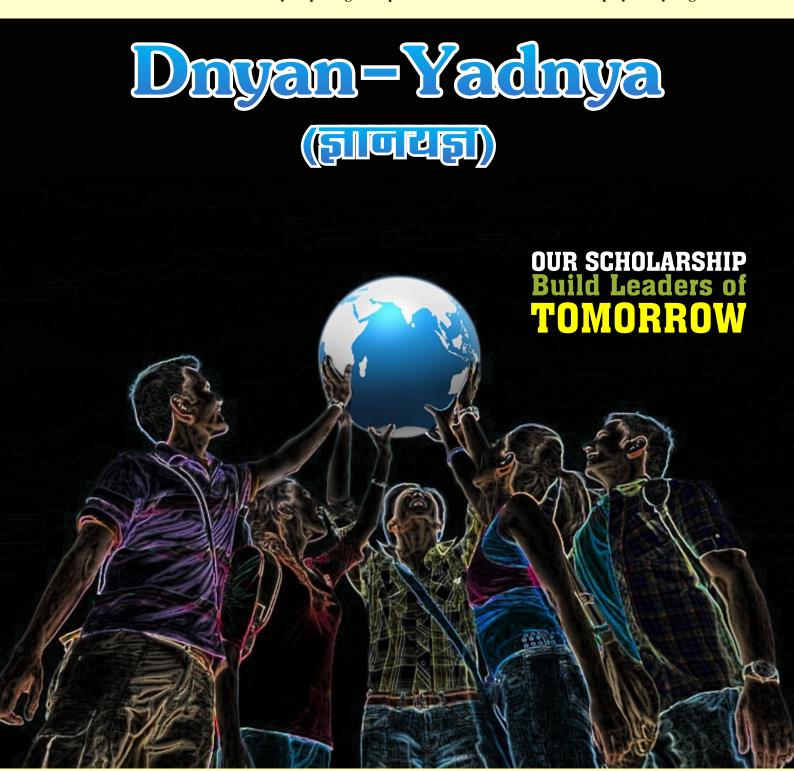


Our Vision -

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





their dream and shape their golden career. During the course of this journey, thousands of students have benefitted, developed their own abilities and have taken off to fulfill their dreams. In these years, many students have built the career they dreamt of and many others are trying earnestly to achieve it. It really makes us happy to see and experience it.

Students sacrifice many years of their youth studying enthusiastically in an University made of stone, in order to earn a degree on paper. This degree certificate bears all the hard work, sweat and efforts of the student, who is developed during this period. The student gains knowledge from studying different subjects, learning from good and bad experiences, developing skills and nurturing relationships with friends. The Degree Certificate on paper is proof of this knowledge.

The exam season is approaching. We have to take our exams seriously, if we want to be successful, but we need not get stressed about it. You should study in a planned manner and score high marks. Some tips are given below, which will be beneficial to you:

- In order to overcome stress and avoid loneliness, we should study in groups. A few friends can form a study group. It will help in the exchange of ideas and clearing one's doubts. If we have a competitive attitude in our studies it will help us to excel, but this competitiveness should be healthy. This will also help us to overcome our fears.
- While studying, highlight the important points and read them aloud. This helps in developing the visual memory and creates photographic vision.
- Some students have strong auditory receptors. These students can read or say aloud their lessons and are able to memorise and retain it for a long time. This also enhances concentration.

- If we sit in one place for a long time, we tend to get lazy and our mind gets diverted. Your pace of study can increase if you are active and move around periodically.
- It is also possible to create a study group on WhatsApp, but only information related to studies should be shared in this group. If one member gets an update regarding studies or if someone find a different way to solve a mathematical problem, this can be shared on this group as well.
- Fix a target for each subject. Prioritise your studies subject wise and based on the most likely questions from the Board. In your time table do not allot all the time for your studies, include some time to spend with your family and friends. Avoid sleeping late night. Eat nutritious and healthy food, don't eat too much oily food.
- In your study time table, include all subjects daily. Incidental reading i.e. speed reading all chapters, units and self-assessment tests is also necessary. A deep study of all subjects will enable you understand the scope of syllabus.
- While reading, use a marker pen to highlight important words, notes, definitions, etc. It is important that you prepare your own notes. Friends, your exams are near, your syllabus is about to be completed, but do not rush into solving test papers right away, complete your syllabus and then solve papers.

Beware of various distractions like, TV, Mobile phone, Internet, Facebook, going out to hotels, laziness, etc., which may affect your studies and concentration.

Wishing all students A Happy New Year and all the best for your exams!

Mahesh Gorde Editor

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"Develop yourself with the support of SD-SEED and also help others"

Feedback from Dignitaries during SD-SEED Scholarship Distribution Ceremony 2013

SD-SEED awarded 1500 needy and meritorious students from Jalgaon District with the Matoshri Shrimati Premabai Bhikamchandji Jain Higher Education Scholarship 2013. A total of 8000 students have benefitted from this Scholarship over the last 6 years. This year eminent litterateur Dr. Shankar Puntambekar was the Chief Guest of this Ceremony and he presented some students with their scholarships.

Dignitaries Feedback

- When a drop of water falls into a shell, it becomes a Pearl.
 However, if the same drop of water goes in to a snake's mouth it
 transforms into Poison. Similarly, hundreds of students are
 going to transform into Pearls with help of SD-SEED
 Scholarship initiated by Shri Suresh Dada Jain.
 -Dr. Shankar Puntambekar
- To achieve your goal in life, you should put in your whole hearted efforts. Shri Sureshdada Jain is a shining example of Philanthropy, Competence and Leadership. Those, who go out of their way to help others, are individuals who have evolved from among the common people. SD-SEED is helping common people to reach new heights in their life. A small seed planted by Sureshdada is now growing into a huge banyan tree. This scholarship program should become a movement and a forum. Today in our society, we see that the number of takers is increasing, they should start working instead of being dependent on others. Shri. Bharat Amalkar
- Today, thousands of SD-SEED beneficiaries have completed their education and are successfully contributing in varied fields. Students who have achieved their goal & their dream with help of SD-SEED Scholarship will in turn, definitely help other students reach their educational goals. Students who are continuing their education despite adverse circumstances should define a goal which they will achieve. Hardships are present in every student's life but they should not get discouraged and face the challenges. - Dr. S.S. Rane

Testimonials of Scholarship Beneficiaries

- SD-SEED Scholarship has given me tremendous support to soar to new heights. We will always remember to help other students in similar situations who need a push to achieve their goal. - Nikita Patil, Jalgaon
- My father expired when I was very young and I am currently living with my mother in a slum. SD-SEED Scholarship is helping me ever since I was in SSC. Shri Sureshdada Jain has extended a helping hand to me through this scholarship.
 Dipak Sapkale, Jalgaon









ज्ञाणयज्ञ

Workshop 1 - Effective Communication Skills

Trainer: Prof. Dr. Rakesh Chaudhari

Date: 30th Dec. 2013

Venue: Dhanaji Nana Chaudhari Mahavidyalaya, Jalgaon

Attendees: Approx. 125 Students benefitted

SD-SEED organized a workshop on Effective Communication Skills for Graduate & Post-Graduate Students. Communication is a life long process. Good communication skills are necessary for success in all areas of life. In our routine life, it is necessary to learn and follow certain rules of inter personal communication. It is good for us to speak the truth and in a straight forward manner but we should maintain our limits while speaking. Students should have effective communication skills for their overall development. This will enable them to express themselves freely and share their thoughts & feelings with all those they meet.

Dr. Chaudhari explained in detail the following points to the students:

- What is Communication?
- Types of Communication
- Rules of Communication
- Effective Communication Methods and its benefits

Benefits the students received from this workshop

- Precautions to be taken in communication
- Effective communication is required for effective personality
- Communication skills are important and help us in presenting our thoughts & feelings effectively and clearly.



Trainer: Pravin Sonawane (SD-SEED Associate) **Date:** 23rd Dec. 2013 & 20 to 22nd Jan 2014

Venue: Manavseva Mandal Madhyamik Vidyalaya & Maharana Pratap

Mahavidyalaya, Jalgaon

Attendees: Approx. 425 Students benefitted

As a part of its Parivartan Project, SD-SEED organized the Seminar on 'Importance of Studies' for Students from Std 8th to 10th. In order to be successful, they should plan their studies and regularly follow their time table. Further, the students were guided that the manner of studying with complete concentration is more important, than the quantity and duration of time studied.

Students also need to take care of some issues in order to avoid stress due to studies and to be able to memorise what they have studied for a long time. Improper study methods are sometimes the cause of failure.

Mr. Pravin Sonawane guided the students on the following points related to Studying:

- The meaning
- Benefits
- The reasons for disinterest and solution to overcome the same
- Good habits
- Time management
- The meaning of Self-Study









ज्ञाणयज्ञ

Workshop 4 - Interview Skills

Trainer: Ishwar Jain (SD-SEED Associate)

Date: 4th January 2014

Venue: Arts, Commerce & Science College, Bodwad

Attendees: Approx. 125 Students benefitted

How to face an interview is an important aspect in a student's career. Many students on completion of their education even with excellent marks fail to get a suitable job. They lack confidence and ability in presenting their skills properly and thus fail to survive the cut throat competition. In order to help such students become aware, help them overcome and remove these drawbacks, SD-SDEED organized the workshop on Interview Skills. This would help them in confidently facing an interview and in getting a suitable job.

SD-SEED associate Ishwar Jain conducted the workshop. He effectively guided the students on the following points:

- What is an Interview?
- Types of Interview
- Typical questions and aspects related to a job Interview
- How to prepare for an interview
- Body Language
- Effective Communication Skills
- How to appropriately answer questions
- Dress code for Success
- Know yourself Strength & Weakness
- Politeness, Patience & Presence of Mind Formula for Succeeding in Interview

Effectiveness of SD-SEED Training Program

Keeping in mind the needs of the students and its vision, 'To seed talented students for successfully acquiring entrepreneurial skills and enhanced employability at global level', SD-SEED organizes various training programs for them. In the last one year, 17 programs beneficial for students were conducted in various talukas of Jalgaon District, with the help of expert speakers. The topics covered included Personality Development, Interview Skills & Techniques, Time Management, Goal Setting and Achievement, etc. These programs have received a tremendous response and over 3400 students have benefitted.

It is important to measure the effectiveness of these Programs, to know what benefits the students received and how the program has changed their lives. Hence, at the end of each program, feedback is taken from the students on the effectiveness of their learning from the program. The opinion of the College Principal and Teachers where the program is held is also captured. Based on the suggestions received and the advise of expert committee, SD-SEED has made required changes in its programs.

Later, participants were contacted with a view to follow up on their development. A Mock Interview session was organized for students who participated in Interview skills training programs. In this mock session students were given feedback on their strengths and areas they need to improve while facing an interview. This will help the students make the right preparation before going for an interview. Similar sessions were also conducted for other programs.

All these steps help in increasing the students' knowledge, their overall development and they are able to find a job, thus, the vision of SD-SEED becomes a reality.







Thoughts

Human life is a reflection of our thoughts. It is like a journey of good and not so good thoughts. Personality development takes place when we learn through our thoughts, actions and changes within our self. Hence, thoughts need the support of proper conduct and efforts.

Reap as you sow, is a law of nature and our thought process is similar to it. We can achieve success with positive and actionable thoughts. We are shaped by our thoughts. There is a thought behind every action, irrespective of right or wrong.



These thoughts permanently reflect in our attitude, character, lives and determine our image in society. The secret of success lies in a man's thoughts and the man who has understood this secret, works and thinks positively. He continuously works towards overcoming difficulties and achieving success. We should know and understand the purpose of our lives, with the devotion of an Eklavya, the perception of Arjun and the perseverance of a spider.

Thoughts are formed from words, thoughts lead to action and from action dreams are shaped. Our dreams can be fulfilled on the strength of our inborn qualities of potential, willingness, diligence and complete trust. We should always be aware of our limitations and weak points. Our thoughts are immortal and that is why we should always share them. It give us reason to live, which is why the person who has understood the power of thought can rule the world.

Planning

In every man's life behind every action there is a definite plan. This plan could be about time, thought, finances, etc. In other words, planning is the blue print of all the things and facilities we would need to reach our target and achieve our cherished dream.

Planning is a part of everyone's life. Living life without planning is like going for an exam without studying for it. We can not complete any task satisfactorily, without proper planning and if it is done, then it is an exceptional



matter. We should plan all facets of our goal, which will give us a tentative idea of our needs and will help us to easily achieve it.

Planning starts with our thoughts. We should always write down our thoughts. Prepare a list of the things you need, continuously review, update and improve it, until you achieve your goal. Always remember that proper planning is a skill and we can learn it. The way you think, the plans you make, the schemes you design and the actions you take will enable you to reach your goal.

When we write our thoughts on paper, it is a means to achieve our multi-dimensional goal and is a concrete and definite journey towards our goal. We must also be aware of our strengths and weaknesses in the process of planning.

When we are planning for a project, first we should write down the time frame of the project. Prioritise all the activities which you need to complete in order to reach your goal. You should be very clear and determined about your goal, which will make it easier for you to achieve it. In short, planning is preparing a list of all the resources like time, money and other necessary things you require to achieve your goal.



Pinjari Afreen Hyder, Jalgaon, M.Sc. (2nd Year)



I would like to thank this organization which has given me the opportunity to study till M.Sc. (2nd year). I am from Bendale college and passed with 73%. Another important thing is that the College has offered me a job. I have been a recipient of this scholarship for the last three years. With help of this organisation of Shri Suresh dada, many needy girls can study in college. Such good work no other MLA is doing, like the progressive work that Shri Suresh Dada is doing in Jalgaon. Under this scheme, Hindu, Muslim and students of all castes and religion, can get help to continue and complete their education and they are doing very good work. Thank you.

Jagruti Sanjay Choudhari, Chalisgaon, BCA (1st year)



At the outset, I would like to thank SD-SEED which has made it possible for all students to get educated. This is a very good scheme. All students have a plan and this organization is doing the important work of motivating students to reach their goal. The beneficiaries of SD-SEED also receive very good guidance through various programs that are conducted. SD-SEED Scholarship motivates and encourages the students to get higher marks and their hopes also rise. Thank you SD-SEED for helping all students.

Vaishali J. Patil, Chopda, Mechanical Engineer (2nd year)



The SD Seed scholarship which is given to needy and meritious students is a magnificent deed. I would have to stop my education due to my weak financial condition, but because of the SD-SEED scholarship I could pay the fees for the second year. I am indebited to SD-SEED. It is the dream of Shri Suresh dada Jain that even needy and financially weak students should be able to study and they should be successful in life and their financial condition should not determine whether they can study. I hope and pray that he continues to help such students.

Bhavesh Ashok Patil, Amalner, Mechanical Engineer (Second Year)



I could join my my technical program classes with the help of SD-SEED Scholarship. This also helped me in a great way for my other educational requirements. SD-SEED is a nice Social Service Institution distributing scholarship to student without making any differentiation and only on the basis of educational growth and economic conditions. This enables many student to achieve their educational goals. This is also helpful for students from rural areas and that's why SD-SEED plays important role in their educational empowerment.

Vinay Sunil Sonawane, Parola, B.E. - Mechanical (3rd Year)



SD-SEED's Scholarship program has been very beneficial to the intellectual and needy students of Jalgaon District and I am one of the beneficiaries. This scholarship program has helped many student's to develop and also remove their financial hurdles. For this, I am really thankful to the Institution.

Mamlesh Bansilal Kotwal, Dharangaon, ITI (3rd Year)



My Best wishes to Hon' Sureshdada Jain and their associates that they are helping financially weak students for pursuing education. Due to my family's weak financial condition, I couldn't take admission to 11th std. and enrolled for ITI course even though I had scored good marks in SSC exams. Then I came to know about SD-SEED Scholarship and then with help of this scholarship I could proudly return the borrowed money to my relatives. For me, the help extended by SD-SEED is unforgettable.



Health: Depression

We often have negative thoughts of our surroundings, our future, etc. If we have such emotions for a long time, it could lead to feelings of helplessness and hopelessness, sleep disturbances, loss of interest in daily activities, extreme thoughts, anger or irritability, concentration problems, feeling over emotional and boredom. These emotions are symptoms of depression. The brain controls our emotions and is also the source of some chemicals. Depression is also dependent on the imbalance of these chemicals.

The emotion that arises from these words, such as depression, despair, sadness, etc. is the same, but the impact differs from person to person. Is it possible to overcome these emotions which occur for varying periods of time? The answer to this question is yes and always positive. In order to overcome depression, efforts and willingness of the individual, intentional changes made in the surroundings and psychological exercise can be helpful. The word 'willingness' is used together with efforts, because very often individuals like to remain in the state of depression and gain the sympathy of others, without making any changes in the surroundings.

Sometimes even when the situation is normal, some people continue to remain in the depressed state of mind. Such people even if they are felicitated and honoured in a huge gathering, choose not to enjoy the event but continue to remain depressed.

There are many reasons for depressions, such as failure, remembering the mistakes of the past, etc. Depression can sometimes lead you to addiction, hence timely solutions and remedies are required, which will save you from serious trouble in the future. We can temporarily overcome depression by getting involved with hobbies, however, seeking help from the experts is the best.







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



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

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