



Suresh Dada Scheme for
Educational & Entrepreneurial Development
सुरेशदादा शैक्षणिक व उद्योजक विकास योजना

Our Vision -

‘To seed talented students for successfully acquiring entrepreneurial skills and enhanced employability at global level.’

Dnyan-Yadnya

(ज्ञानयज्ञ)



“ You can
do a lot if
you’re
properly
TRAINED ”



When we see the Jain Saints walking bare footed untiringly on dusty and hard roads through severe summers, frosty & bitter winters, torrential rains with

and courage in their minds, sacrificing all they had and without any anger or temper, for the welfare of society & religion, we bow down in respect before them. Similarly, Suresh Dada Scheme for Educational and Entrepreneurial Development (SD-SEED) has been started by a person influenced by the selfless principles and lives of these Jain Saints.

In the same way, SD-SEED is working selflessly for the welfare of the students, with the only objective of promoting education among needy and intellectually bright students, without any differentiation of caste or creed, by giving them an educational scholarship, discount on purchase of educational material, providing financial assistance through banks and other institutes with a vision for the overall development of Jalgaon students should happen. The students' knowledge should be enhanced, they should be well-cultured, self-respectful, well educated, powerful and should get their place in society.

Pujya Sane Guruji in one of his books has said that, 'in society, many flower buds get nibbled by insects, even before they can bloom. This bug called, Poverty destroys many talented flowers.' SD-SEED is thus, trying to protect these budding flowers.

In our society, we see students enjoying a lavish and prosperous life, but even after having everything, they are physically and mentally malnourished. Such students leading a comfortable life with a lot of money, are prone to becoming addicts to various kind of bad habits, ailments, etc. They get malnourished because of the fast food culture. It is difficult for them to withstand even a little stress. It is difficult for such students to survive in today's competitive world, their thinking power becomes weak and monotonous. They cannot think properly before doing any action and they get frustrated. Moreover, their parents also have a lot of expectations from them. This is also one of the reasons for these students to get depressed. Negative thoughts come into their mind. They forget that nature has blessed them with the ability to think and when they face failure, they think of suicide. But is suicide the only

solution to the challenges of life? We see such parents in society, who put burden of their high expectations on their children, but do not bother to spend time with them. Such parents need an awakening and this is the need of the hour. This enlightenment is surely getting done through the activities and work of SD-SEED.

It is necessary for students to know where they lack in their educational skills. Students should understand the outlook of life. They will have to face many problems, at times, their self respect may be hurt, but they should still remain confident. Sometimes they will have to face criticism, unpleasant experiences, but while going through all this, they should remain calm and focus on their goal. In order to meet others' expectations, students should be aware of their duty, responsibility towards the nation, not be selfish and to learn to sacrifice.

Students should put in untiring efforts, not feel defeated and ultimately they will be successful. The famous lyricist Javed Akhtar in one of his poems has written, "Zindagi hai to Khwab hai, Khwab hai to Manzile hai, Manzile hai to Raaste hai, Raaste hai to Faasle hai, Faasle hai to Mushkile hai, Mushkile hai to Hausla hai, Hausla hai to Vishwas (trust) hai" and it is this trust that makes the student move towards growth and progress. This is happening with the help of SD-SEED.

It is an immense pleasure to see many students, helped by SD-SEED, becoming independent. In addition to financial aid, SD-SEED beneficiaries and other students undergo various personality and skill development workshops, awareness campaigns, empowerment of girls seminar, etc. organized by SD-SEED.

We are delighted to publish the fifth issue of 'Dnyan Yadnya' Newsletter and hope this issue enlightens you. Before ending with my wishes, I would like to share with you the lines of famous poem...

देणाऱ्याने देत जावे
घेणाऱ्याने घेत जावे
घेता घेता एक दिवस...
देणाऱ्याचे हात घ्यावे

Prof. S.V. Somwanshi
Editor

Editorial Committee

Shri. Rajesh Yawalkar (Chief Editor)
Shri. Nilkanthrao Gaikwad

Shri. N.J. Gadia
Shri. Sudhir Mahajan

Shri. Mahesh Gorde
Prof. S.V. Somvanshi

SD-SEED is continuously making efforts for the overall development and enhanced employability of the students. In this regard, it is important for them to get timely and appropriate training, which will enhance their eligibility, develop their competencies and help them to progress. With this in mind and for the benefit of all students of the District, SD-SEED regularly organizes workshops at Taluka level on different topics, which have received very good response and participation from students and parents.

● **Workshop 1 : The Importance of Yoga in our life**

Trainer : Prof. Devendra Sonar (Soham Yoga Training & Research Institute, Jalgaon)

Date : 24.7.2013

Venue : S. N. D. T. Women's University, Jalgaon

Attendees : Approx. 175 students benefitted

A workshop was organised on the Importance of Yoga, where the students were made aware of the importance & uses of Yoga in day-to-day life.

Bhagwan Charak, an Ayurvedacharya, has said that there is no medicine like determination. Yoga plays an important part in development of intelligence and having a long life. We require regular blood circulation throughout our body for the muscles & limbs to remain alive. Yoga improves contraction, expansion and friction of the muscles, which helps in enhancing blood circulation and all the muscles and limbs get blood in the required quantity. Aasna means movements that provide the muscles with exercise through expansion, contraction and pressure methods and should be done in a relaxed and peaceful environment. The muscles are strengthened when expanded and contracted in a systematic manner. You feel fresh and energetic and get the strength to remain healthy. Yoga is conjunction of mind and the body.

During workshop, Prof. Sonar explained and made the students understand the following important points, with the help of examples

- **What does Yoga mean and its definitions**
- **Breathing the right way**
- **The importance of Yoga in one's daily life**
- **Yoga can help one's physical and emotional wellbeing**

The students gained tremendously by attending this workshop; some of which are :

- | | |
|---|--------------------------------------|
| ● Improvement in memory | ● Positive mental effect |
| ● Awareness of hidden talents | ● Intellectual development |
| ● Overall physical development and total fitness | ● Concentration on studies |
| ● Strong and flexible body | ● Discipline and self control |
| ● Stress free life | |



Success Stories of SD-SEED Beneficiaries

Deepak Bhagwan Sapkale (Jalgaon) : Deepak's father expired when he was very young and he lives with his mother in a slum. Deepak scored an excellent 81% in his SSC examination and took admission in the Arts Stream. He was awarded the SD-SEED Scholarship and together with his hardwork secured 69% in the HSC examinations. He now plans to attempt the IPS exams.

Shrikant Ramesh Ghuge (Jalgaon) : Shrikant has completed his B. E. Electrical Engineering with excellent marks and is currently working as Technical Airman with Indian Air Force at Chennai.

● Workshop 2 : Time Management

SD-SEED organized two Workshops on Time Management.

1. Trainer : Dr. Narsing Pardeshi

Date : 10.7.2013

Venue : Adv. Babanbhai Baheti Art, Commerce & Science College, Jalgaon

Attendees : Approx. 150 students benefitted

2. Trainer : Prof. Gokul More

Date : 31.7.2013

Venue : K. C. E. Adhyapak Vidyalaya, Jalgaon

Attendees : Approx. 147 students benefitted

Students should make optimum use of their time in an organized manner for their daily activities. This will ensure that their results are better than their expectations and that they achieve their desired goals at the right time. In order to be successful in their exams, students should plan their study schedule through the year and in a disciplined manner, then very often they will be saved from last minute running around and failure.

SD-SEED Governing Board Member Shri Mahesh Gorde, Smt. Ujwalatai Baheti and Principal Dr. Anil Lohare were present for the workshop at Baheti Mahavidyalaya.

The workshop at K.C.E. was attended by SD-SEED Governing Board Member Shri Nilkanth Gaikwad, the Principal of the College and other dignitaries. While addressing the students, Shri Gaikwad said, "Students should first determine their goal, pave their way forward through the proper channel and put in wholehearted efforts with appropriate time management until they reach their goal. This will ensure that they are able to achieve their goal within the set time limit."

The Speakers in their respective addresses, advised the students that in order to achieve their goal, they should concentrate on working in a proper, and disciplined manner. In the workshop, the students were explained and imparted knowledge about following important aspects of time management and planning :

- Determine your goal and mission before planning your schedule.
- A proper plan saves time. Time saved is time created.
- Make it a practice to keep your to do list or your topics to study up to date.
- Every night ask yourself, if you have utilized your time 100% throughout the day.
- Analyse the work that you have done, this will help in eliminating mistakes and it is surely possible to change.
- One should always have a goal or mission for the year, month, week and day and prepare the plan accordingly.

The students learned the following points, by attending this workshop :

- Work in an organised manner, it will help to save time
- Take the right decisions at the right time, which will help in achieving the planned results
- Prioritise work
- Spend valuable time to do important work
- Complete the work promptly and do not postpone



● Workshop 3 : Personality Development

Trainer : Prof. Suresh Pande

Date : 30.7.2013

Venue : Samaj Shastra Mahavidyalaya, Kusumba (Jalgaon)

Attendees : Approx. 250 students benefitted

SD-SEED organized a Personality Development Workshop, as a part of its Skill Development initiative. The aim of the Workshop was to develop abilities and skills among students, build their self confidence and help them gain knowledge, which will facilitate in developing skillful, educated and strong individuals. Many students are clever in their studies, but when they have to face society, they have difficulties. Hence, it is important for them to get the proper guidance needed to overcome such difficulties.

The Trainer interestingly guided the students on the different aspects of personality development. He used examples to innovatively explain to the students how the deficiencies in one's personality can be eliminated.

- Once you recognize the good qualities within you, your self-confidence grows
- Positive thoughts are an important part of mental ability.
- In our day-to-day life, maintain punctuality, do everything on time and it will help you to be successful.

Benefits received by the students from the workshop :

- Overcoming fear.
- Increase concentration
- Conversation skills
- Proper Presentation

● Workshop 4 : Interview Skills

Trainer : Prof. Suresh Pande

Date : 7.8.2013

Venue : Smt. Sharadchandrika Akka Patil Polytechnic, Chopda

Attendees : Approx. 300 students benefitted

Students successfully complete their education, but due to lack of self confidence, poor presentation and conversation skills, they are unable to find suitable employment. As a result, they loose out on opportunities in today's competitive world.

SD-SEED has organized a workshop on Interview skills for students, in order to create an awareness and help them to be more confident.

Benefits the students received from this workshop:

- The importance and the types of interview
- Maintain a pleasant and positive appearance
- Pay attention to personal hygiene and dressing style
- Describe your strengths with instances of achievements
- Good manners and etiquettes required during an interview
- Thank the interviewer at the end.

Views expressed by dignitaries at the end of the programme

“The 2nd and 3rd year students from Arts, Science and Commerce have benefitted from this programme. The guidance will help them to prepare an impressive resume, maintain a positive attitude, improve their conversation skills and be confident, so as to do well in the interview and get suitably employed.” - Prof R.B. Waghjale, Principal, Smt. Sharadchandrika Akka Patil Polytechnic, Chopda



● Workshop 5 : Goal Setting & Achievement

Trainer : Prof. Suresh Pande

Date : 24.8.2013

Venue : Dhanji Nana Chaudhari Mahavidyalaya, Jalgaon

Attendees : Approx. 100 students benefitted

All individuals should have a goal in life. Once we determine our goal, then we get the required direction to achieve it. When we work confidently to reach our goal, we will surely be successful. Hence, this workshop was organized in order to guide the students on how to set their goals and achieve them.

The trainer helped the students to understand the following points :

- Set a goal, to have a direction in life.
- Know one's strengths and be aware of one's limitations.
- In order to achieve one's goal, one needs to have self confidence, ability to take decisions, effective conversation skills and make optimum use of one's talents.

The students benefitted from this workshop in the following manner:

- Know their strengths, weaknesses and make improvements
- Ability to make decisions in order to achieve their goal
- Improve their self image



Motivational Article

Self-Confidence

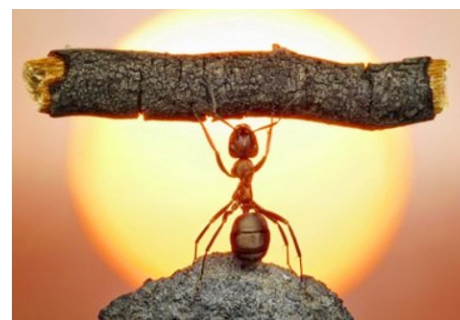
A firm belief in one's self is self-confidence, which is present in all of us and can be seen through our words and deeds. Self-confidence is the true response to your thoughts. If this self-confidence is lacking or missing, the individual has negative and wrong thoughts. These thoughts are because of fear which comes from wrong perception. Every individual is born with intelligence and talents, but some individuals fail due to lack of this self-confidence.

For example, "Will I be able to do it?" this is fear and doubt; "I will be able to do it", this is self-confidence.

Self-confidence originates from our thoughts and has immense strength to make the impossible, possible. It also gives you the inspiration to make your dreams a reality. In order to achieve your goal you need to be committed, determined, strive hard and through your efforts you will know how self confident you are. Often even with proper planning and wholehearted efforts, negative thoughts like, "if I am not successful", "if a mistake occurs", "if it is not done properly", create fear and confusion in your mind. Hence, in order to be self confident, you should have a positive attitude and thoughts.

You can enhance your positive thoughts by your own will power. On account of this, your attitude towards yourself, reality and life is important in creating these positive thoughts. This means that every thought and attitude that goes into doing a task is important. Once you have determined the reason and purpose for your life, your self-confidence will keep rising.

Self-confidence means the will power to live, the joy of living, the energy and the success of life.



Appeal to students to visit the SD-SEED Website

- **Avail the benefits :** SD-SEED has tied up with various Banks, Financial Institutions, Classes, Libraries, Hostels and Book Depots to extend a special discount for all Beneficiaries. Similarly, they can get Free Medical Aid. In order to avail these benefits, the Beneficiaries can get a recommendation letter from SD-SEED Office.
- **Information on training programmes :** SD-SEED organizes various training programmes. The details are updated on the website.
- **Information on Competitive Exams :** MPSC / UPSC and other competitive exams information and online application process are also available on the website
- **Renewal of SD-SEED Scholarship :** The announcement will be done in September 2013. Beneficiaries should visit the website for the same.
- **Contribution for the Newsletter :** We would like to request you to contribute inspirational / motivational articles, information on education, health tips, etc to be published in this Newsletter. You may email your articles to us at gb@sdseed.in.

Aarogyam

The sun has a tremendous effect on nature, which from as early as 4 o'clock in the morning. The lotus in the pond blooms at this hour. Our ancestors likened our heart to a lotus and our heart also starts blooming at this time. If our heart becomes active at this hour, it will be powerful and remain healthy forever. Hence, it is said that those who rise at this early hour do not suffer from heart diseases and they are blessed with a long life of hundred years.

The Benefits of rising early :

1. When you rise early you will get the time to exercise.
2. In the course of exercising, your breathing is rapid. The early morning air is clean and pollutants are minimum. Hence, the pure and clean air is good for your health.
3. In the morning, ozone is present in the air to some extent and it reduces as the day progresses. If you inhale ozone in high quantities, it will help clean and purify your body
4. If you rise late and while in sleeping posture, your breathing is slow and restricted, which means that you are not able to inhale ozone in high quantities.
5. After you sleep in the night, you get up at least once in the early hours of the morning. You should rise at this time itself and you will be most energetic.
6. You can concentrate and exercise best at this time. In the hectic schedule of the day, you cannot put your mind to exercise.
7. After you get up and again go back to sleep, you do not have the same enthusiasm in your body and you tend to feel lazy and lethargic.
8. The morning atmosphere is most pleasant and the fragrance of the trees, flowers and leaves brings tremendous peace and calmness to the mind.
9. Get up early in the morning and drink a glass of water, which will help in reducing heart disease, anemia, headaches, obesity, acidity, eye diseases, cough and various other ailments.



OUR MISSION

- To provide opportunities to all deserving students to participate in India of the 21st century
- To spread educational awareness among all stakeholders
- To financially support eligible students for accomplishing their educational goals and occupational aspirations
- To develop and implement a comprehensive package of initiatives resulting in empowerment of stakeholders
- To make the program self sustainable so that more and more students can benefit

What students have to say about SD-SEED



Jagruti Sanjay Chaudhari, Chalisgaon (B.C.A. Second Year) : I would like to first thank the Chairman and Governing Board of SD-SEED, because they have given financially backward students the opportunity to gain further knowledge. They are doing the work of inspiring the students to realize their dreams. As a result students are motivated and they are earnestly trying to score maximum marks. Thank you SD-SEED for helping the financial backward students in the right spirit and wiping off their tears.



Puja Ravindra Chaudhari, Jammer (B.Com., Second Year) : I was able to continue my education after Class 12, because of the support I received from SD-SEED Scholarship. My father's financial situation is not very good. The Scholarship has helped me in buying my school books and monthly ST Bus pass. My family and me are truly grateful to Dada. I will surely do something outstanding in future and will make efforts to promote SD-SEED work.



Rakesh Pandharinath Patil, Bhusawal (B.E. Second Year): my father is a daily wage earner. I did not have the financial support to continue my education and thought of discontinuing my studies. At this time I read about the Suresh Dada's SD-SEED Scholarship Scheme in the newspaper and my education received a new lease of life. It was impossible for me to study Engineering, but with Dada's support, I am now able to pursue Engineering.



Swati Vishwasrao Patil, Bhadgaon, (B.Sc. Third Year) : I am very thankful to SD-SEED, as I could complete my B. Sc. with 89% because of their scholarship. My life got a positive turn because of SD-SEED. For economically challenged students like us, SD-SEED is a pillar of support. We should appreciate the work being done by them and this has inspired me. I salute and honour SD-SEED.



Suresh Dada Scheme for
Educational & Entrepreneurial Development
सुरेशदादा शैक्षणिक व उद्योजक विकास योजना

Head Office: 7, Shivaji Nagar, Jalgaon - 425001. Maharashtra. India.

Tel.: (0257) 2235254 Fax: (0257) 2234258. Website: www.sdseed.in