



ANTAHIN ABHA
FOUNDATION

Imagine ▶ Believe ▶ Achieve

MPower Course Offering

BASIC COURSE

The basic MPower courses are targeted for high school and college students to gain awareness of professional careers, job interview processes and to give them the skills to compete for professional sector jobs.

Communication Skills

Art of communication is more than just spoken english. It is about organizing thoughts, forming an opinion and finally finding the confidence to express it.

Our course focuses on **self-confidence**, **interview skills**, and **spoken english**.

Our Communication Skill program focuses on:

- Psychological assessments and coaching to boost self-confidence.
- Speaking activities about various relevant topics.
- Personality grooming and Interview skills
- English grammar and spoken english.
- Mock interview sessions

Software Fundamentals

Information Technology (IT) knowledge is an essential skill to get a back office job or to start a small business. Our training is designed to build a strong foundation:

- Use of IT for back office and administrative work.
- Proficiency of MS Word, MS Excel and MS PowerPoint.
- Use of cloud technology (Google Drive, Google Docs, Google Sheets, Google Forms and other cloud-based tools)

Essential Life Skills

Leadership instincts, problem solving ability, and our response to challenges - these are the essential skills that determine our life success. Our sessions focus on:

- Taking personal responsibility
- Decision making and goal setting
- Learning leadership skills through case studies and practical scenarios
- Effective communication

ADVANCED COURSES

The advanced courses are designed to help students prepare for targeted career paths or grow a freelance business. The course line-up includes practical assessments and case studies:

Data Analytics

- Advanced Excel concepts
- Data Collection, Data Preparation and Data Analysis
- Data Interpretation

Artificial Intelligence

- Python and SQL
- Data Engineering
- Data Science and Visualization

Video Editing

- Video recording and editing fundamentals.
- Transitions, effects, and text mastery.
- Colour grading, graphic design, and animation essentials.
- AI software for efficient workflow.
- Advanced techniques through hands-on assessments.
- Establishing a business and a social media influence through video editing.