

ADAD

Selfies

Know Thy Self

RCMetrics

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About Selfffies

It is the world of competition and comparison. To excel as a genius requires many attributes besides intelligence. Success is measured in prosperity, but real success is prosperity with contentment or satisfaction. One is only satisfied if he/she enjoys the work or gets opportunity to fulfil their passion. So it is important to know ones passion and the latent skills to achieve it. A close look with introspection can be the best guiding factor. This is Selfffies.

Selfffies is analysis based on the principles of Mudra advocated in the Indian Yoga. It is completed using the scan images of all the finger tips processed in a software application. The application generates a report which covers personality, behavioural and intellectual aspects. The findings of the report are guidelines for the student to adopt education pattern, choose career, for a professional to choose department and even his hobbies.

Yoga is essentially a spiritual discipline based on an extremely subtle science, which focuses on bringing harmony between mind and body. The word 'Yoga' is derived from the Sanskrit root 'Yuj', meaning 'to join' or 'to unite'. As per Yogic scriptures the practice of Yoga leads to the union of individual consciousness with that of the Universal Consciousness, indicating a perfect harmony between the mind and body, Man & Nature. According to modern scientists, everything in the universe is just a manifestation of the same quantum firmament. Thus the aim of Yoga is Self-realization, to overcome all kinds of sufferings leading to 'the state of liberation' (Moksha) or 'freedom' (Kaivalya). Living with freedom in all walks of life, health and harmony shall be the main objectives of Yoga practice.

Mudra is a term with many meanings. It is used to signify a gesture, a mystic position of the hands, a seal, or even a symbol. However, there are eye positions, body postures, and breathing techniques that are called mudras. These symbolic finger, eye, and body postures can vividly depict certain states or processes of consciousness. Conversely, specific positions can also lead to the states of consciousness that they symbolize.

Mudras engage certain areas of the brain and/or soul and exercise a corresponding influence on them. We can effectively engage and influence our body and our mind by bending, crossing, extending, or touching the fingertips with other fingertips.

What is RCMetric Test

What is RCmetric Test?

The word RCmetric is derived from RC = Ridge Count and Metric = To Measure. A standard procedure to measure the natural sensitivity or memory or intelligence or aptitude or personality

RCmetrics therefore is a technique of measuring and portraying the mind of a human being. This includes the measurement of knowledge, abilities, attitudes, and personality traits.

RCmetric Tests

1. There is no "pass-or-fail" in RCmetric Test
2. It's about "your abilities"
3. There is a option for everyone, it is essential to know your best attributes
4. RCmetric Test is purely based on the finger tips ridge count analysis
5. What do RCmetric test measure?
 - a. How well you work with other people
 - b. How well you handle stress
 - c. Whether you will be able to cope with the intellectual demands of the job
 - d. Your personality, preferences and abilities
 - e. Your emotional stability
 - f. Best match of individual to education and career option
 - g. Best match of individual to occupation and working environment
6. Basis of RCmetric is the Ridge Count Analysis and the Mudras in Indian Yoga

What is Ridge Count?

A fingerprint is an impression of the friction ridges of all part of the finger. A friction ridge is a raised portion of the epidermis on the digits or on the palmar and plantar skin, consisting of one or more connected ridge units of friction ridge skin. Counting these friction ridges gives the ridge count of each finger.

How is it measured?

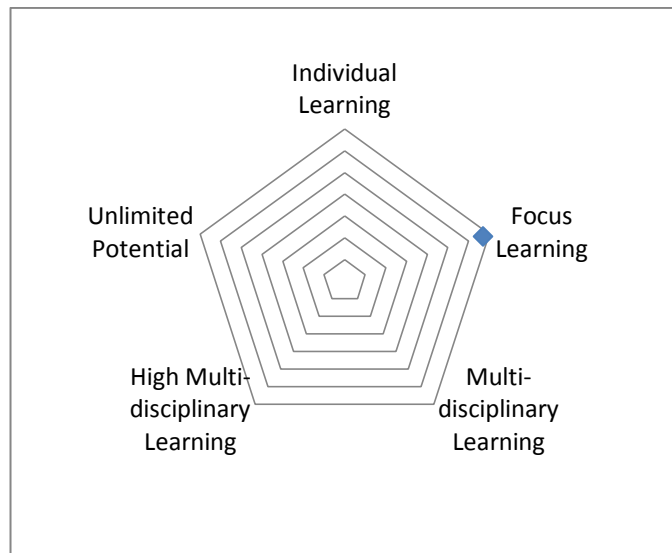
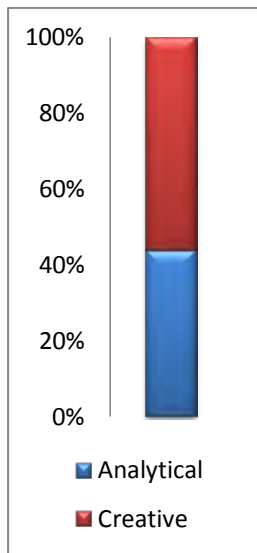
Orientation flow field is the starting point for feature extraction in fingerprint algorithms. The number of ridges between any two points, say core points and tri-radius and the average width of ridges in a region of fingerprint is important.

What is it used for?

Fingerprints are constant and individualistic and form the most reliable criteria for identification.

Fingerprint patterns are geno-typically determined and remain unchanged from birth till death.

You are...



& many more characteristics...

Selfies Snapshots

This section covers your unique attributes with their weight and grade. A trait is a temporally stable, cross-situational individual difference. But unique attributes are permanent characteristics of an individual which makes him/her different from others.

Unique attributes play significant role in general as well as personal behaviour, thought and action. Knowing ones attributes will definitely help in closely understanding oneself. Self understanding can allow better self introspection. The attributes also surface the strength possessed which can be used in most articulated manner. Although the weights and grades of these attributes are natural, one can work towards overcoming the weaker side and also optimally use the higher grades.

The weight and grades of different quotients including IQ are given here. Balancing overall behaviour, thought and action needs to be accomplished with a proper blend of the unique attributes and quotients.

It is suggested to carefully understand this statistics about the unique attributes and quotients to get a complete and clear picture about you. This can help you optimally transform all your strengths to achieve your Life Goals and be successful.

Selfies Snapshots

EQ	20.9	IQ	19.4	Autonomous	Cooperative
AQ	17.6	CQ	23.13	Introspective	Imitative
VQ	19.4	SQ	14.8		

You are a multi tasker with structured memory

Your thinking may be clear but needs confirmation

You have strong flow of ideas that channelize in the most admirable manner

& many more details...

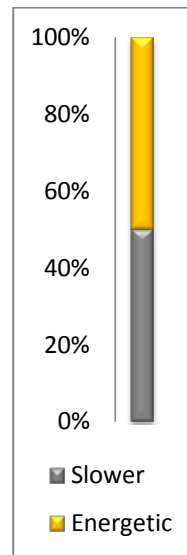
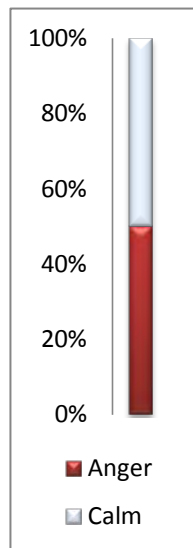
Selfies Close-ups

This section gives the grades of various personality factors possessed by an individual. Your personality is a close knit combination of various aspects. Influence of every aspect is equally important in describing your personality. Only a very close look can fetch you a clear cut understanding about yourself.

Go through this section carefully and explore to make perfect blend of your select personality factors and equip to use them in the most optimal manner. On the sloppy side try to brain storm with yourself on how you can manage them and lower their damaging effects.



Personal Aspects



- Social Aspects
- Intellect Aspects
- Responsibility Aspects
- Express – Feel Aspects

& many more charts...

Selfies Concepts & Tips

This section explains the concepts in detail. It also gives hints and tips that you can follow as a part of self development process. The tips mentioned here are indicative and you can fine tune them further as you develop yourself.

This section also describes the use of technology to enhance your unique attribute skills. The hints mentioned in this section can be permanently used to address similar challenges in different scenarios.

Selfies Concepts & Tips

<i>Self</i>	
<i>Person's essential being that distinguishes him/her from others, especially considered as the object of introspection or reflexive action</i>	
<i>Tips</i>	<i>Technology Use</i>
<ul style="list-style-type: none"> • Maintain a journal and write down your wish list, goals and create vision boards • Realize the steps to achieve larger future goals, to name a few, places of interest, books you would like to read, activities you would like to join, foods that you would like to eat, cars that you would like to drive or houses that you would like to own 	<ul style="list-style-type: none"> • Independently operating Programs • Single Player Games • Brainstorming or problem solving software • Instructional games • Word processors for journaling and recording • Developing multimedia portfolio

Cooperative

- You learn by imitation so set good examples
- You value relationships so mentors should communicate in soft and caring manner
- You prefer warmth and appreciation for deeds like support, compromise, or sacrifice. You notice efforts as believe in timely rewards
- Prepare yourself mentally before undertaking any task
- You need guidance and directions to set goals and manage your time well
- You can master a skill if you are trained at an early age

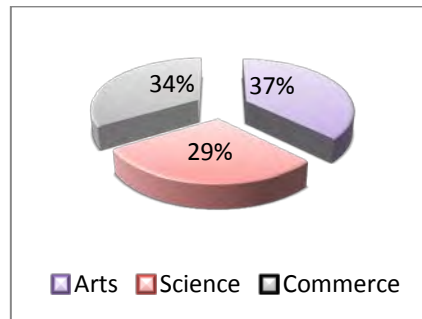
& many more concepts...

Selfies Careers

This section lists different career with individual weights which are determined from combination of your unique attributes and quotients. The list is indicative and there are many other factors which influence in choosing a particular career. Before selecting any career from the list it is essential for you to consider the financial aspects, availability of proper infrastructure and support system for you to pursue it. The commercial viability in the present time is also important factor while choosing a career.

Selffies Careers

Depending on the unique attributes Selffies provides career options to make the choice is easy



& many more career options...

Get your SelffieS Today contact: adaspl99@gmail.com deep41142@gmail.com

Disclaimer

The result obtained in this report are based on the prints of the fingertips samples submitted to us by the individual out of his/her free will and consent to undergo such analysis, or of the child under supervision and permission of his parents or guardian. It is also understood that these prints are used only for analysing and preparing this report and the prints will not be used for any other purpose and will not be stored with us in any form. The report does not reflect any acquired knowledge or skills of the person. The result indicates the potential and talent which naturally exists in the person. The success of results indicated in the report depends on effort taken and all external factors that have direct impact in the process. Although the findings are realistic, the report cannot guarantee the success which depends on the actual performance and several other factors. The decision to follow any instruction, advise, suggestion or recommendation solely depend upon the candidate/guardian and he/she will be solely responsible for the consequences of the same. We as an organisation or any of its authorised representatives shall not in any case be liable for any consequences under any circumstances or failure in any particular course of study or activity recommended in the Report. So before taking any crucial decision it is recommended that you match the results with your own observations.