

PSYCHOLOGS

# Success Stories

**Samanbar Siddiqui**

M. Phil Clinical Psychology  
at Manav Rachna Institute



# 1.

### **let's start with how you are feeling after achieving this feat.**

First of all, I would like to thank UPS Education and Dr. Avind Otta, because where I am right now - in the MPhil program at Manav Rachna International Institute Of Research And Studies, it's all because I joined the coaching. I feel really good about it.

It's been a dream come true. After many breakthroughs and breakdowns, I finally cleared the entrance and interview, securing a seat at Manav Rachna.

It feels like I'm actually at the right place and that I am here and I deserve it. That's how I feel right now.

# 2.

## **can you tell us about your prep strategy?**

I chose the online batch because I wasn't comfortable attending in person, and the location was too far. The online program was more convenient for me. However, discipline is key—you need to set a specific timetable for your lectures and stick to it.

After attending each class, I would make my own notes. Listening to the lectures, reviewing my notes, and revisiting the material helped reinforce my understanding. There were regular doubt sessions conducted by Dr. Arvind Sir, who explained concepts with great detail and patience, ensuring that all doubts were cleared.

# 3.

**What were some challenges that came your way? also, how did you deal with these challenges?**

There were punctuality issues. Because you are taking classes from home. There is no classroom environment. And anytime your timetable can get disturbed. Sometimes guests can come to your house. Sometimes there can be issues with electricity or maybe your device isn't working.

# 4.

## **What resources did you use? if anything specific**

If you're looking for study resources, UPS Education provides chapter-wise detailed notes. Key books to refer to include Morgan & King's Introduction to Psychology, Short Textbook of Psychiatry by Niraj Ahuja, and the DSM-5 for abnormal psychology. Additionally, using a test series can be beneficial. Focus on one chapter at a time or two per day—study the chapter, watch the corresponding video, take notes, and then attempt the test series.

# 5.

## **honestly, what keeps you motivated?**

I read a lot of novels, especially thrillers, so reading psychology books and study material came naturally to me. But preparing for entrance exams is a whole different challenge.

If you truly want to be in this field and see a change in yourself, whether it's through an M.Phil., clearing NET or JRF, or pursuing further studies, each step takes you closer to the person you envision becoming in the next 10 years. This field isn't just about helping others—you also undergo significant personal growth.

I wanted to see that change in myself, and I truly wanted to be in this field. That's what keeps me motivated.

# 6.

## **Any message for aspirants out there?**

The most important thing in this journey is discipline. Stay committed, and don't get discouraged if you miss the mark by a few points—whether it's 2 or 3 marks. Instead, see it as progress.

Every mistake is an opportunity to learn, and the more you learn, the stronger you become. Every rejection letter, every incorrect answer, and every misstep is guiding you towards the right path.

There will be moments when you'll feel like giving up, like maybe this isn't for you, or that you should switch to something else—maybe take up a job instead. But if you truly want to be in this field, patience is key.

PSYCHOLOGS

# India's First Mental Health Magazine

Subscribe Now



Visit - [www.psychologs.com](http://www.psychologs.com)



## PSYCHOLOGS

**Like, Share & Follow Psychologsmagazine now,  
To get latest updates about Psychology:**

**Follow us on :**



**@psychologsmagazine**