechanical and electrical systems on City light and heavy gasoline and diesel power-driven vehicles and equipment; to perform preventive maintenance duties; and to perform a variety of technical tasks relative to assigned area of responsibility. Main Expectations: In short, the course under reference should be delivered by professional instructors in such a robust hands-on manner that the trainees are comfortably able to employ their skills for earning money (through wage/self-employment) at its conclusion. This course thus clearly goes beyond the domain of the traditional training practices in vogue and underscores an expectation that a market-centric approach will be adopted as the main driving force while delivering it. The instructors should therefore be experienced enough to be able to identify the			
	training needs for the possible market roles available out there. Moreover, they should also know the strengths and weaknesses of each trainee to prepare them for such market roles during/after the training. i. Specially designed practical tasks to be performed by the trainees have been included in the Annexure-I to this document. The record of all tasks performed individually or in groups must be preserved by the management of the training Institute clearly labeling name, trade, session, etc so that these are ready to be physically inspected/verified through monitoring visits from time to time. The weekly distribution of tasks has also been indicated in the weekly lesson plan given in this document. ii. To materialize the main expectations, a special module on Job Search & Entrepreneurial Skills has been included in the latter part of this course (5 th & 6 th month) through which, the trainees will be made aware of the Job search techniques in the local as well as international job markets (Gulf countries). Awareness around the visa process and immigration laws of the most favored labor destination countries also form a part of this module. Moreover, the trainees would also be encouraged to venture into self-employment and exposed to the main requirements in this regard. It is also expected that a sense of civic duties/roles and responsibilities will also be inculcated in the trainees to make them responsible citizens of the country. iii. A module on Work Place Ethics has also been included to highlight the importance of good and positive behavior in the workplace in the line			

with the best practices elsewhere in the world. An outline of such qualities has been given in the Appendix to this document. Its importance should be conveyed in a format that is attractive and interesting for the trainees such as through PPT slides +short video documentaries. Needless to say that if the training provider puts his heart and soul into these otherwise non-technical components, the image of the Pakistani workforce would undergo a positive transformation in the local as well as international job markets.

To maintain interest and motivation of the trainees throughout the course, modern techniques such as:

- Motivational Lectures
- Success Stories
- Case Studies

These techniques would be employed as an additional training tool wherever possible (these are explained in the subsequent section on Training Methodology).

Lastly, evaluation of the competencies acquired by the trainees will be done objectively at various stages of the training and a proper record of the same will be maintained. Suffice to say that for such evaluations, practical tasks would be designed by the training providers to gauge the problem-solving abilities of the trainees.

(i) Motivational Lectures

The proposed methodology for the training under reference employs motivation as a tool. Hence besides the purely technical content, a trainer is required to include elements of motivation in his/her lecture. To inspire the trainees to utilize the training opportunity to the full and strive towards professional excellence. Motivational lectures may also include general topics such as the importance of moral values and civic role & responsibilities as a Pakistani. A motivational lecture should be delivered with enough zeal to produce a deep impact on the trainees. It may comprise of the following:

- Clear Purpose to convey the message to trainees effectively.
- Personal Story to quote as an example to follow.
- Trainees Fit so that the situation is actionable by trainees and not represent a just idealism.
- Ending Points to persuade the trainees on changing themselves.

A good motivational lecture should help drive creativity, curiosity, and spark the desire needed for trainees to want to learn more.

The impact of a successful motivational strategy is amongst others commonly visible in increased class participation ratios. It increases the trainees' willingness to be engaged on the practical tasks for a longer time without boredom and loss of interest because they can see in their mind's eye where their hard work would take them in short (1-3 years); medium (3 -10 years) and long term (more than 10 years).

As this tool is expected that the training providers would make arrangements for regular well planned motivational lectures as part of a coordinated strategy interspersed throughout the training period as suggested in the weekly lesson plans in this document.

Course-related motivational lectures online link is available in Annexure-II.

(ii) Success Stories

Another effective way of motivating the trainees is using Success Stories. Its inclusion in the weekly lesson plan at regular intervals has been recommended till the end of the training.

A success story may be disseminated orally, through a presentation, or using a video/documentary of someone that has risen to fortune, acclaim, or brilliant achievement. A success story shows how a person achieved his goal through hard work, dedication, and devotion. An inspiring success story contains compelling and significant facts articulated clearly and easily comprehendible words. Moreover, it is helpful if it is assumed that the reader/listener knows nothing of what is being revealed. The optimum impact is created when the story is revealed in the form of:-

- Directly in person (At least 2-3 cases must be arranged by the training institute)
- Through an audio/ videotaped message (2-3 high-quality videos must be arranged by the training institute)

It is expected that the training provider would collect relevant high-quality success stories for inclusion in the training as suggested in the weekly lesson plan given in this document.

Suggestive structure and sequence of a sample success story and its various shapes can be seen in **Annexure III**.

(iii) Case Studies

Where a situation allows, case studies can also be presented to the trainees to widen their understanding of the real-life specific problem/situation and to explore the solutions.

In simple terms, the case study method of teaching uses a real-life case example/a typical case to demonstrate a phenomenon in action and explain theoretical as well as practical aspects of the knowledge related to the same. It is an effective way to help the trainees comprehend in depth both the theoretical and practical aspects of the complex phenomenon in depth with ease. Case teaching can also stimulate the trainees to participate in discussions and thereby boost their confidence. It also makes the classroom atmosphere interesting thus maintaining the trainee interest in training till the end of the course.

Depending on suitability to the trade, the weekly lesson plan in this document may suggest case studies be presented to the trainees. The trainer may adopt a PowerPoint presentation or video format for such case studies whichever is deemed suitable but only those cases must be selected that are relevant and of a learning value.

The Trainees should be required and supervised to carefully analyze the cases.

For this purpose, they must be encouraged to inquire and collect specific information/data, actively participate in the discussions, and intended solutions to the problem/situation.

Case studies can be implemented in the following ways: -

i. A good quality trade-specific documentary (At least 2-3 documentaries must be arranged by the training institute)

	ii. Health &Safety case studies (2 cases regarding safety and industrial accidents must be arranged by the training institute)
	iii. Field visits(At least one visit to a trade-specific major industry/ site must be arranged by the training institute)
Entry-level of trainees	Middle
Learning Outcomes of the course	 At the end of the course, the trainee must have attained the following competencies diagnose repair and maintain by skills and knowledge gained through training and experience any of the working parts of Auto Mobiles as well as the various components of mobile industrial equipment. use, competently, both hand and power tools in order to carry out repairs according to manufacturer's specifications. read and understand work orders, prepare estimates, and interpret technical manuals write service reports, diagnose the cause of failures and keep service analysis records. when fully competent in all phases of general repairs, a Heavy Equipment Technician may specialize in any one of several areas of the trade such as, fuel pumps and injectors, track equipment, engine overhaul, controls, power shift transmissions and allied equipment. outstanding individuals may advance to service representatives or supervisory positions be familiar with the work in related trades such as Machinist and Welder understand the fundamentals of operating a small business. perform assigned tasks in accordance with quality and production standards required by industry.
Course Execution Plan	The total duration of the course: 6 months (26 Weeks) Class hours: 4 hours per day Theory: 20% Practical: 80% Weekly hours: 20 hours per week Total contact hours: 520 hours
Companies offering jobs in the respective trade	All national & multinational industries
Job Opportunities	An Auto Mechanic is a tradesperson who possesses the full range of knowledge, abilities and skills required to diagnose, repair, adjust, overhaul, maintain, operate and test the mobile, heavy duty machinery used in the construction, forestry, mining, petrochemical, material handling, landscaping, land clearing, transportation, road building and farming sectors. They can become:

	 Auto mobile mechanic Stationary diesel engine mechanic 		
No of Students	25		
Learning Place	Classroom / Lab		
Instructional Resources	Multimedia,White boardBoard marker		

MODULES

Scheduled Weeks	Module Title	Learning Units	Remarks
Week 1	Introduction	Motivational Lecture(For further detail please see Page No: 3& 4) Course Introduction Job market Course Applications Institute/work ethics Hazard at Workplace Safety Signs Safety Measures Introduction to workshop practices	Home Assignment Task 1 Task 2 Details may be seen at Annexure-I
Week 2	Basic Bench Work	Success stories (For further detail please see Page No: 3& 4) • Various machining processes • Sawing with hand hacksaw • Filling the job	• Task 3 • Task 4 Details may be seen at Annexure-I
Week 3	Basic Machining	 Motivational Lecture(For further detail please see Page No: 3& 4) Drilling process Arc Welding 	 Task 5 Task 6 Details may be seen at Annexure-I
Week 4	Engine types and Components	 Success stories (For further detail please see Page No: 3& 4) IC and EC Engine Two stroke and Four stroke engine Engine classification Identification and function of gasoline engine parts Identification and function of Diesel Engine components Engine Block and Cylinder Liner Engine Block and Cylinder Liner Piston, Piston Rings and Connecting Rod Piston, Piston Rings and Connecting Rod Crankshaft, Bearings and Related Component 	Task 7 Task 8 Details may be seen at Annexure-I Monthly Test 1

		 Crankshaft, Bearings and Related Component Camshaft and Follower Cylinder Head 	
Week 5 Week 6	Cooling system	 Motivational Lecture(For further detail please see Page No: 3& 4) Function and Types of cooing system Parts of cooling system Servicing Radiator Replacing Thermostat valve Replacing hose pipes. Replacing coolant. Antifreeze and corrosion 	Task 9 Task 10 Details may be seen at Annexure-I
Week 7 Week 8	Intake and Exhaust System	Success stories (For further detail please see Page No: 3& 4) • Air Intake and Exhaust Systems • Turbo Charged Air Systems • Emission Control • Servicing Air Filter Assembly • Servicing inlet manifold • Servicing exhaust manifold • Functioning of Turbo charger assembly	Task 11 Task 12 Task 13 Details may be seen at Annexure-I
Week 9	Fuel System (Petrol)	 Motivational Lecture(For further detail please see Page No: 3& 4) Types and function of different fuel systems Components and their function of fuel system Electronic Fuel System Fundamentals Sensors and actuators in fuel system Electronic Fuel System Diagnosis Fuel System Service 	Task 14 Task 15 <u>Details may be</u> <u>seen at</u> <u>Annexure-I</u>
Week 10	Fuel System (Diesel)	 Success stories (For further detail please see Page No: 3& 4) Components and their function of Diesel fuel system Electronic Fuel System Fundamentals Electronic Fuel System Diagnosis Petrol Storage 	Task 16 Task 17 Details may be seen at Annexure-I

Week 11	Lubrication	 Combustion Process and Starting Aids Fuel System Service Mechanical Fuel Injection System Advanced Mechanical Fuel Injection System Motivational Lecture(For further detail 	
	system	 please see Page No: 3& 4) Main components and their function of engine lubrication system. Types of oil pumps and understand its function. Types of engine oil used in the engine with respect to viscosity. Identify the function and types of oil filter. Oil sump and its components 	Task 18 Task 19 <u>Details may be</u> <u>seen at</u> <u>Annexure-I</u>
Week 12 Week 13	Electrical System	 Success stories (For further detail please see Page No: 3& 4) Electrical fundaments, symbols and signs Types and function of electrical circuits Types of battery Electrical Wiring, Lighting Circuits and Circuit Protection Battery test by use of hydrometer De Sulphuration of Terminals. Inspect and change the Ground (Earth) cable from the vehicle body. Battery testing by using the load tester/battery tester and assess the battery performance. Topping up battery Safe removal and installation of Battery Carry out safe procedure to charge the battery using an external charger Vehicle charging system Test output voltage of alternator. Test drives belt condition and 	Task 20 Task 21 Task 22 Task 23 <u>Details may be</u> <u>seen at</u> Annexure-I

		 Tension, alternator bearing noise. Test wire harness, fuse, and proper insulated wires. Dismantle/service of alternator as following; Repair connector, replace carbon brushes, Replace Rectifier Bridge, replace voltage regulator and replace stator winding 	
Week 14		Midterm	
Week 15	Ignition system	 Motivational Lecture(For further detail please see Page No: 3& 4) Components and their function in ignition system Function of ignition coil Distributor types and function Firing order and ignition timing Advance and retard mechanism Servicing (Inspect/ Replace) ignition switch, ignition coil, electrical connectors 	Task 24 Task 25 Task 26 Details may be seen at Annexure-I
Week 16	Brake system	 Success stories (For further detail please see Page No: 3& 4) Components and their Functions in the vehicle brake system (brake fluid, vacuum booster, master cylinder, brake wheel cylinder, disc run out, brake pad/shoe fading/worn, drum brake) Servicing the Master cylinder, vacuum booster, wheel cylinder, brake disk, brake pad, and brake shoe under the specified procedure. Brake bleeding Air Antilock Brake Systems Electric components of brake system 	Task 27 Task 28 Task 29 <u>Details may be</u> <u>seen at</u> <u>Annexure-I</u>
Week 17	Hydraulic brake	 Motivational Lecture(For further detail please see Page No: 3& 4) Hydraulic Brake System Fundamentals Hydraulic Brake System (Drum and Disc) Hydraulic Brake System Diagnosis and Service 	Task 30 Task 31 Details may be seen at Annexure-I

Week 18	Steering System	 Hydraulic Brake Booster System Fundamentals and Service Parking Brake System Fundamentals and Service Electric Brake Fundamentals and Service Hydraulic Antilock Brake Systems Success stories (For further detail please see Page No: 3& 4) Steering Fundamentals Types and functions of mechanical steering system Types and functions of power steering system Rubber boots on (inner and outer ball joint), Tie road condition, and 	Task 32 Task 33 Details may be seen at Annexure-I
Week 19	SUSPENSION	 inner/outer ball joints play, steering rack and pinion box, mounting for the steering box under the specified procedure. Steering Service Steering Angles and Alignment Motivational Lecture(For further detail 	AIIIIGXUIG-I
	SYSTEMS	 please see Page No: 3& 4) identification and Function of suspension types Types of springs Introduction to computerized suspension system Suspension components and Fundamentals Bearings and Seals, Wheels, Tires, and Hubs Wheel balancing and alignment (Caster and camber, toe in and toe out) 	• Task 35 • Task 36 • Task 37 Details may be seen at Annexure-I
Week 20	VEHICLE ELECTRICAL DIAGNOSIS, FAILURE ANALYSIS AND APPRENTICESHIP	Success stories (For further detail please see Page No: 3& 4) Car Electrical Circuit Fundamentals Car Electrical Circuit Service Failure Analysis Orientation to Vehicle Inspection Workplace Coaching Skills Advisory Network Interprovincial Standards	 Task 38 Task 39 Details may be seen at Annexure-I
Week 21	Employable	Guidelines to the Trainees for selection	

Project/Assignme nt (6 weeks i.e. 21-26) besides regular classes. OR On the job training (2 weeks)	of students employable project like final year project (FYP) Assign Independent project to each Trainee A project-based on trainee's aptitude and acquired skills. Designed by keeping in view the emerging trends in the local market as well as across the globe. The project idea may be based on Entrepreneur. Leading to successful employment. The duration of the project will be 6 weeks Ideas may be generated via different sites such as: https://1000projects.org/ https://nevonprojects.com/ https://www.freestudentprojects.com/ https://www.freestudentprojects.com/ https://technofizi.net/best-computer-science-and-engineering-cse-project-topics-ideas-for-students/ Final viva/assessment will be conducted on project assignments. At the end of the session, the project will be presented in a skills competition The skill competition will be conducted on zonal, regional, and National levels. The project will be presented in front of Industrialists for commercialization The best business idea will be placed in the NAVTTC business incubation center for commercialization. OR On the job training for 2 weeks: Aims to provide 2 weeks of industrial training to the Trainees as part of the overall training program Ideal for the manufacturing trades As an alternative to the projects that involve expensive equipment Focuses on increasing Trainee's motivation, productivity, efficiency, and quick learning approach.	
	Students are provided with details regarding a capstone project that they are required to complete to showcase their learning. The project should	Monthly Test 6

		ideally consist of the following
		deliverables: 1. Design brief/description outlining their
		project
		 Research collected during the project Rough sketches, either hand-drawn or
		digitally created that showcase their
		design process 4. Professionally presented a main body
		of artwork at the end of the course
		Notes for the Trainer/Teacher:
		 Each student must receive a separate/independent project based on
		their strengths and interests. This will reinforce their motivation and
		determine their aptitude towards
		specific design fields.
		 Each project should be designed keeping future design trends as well as
		current market demands in mind
		 The duration for the completion of the project is 4 weeks
		It's important to reiterate the value of these projects as each student will later
		be able to showcase their creative
		effort in the real world market, giving them leverage over others for better
		employment.
		ldeas for projects may be generated
		via different sites such as: https://1000projects.org/
		https://benahce.com/
W I. 00		https://www.freestudentprojects.com/
Week 23	Introduction to freelancing	 Motivational Lecture(For further detail please see Page No: 3& 4)
		Students are introduced to:
		 the concept of freelancing
		how to become freelance and create a
		sustainable income • pros and cons of freelancing
		the ethical and professional way of
		becoming a productive freelancerresources available for freelancing in
		the field of design
		how to join freelancing sites
		 the process of creating a freelancing profile

Week 24	Professional practice methods& legal	Success stories (For further detail please see Page No: 3& 4)	
	side of design	 Students are introduced to: the standards that define the expectations of a professional designer the principles of integrity that demonstrate respect for the profession, for colleagues, for clients, for audiences or consumers, and society as a whole the perspectives of the design profession i.e. understanding the profession, the meanings of environmental responsibility, copyright, and ethics what legalities are involved in professional design projects how to build strong professional proposals copyrights, copyright infringement, plagiarism, crediting creators, purchasing online products, downloading 'free' content the do's and don'ts of how to price 	
Week 25	Preparing your portfolio	 their time, effort, and creativity Motivational Lecture(For further detail please see Page No: 3& 4) 	
		Students are introduced to: the concept of design portfolios the concept of present design work/projects in a professional manner websites that provide free portfolio hosting such as Behance and Dribble creating a portfolio how to select work for presenting in your portfolio	Final Assessment
Week 26	Entrepreneurship and Final Assessment in project	 Success stories (For further detail please see Page No: 3& 4) Job Market Searching Self-employment Introduction Fundamentals of Business Development Entrepreneurship Startup Funding Business Incubation and Acceleration Business Value Statement 	

 Business Model Canvas Sales and Marketing Strategies How to Reach Customers and Engage CxOs Stakeholders Power Grid RACI Model, SWOT Analysis, PEST Analysis SMART Objectives 	
OKRsCost Management (OPEX, CAPEX,	
ROCE, etc.)	
 Final Assessment 	

Tasks For Certificate in AUTO MECHANIC

Task No.	Description	Week
1.	Identify different types of hazards	Week 1
2.	Interoperate the safety signs and symbols	Week
3.	Saw the job on angel	
4.	Finish the job surface	
5.	Drill the hole with pedestal drill machine	Week 3
6.	Arc Weld two parts in T Shape	Trook o
7.	Differentiate the two and four stock engines	Week 4
8.	Place the compression ring in piston	Wook !
9.	Service the Radiator	Week 5&6
10.	Replace Thermostat valve	Wook ode
11.	Replace the air filter	
12.	Service turbo charger	Week 7&8
13.	Service the air intake assembly	
14.	Replace fuel pump	
15.	Replace fuel sensor	Wook o
16.	Replace Fuel injectors	Week 10
17.	Replace fuel injection pump	
18.	Service the oil pump	
19.	Replace the oil filter	
20.	Prepare electrolyte	
21.	Construct parallel & series circuit	Week 12
22.	Construct horn circuit	&13
23.	Construct headlight circuit	
24.	Replace ignition coil	
25.	Service the distributer Week	
26.	Replace ignition switch	
27.	Adjust brake paddle	
28.	Replace brake leathers	Week 16
29.	Service the brake booster	
30.	Air blead the brake system Week 1	
31.	Service the parking brake	TOOK 17
32.	Service the rack & pinion assembly	Week 18

33.	Replace the rubber boots	
34.	Replace the power unit	
35.	Replace the leaf spring	
36.	Replace the shock absorber	Week 19
37.	Replace the hub	
38.	Explain the operation of car lighting circuits.	Week 20
39.	Explain the operation of car accessory circuits	7100K 20
40.	 Browse the following website and create an account on each website Bayt.com – The Middle East Leading Job Site Monster Gulf – The International Job Portal Gulf Talent – Jobs in Dubai and the Middle East Find the handy 'search' option at the top of your homepage to search for the jobs that best suit your skills. Select the job type from the first 'Job Type' drop-down menu, next, select the location from the second drop-down menu. Enter any keywords you want to use to find suitable job vacancies. On the results page you can search for part-time jobs only, full-time jobs only, employers only, or agencies only. Tick the boxes as appropriate to your search. Search for jobs by: Company Category Location All jobs Agency Industry 	Week 21 onwards

Annexure-II:

AUTOMECHANIC

What is freelancing and how you can make money online - BBCURDU

https://www.youtube.com/watch?v=9jCJN3Ff0kA

What Is the Role of Good Manners in the Workplace? By Qasim Ali Shah | In Urdu

17 | Graphic Design and Video Editing

Hisham Sarwar Motivational Story | Pakistani Freelancer

https://www.youtube.com/watch?v=CHm_BH7xAXk

21 Yr Old Pakistani Fiverr Millionaire | 25-35 Lakhs a Month Income | Interview

https://www.youtube.com/watch?v=9WrmYYhr7S0

Failure to Millionaire - How to Make Money Online | Fiverr Superhero Aaliyaan Success Story

https://www.youtube.com/watch?v=d1hocXWSpus

Annexure-II

SUGGESTIVE FORMAT AND SEQUENCE ORDER OF MOTIVATIONAL LECTURE.

Mentor

Mentors are provided an observation checklist form to evaluate and share their observational feedback on how students within each team engage and collaborate in a learning environment. The checklist is provided at two different points: Once towards the end of the course. The checklists are an opportunity for mentors to share their unique perspective on group dynamics based on various team activities, gameplay sessions, pitch preparation, and other sessions, giving insights on the nature of communication and teamwork taking place and how both learning outcomes and the student experience can be improved in the future.

Session-1 (Communication):

Please find below an overview of the activities taking place Session plan that will support your delivery and an overview of this session's activity.

Session- 1 OVERVIEW

Aims and Objectives:

- To introduce the communication skills and how it will work
- Get to know mentor and team build rapport and develop a strong sense of a team
- Provide an introduction to communication skills
- Team to collaborate on an activity sheet developing their communication, teamwork, and problem-solving
- Gain an understanding of participants' own communication skills rating at the start of the program

Activity:	Participant Time	Teacher Time	Mentor Time
Intro Attend and			
contribute to the			
scheduled.			
Understand good			
communication			
skills and how it			
works.			
Understand what			
good			
communication			
skills mean			
Understand what			
skills are important			
for good			
communication			
skills	<u> </u>		
Key learning outcomes:	Resources:		Enterprise skills developed:
 Understand the 	 Podium 		 Communication

communication skills and how it works. • Understand what communication skills mean • Understand what skills are important for communication skills	 Projector Computer Flip Chart Marker 	Self Confidence Teamwork
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Schedule	Mentor Should do
Welcome:	Short welcome and ask the Mentor to introduce
5 min	him/herself.
	Provide a brief welcome to the qualification for the class.
	Note for Instructor: Throughout this session, please
	monitor the session to ensure nothing inappropriate is
	being happened.
Icebreaker:	Start your session by delivering an icebreaker, this will
10 min	enable you and your team to start to build rapport and
	create a team presentation for the tasks ahead.
	The icebreaker below should work well at introductions
	and encouraging communication, but feel free to use
	others if you think they are more appropriate. It is
	important to encourage young people to get to know
	each other and build strong team links during the first
	hour; this will help to increase their motivation and
	communication throughout the sessions.
Introduction &	Provide a brief introduction of the qualification to the
Onboarding:	class and play the "Onboarding Video or Presentation".
20mins	In your introduction cover the following:
	1. Explanation of the program and structure. (Kamyab
	jawan Program)
	2. How you will use your communication skills in your
	professional life.
	3. Key contacts and key information – e.g. role of
	teacher, mentor, and SEED. Policies and procedures
	(user agreements and "contact us" section). Everyone to
	go to the Group Rules tab at the top of their screen,
	read out the rules, and ask everyone to verbally agree.
	Ensure that the consequences are clear for using the
	platform outside of hours. (9am-8pm)
	4. What is up next for the next 2 weeks ahead so young
	people know what to expect (see pages 5-7 for an
	overview of the challenge). Allow young people to ask
	any questions about the session topic.
Team Activity Planning:	MENTOR: Explain to the whole team that you will now
30 minutes	be planning how to collaborate for the first and second
	collaborative Team Activities that will take place outside
	of the session. There will not be another session until

the next session so this step is required because communicating and making decisions outside of a session requires a different strategy that must be agreed upon so that everyone knows what they are doing for this activity and how.

- "IDENTIFY ENTREPRENEURS" TEAM ACTIVITY
- "BRAINSTORMING SOCIAL PROBLEMS" TEAM **ACTIVITY**"

As a team, collaborate on a creative brainstorm on social problems in your community. Vote on the areas you feel most passionate about as a team, then write down what change you would like to see happen. Make sure the teams have the opportunity to talk about how they want to work as a team through the activities e.g. when they want to complete the activities, how to communicate, the role of the project manager, etc. Make sure you allocate each young person a specific week that they are the project manager for the weekly activities and make a note of this. Type up notes for their strategy if this is helpful - it can

be included underneath the Team Contract.

Session Close: 5 minutes

MENTOR: Close the session with the opportunity for anyone to ask any remaining questions. Instructor:

Facilitate the wrap-up of the session. A quick reminder of what is coming up next and when the next session will be.

MOTIVATIONAL LECTURES LINKS.

TOPIC	SPEAKER	<u>LINK</u>
How to Face Problems In Life	Qasim Ali Shah	https://www.youtube.com/watch?v=OrQte08MI90
Just Control Your Emotions	Qasim Ali Shah	https://www.youtube.com/watch?v=JzFs yJt-w
How to Communicate Effectively	Qasim Ali Shah	https://www.youtube.com/watch?v=PhHAQEGehKc
Your ATTITUDE is Everything	Tony Robbins Les Brown David Goggins Jocko Willink Wayne Dyer Eckart Tolle	https://www.youtube.com/watch?v=5fS3rj6elFg
Control Your EMOTIONS	Jim Rohn Les Brown TD Jakes Tony Robbins	https://www.youtube.com/watch?v=chn86sH0O5U
Defeat Fear, Build Confidence	Shaykh Atif Ahmed	https://www.youtube.com/watch?v=s10dzfbozd4
Wisdom of the Eagle	Learn Kurooji	https://www.youtube.com/watch?v=bEU7V5rJTtw
The Power of ATTITUDE	Titan Man	https://www.youtube.com/watch?v=r8LJ5X2ejqU
STOP WASTING TIME	Arnold Schwarzenegger	https://www.youtube.com/watch?v=kzSBrJmXqdg
Risk of Success	Denzel Washington	https://www.youtube.com/watch?v=tbnzAVRZ9Xc

SUCCESS STORY

S. No	Key Information	Detail/Description
1.	Self & Family background	
2.	How he came on board NAVTTC Training/ or got trained through any other source	
3.	Post-training activities	
4.	Message to others (under training)	

Note: Success story is a source of motivation for the trainees and can be presented in several ways/forms in a NAVTTC skill development course as under: -

- 1. To call a passed out successful trainee of the institute. He will narrate his success story to the trainees in his own words and meet trainees as well.
- 2. To see and listen to a recorded video/clip (5 to 7 minutes) showing a successful trainee Audio-video recording that has to cover the above-mentioned points.*
- **3.** The teacher displays the picture of a successful trainee (name, trade, institute, organization, job, earning, etc) and narrates his/her story in the teacher's own motivational words.

^{*} The online success stories of renowned professional can also be obtained from Annex-II

Workplace/Institute Ethics Guide

Work ethic is a standard of conduct and values for job performance. The modern definition of what constitutes good work ethics often varies. Different businesses have different expectations. Work ethic is a belief that hard work and diligence have a moral benefit and an inherent ability, virtue, or value to strengthen character and individual abilities. It is a set of values-centered on the importance of work and manifested by determination or desire to work hard.

The following ten work ethics are defined as essential for student success:

1. Attendance:

Be at work every day possible, plan your absences don't abuse leave time. Be punctual every day.

2. Character:

Honesty is the single most important factor having a direct bearing on the final success of an individual, corporation, or product. Complete assigned tasks correctly and promptly. Look to improve your skills.

3. Team Work:

The ability to get along with others including those you don't necessarily like. The ability to carry your weight and help others who are struggling. Recognize when to speak up with an idea and when to compromise by blend ideas together.

4. Appearance:

Dress for success set your best foot forward, personal hygiene, good manner, remember that the first impression of who you are can last a lifetime

5. Attitude:

Listen to suggestions and be positive, accept responsibility. If you make a mistake, admit it. Values workplace safety rules and precautions for personal and co-worker safety. Avoids unnecessary risks. Willing to learn new processes, systems, and procedures in light of changing responsibilities.

6. Productivity:

Do the work correctly, quality and timelines are prized. Get along with fellows, cooperation is the key to productivity. Help out whenever asked, do extra without being asked. Take pride in your work, do things the best you know-how. Eagerly focuses energy on accomplishing tasks, also referred to as demonstrating ownership. Takes pride in work.

7. Organizational Skills:

Make an effort to improve, learn ways to better yourself. Time management; utilize time and resources to get the most out of both. Take an appropriate approach to social interactions at work. Maintains focus on work responsibilities.

8. Communication:

communication, being able correctly write Written to reports and memos. Verbal communications, being able to communicate one on one or to a group.

9. Cooperation:

Follow institute rules and regulations, learn and follow expectations. Get along with fellows, cooperation is the key to productivity. Able to welcome and adapt to changing work situations and the application of new or different skills.

10. Respect:

Work hard, work to the best of your ability. Carry out orders, do what's asked the first time. Show respect, accept, and acknowledge an individual's talents and knowledge. Respects diversity in the workplace, including showing due respect for different perspectives, opinions, and suggestions.