

Dnyan-Yadnya (ज्ञानयज्ञ)



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.

To overcome
EXAM STRESS...

...maintain a balance between
STUDY & REST



“Confidently believe in yourself that
We shall overcome and I can.”



Dear Students,

Today's world is very competitive and we are faced with strong and intense competition in all spheres of life. It is the same situation in school, college, sports, theatre, business or career. One reason is that all of us are trying to reach our specific goal and are constantly trying to be better than the

other.

'There is always a place at the top,' even if this is true, we need to give our best. In this competitive scenario, we are constantly striving and putting in all our efforts, which leads to mental and physical exhaustion.

Parents always feel that their children should excel in all spheres and enlist them for various classes, sports, and extra-curricular activities. They also want their children to participate in cultural programs, perform on stage and take all steps to encourage them. All this leads to stress in children. Parents believe that their children will fulfill their dreams and achieve the goals they could not. They pressurize their children, irrespective of the children's likes and abilities. In the event, the children fail to reach the goal, they have to listen to their parents' harsh words. Children create an opinion of themselves that they are useless, good for nothing, get disappointed and frustrated. Children should make concerted efforts to overcome this depression and stay in the competition.

A few and easy suggestions to stay competitive are:

- ★ Primarily to keep your mind calm and quiet.
- ★ Listen to everyone's suggestions, but do as per your mind, because your mind is very powerful and its commands are always useful. Our mind constantly directs us on what is right and what is not, even though we may portray a different picture and for this reason we need to have strong mind.
- ★ Another suggestion is to sit quietly in one place daily for ten minutes. This is not a form of meditation, but a means of cleansing and keeping your mind healthy, which will make you strong and keep you stress free during exams.

- ★ It is also important to have a restful sleep and one suggestion to help you is to chant 'Om' five times before going to bed.

The best solution to reduce stress and worry is to have a complete and healthy meal. Junk food and an unbalanced diet does not nourish the mind. You should also keep all the items, clothes, stationary, etc. you require for the exam in an organized manner before going to bed, as unpreparedness can lead to stress. It is also imperative that after you return from an examination, do not solve the question paper, because if you come across a mistake in this paper it will affect your upcoming papers. There are numerous examples where four marks were unanswered in the Chemistry paper, as a result preparations for the Biology paper were incomplete.

A number of students also need to deal with financial worries, but there are several social and educational institutions which provide various types of scholarships, to help solve this problem to a great extent.

Numerous students also have the fear of a particular subject. This can be overcome by an in-depth and complete knowledge of the subject. You may be studying in any language or having mastery over any subject, but if you understand and learn the subject better, you will surely be successful.

Once you have made all these preparations, you can attempt any exam successfully. Confidently believe in yourself that 'We shall overcome and I can.'

- Smt Anjali Barve

Advisory Committee Member, SD-SEED, Jalgaon

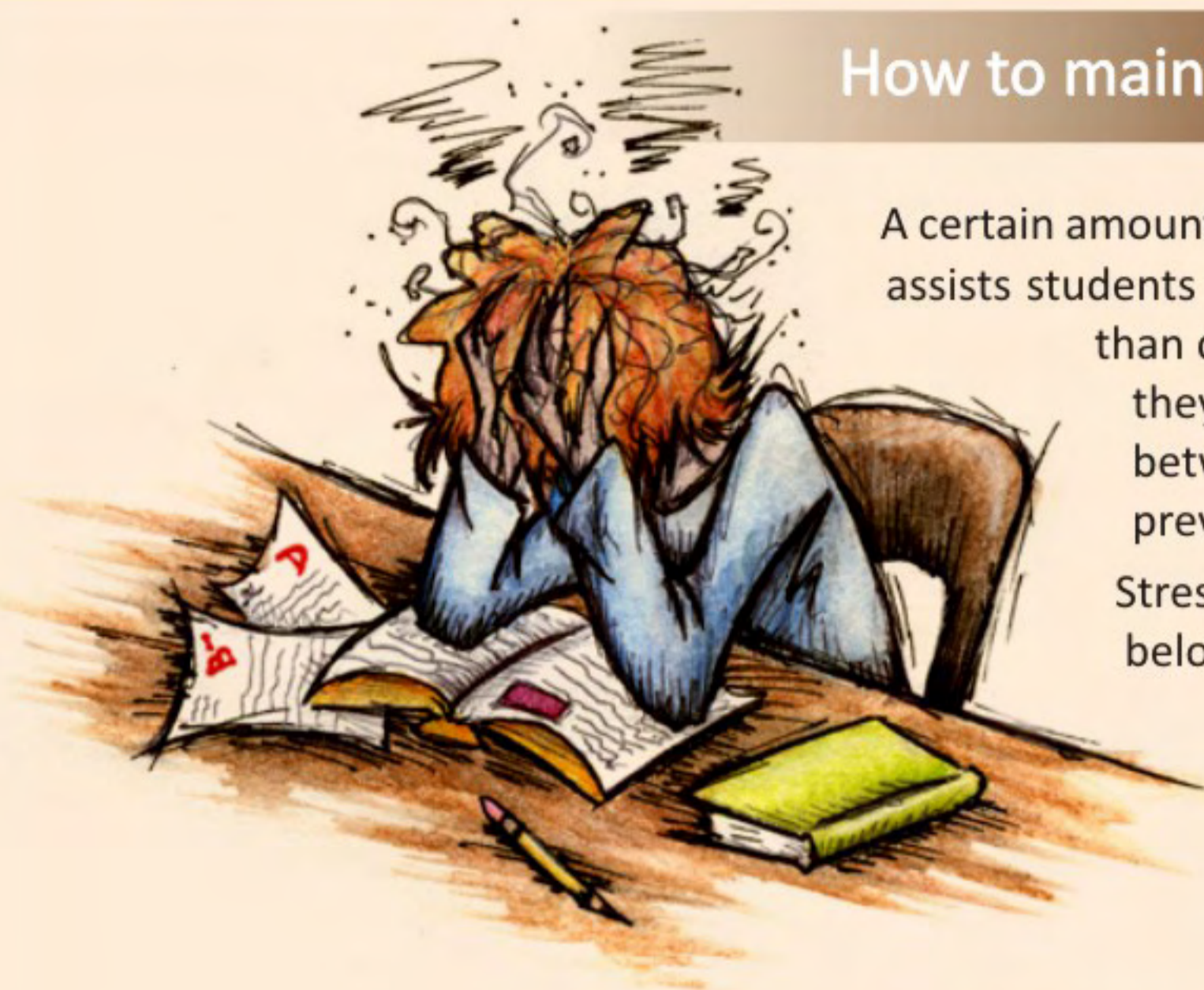
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How to maintain a balance between Study & Rest?



A certain amount of stress is an inevitable and a useful part for studying. It assists students to work harder, be focused and return to studies rather than doing other things. However, if students are too stressed, they cannot study effectively. It is important to distinguish between stress that assists you to study and stress that prevents you from studying effectively, which you can reduce. Stress can be represented on a scale of 0 to 10 as explained below:

- Between 1 and 4, students could be described as having so little stress that they do not study.
- Generally students fall in the scale of 5 – 8, they study average the harder they work the better they can do.

- Between 9 and 10, students are too stressed to study effectively and there are many signs to recognize students in this category:

- ★ The more you try or worry the less you can study effectively
- ★ Your mind is racing everywhere
- ★ You try to relax but all you can think about is study
- ★ When you try to study you cannot.

This problem can be remedied by developing the right balance between study and not studying – **up time** and **down time**.

A balance between study and not studying

When we do physical work or sports, we balance our time equally between rest and efforts. In case we work without taking a break, we get tired and are not able to work. We can get best results, if we balance our time properly between work and rest or studies and rest.

When you are not studying, you worry or feel guilty about not doing it and this exhausts your mind and emotions. It is like trying to do physical work all the time without pacing yourself. If, on the other hand, the time you spent worrying and feeling guilty, you use it to relax then you will be refreshed and be able to study more effectively.

Some students say that their stress is not between nine and ten, because they do not study for a long time and therefore rest is not what they need. If asked "when you are not studying do you worry and feel guilty about studies?" They often reply "Yes - all the time!" These students are not interested in studying, because rather than studying and being satisfied, they are always exhausted by worry and guilt and all their time is wasted. On the other hand, if you rest and relax, then you can return to your studies refreshed and you will surely achieve your desired goal. Rest is most efficient when it is worry and guilt free.

From this point of view, there are two total time wasters:

1. Trying to study, but not studying;
2. Having time off from study to relax but not relaxing because you are worried.

You can make best use of your time, if there is a proper balance between concentrated study and real relaxation.

Guidelines for developing a lifestyle that reduces stress and worry

1. Rest + (guilt & worry) = exhaustion
2. Study + distraction = waste of time
3. No rest = inability to study
4. Study + too much effort = inability to study
5. Rest - (guilt & worry) = rejuvenation
6. Study + right amount of effort = effective study
7. Study + rest = effective study

SD-SEED has conducted 10 Training Programs on various topics in the last four months and total 1500 students have benefitted.

'HOW TO FACE EXAM' – 2 Programs

Trainer: Dr Narsing Pardeshi

Venue:

- (1) Maharana Pratap Jr College, Jalgaon
- (2) Nandinibai Wamanrao Girls' Jr College, Jalgaon

Attendees: 600 Students benefitted

Objective: In order to reduce the mental stress of students during exams and help them to write answers in a relaxed state of mind, it is necessary for students to receive guidance from experts in the field of education.



'GOAL SETTING & ACHIEVEMENT' – 1 Program

Trainer: Smt SR Patil

Venue: SNTD Women's College, Jalgaon

Attendees: 150 Students benefitted

Objective: Students should be able to determine their goal in order to have a successful life. The habit of goal setting should be instilled in students from their school/college days, which will help them to overcome obstacles, make them self-confident and achieve their goals. Students should use the three-point formula of Determination, Self-Confidence and Perseverance, which are steps towards success.



'IMPORTANCE OF STUDY' – 3 Programs

Trainer: Pravin Sonawane (SD-SEED Associate)

- Venue:** (1) Bhangale Madhyamik Vidyalaya, Jalgaon
(2) Abhinav Madhyamik Vidyalaya, Jalgaon
(3) Sharada Madhyamik Vidyalaya, Jalgaon

Attendees: 300 Students benefitted

Objective: In order to be successful in exams, the study method is more important than the quantity of time you study for. It is important to study with full concentration and determination rather than study whole night. Before you start studying, remove any doubts from your mind, which will help you study confidently.



'MIND CONCENTRATION' – 1 Program

Trainer: Pravin Sonawane (SD-SEED Associate)

Venue: Madhyamik Vidyalaya, Bhambori, Jalgaon

Attendees: 150 Students benefitted

Objective: Mind Concentration is necessary for effective studies. Students should develop a sense of determination towards hard work and study regularly in order to success academically, which will support them in reaching the pinnacle of success.



'INTERVIEW SKILLS' – 1 Program**Trainer:** Prof Suresh Pande**Venue:** IMR College Jalgaon**Attendees:** 100 Students benefitted

Objective: In today's competitive world, numerous career opportunities are available. Hence, it is vital that students develop the requisite interview skills. They should get proper guidance on various facets of an interview, such as preparing their resume, submitting their application, developing their soft skills, communication techniques, etc.

**'TIME MANAGEMENT'** – 1 Program**Trainer:** Dr Narsing Pardeshi**Venue:** HJ Thim College of Arts & Science, Jalgaon**Attendees:** 200 Students benefitted

Objective: Time Management means using the proper, easiest and fastest method to achieve our goal rather than doing it in an extended manner. It is important for students to maintain optimum time management in their life. If we give time importance, then we will be able to achieve our goals.

**'SOFT SKILLS DEVELOPMENT'** – 1 Program**Trainer:** Prof Suresh Pande**Venue:** Sau Nirmalatai Patil Women's Polytechnic College, Jalgaon**Attendees:** 100 Students benefitted

Objective: To develop various skills among students, increase their self-confidence, support them for enhancement of knowledge and help them to become well-educated students.

**Organizing Elocution Competition**

Students have hidden talents. In this competitive age to prove yourself you need to have proper and all round development of these talents and having only book knowledge is insufficient. Keeping this vision in mind, SD-SEED organized an Elocution competition.

Date : 18th march 2016**Venue :** (1) Abhinav Madhyamik Vidyalaya, Jalgaon
(2) Manavseva Mandal Madhyamik Vidyalaya, Jalgaon**Participants :** 30 students from 4 schools participated**Topic :** Global warming problem and its solution**Judges :**

- (1) Prof SV Somwanshi – Member, SD-SEED Advisory Committee
- (2) Sau Pushpa Bhandari – Member, SD-SEED Advisory Committee
- (3) Shri Mahesh Gorde – Member, SD-SEED Governing Body
- (4) Prof Somnath Mahajan – Member, Marathi Sahitya Parishad, Jalgaon

The students who came first, second and third were honoured and presented with a certificate and gift from SD-SEED.



Planning for Summer Holidays



Earlier as soon as the holidays started, everyone was excited to go to their native place. The entire vacation was spent playing, frolicking and having fun. Times have now changed and similarly the planning of summer holidays has also changed.

Summer holidays are now seen as a time when children can learn something new, without having to study. A recent survey shows that students and parents use the holidays for Personality Development, Career Planning, etc. These changes have been brought about due to higher disposal incomes and changes in parents' thought-process and attitude. Parents are now more interested in spending this time for their child's personality and overall development. They emphasize on sending them for 'Summer Camps' or 'Hobby Classes,' which are the best option for expressing their hidden talents. During these holidays, students also want to do something different. They should make use of this good opportunity to learn something, which they are not able to do throughout the year, due to the busy school and study schedule.

All of us should have a hobby, which will keep us happy and motivate us to work towards our dreams and desires. It will not only help in discovering your hidden talents, but also in further developing them. Hence, we should put our summer vacations to best use. Another good reason for doing courses during this time is that there are no restrictions. We are free to take up a course as per our likes and interests. An important point to remember is to choose courses which will make proper and complete use of your time, so that you can enjoy doing them. These courses can be extremely beneficial, if you make your choice based on your abilities, liking and eligibility. You need to first know what you like, for example, if you like to play a musical instrument, then you can learn to play an instrument. Another example is, if you are going to study Engineering and Medicine in the future, then you can use these time for an in-depth study of Maths

and Biology. You should not enlist in any courses only because a friend is doing it. Give priority to what you like, a student can be good in Sports, should enlist for intensive training in that Sport, during this time.

Parents should not impose their choice of course on the children. However, very often it is seen that parents themselves choose the course, in which children may not be interested and the desired results are not achieved. Hence, it is important that children are given the freedom to choose their courses. It is recently seen that many children like dancing. There are various organizations which conduct 15 days to 1 month courses for children, where they can learn different forms of dancing, such as, Hip Hop, Jazz, Salsa, Classical, Semi-Classical, etc. The option of such classes can be selected. Many children are also interested in Arts and Crafts. Short duration courses are also available, where they can learn Ceramics, Clay Modelling, Painting, etc. and opportunities for employability are also increasing. The seed for art in the life of any great artist could have been possibly sowed during a summer class. Those children who would like to spend their holidays at home, can surf the internet and learn numerous things, like how to speak English, play their favourite games and many other new things.

In addition to this, there are also courses based on Computer Applications for Mass Media, Hardware Repairing, Advertising, Video Mixing, Website Development, Graphic Designing, Animation, Beautician and Fashion Designing, which children can do. If you want to be successful in any field, then it is important for you to develop your latent talents and qualities. This cannot happen only through studies, but supplementary guidance is also necessary and summer courses are very useful in this regard. If students get to have fun or spend time doing their hobbies or learning new things then it is very beneficial for their future. Hence, it is necessary to plan the summer vacation in a proper manner and parents' role is important in this activity.



Preparing for CET Exams

A golden era in a student's life, i.e. Entrance Exams for Engineering, Medical & Pharmacy is about to start and students and parents are involved in preparations. It is a pleasure to motivate the students with important guidelines and our best wishes for this golden moment in their career. These Exams are turning point in a student's life. Lakhs of students will be appearing for these exams. We have experienced that some students fail to be successful in spite of their best efforts, including many brilliant students. Numerous students appear for the Exam with stressed mind. Parents' expectations also put some burden on the children. After long experience and analysis, here we are giving some important instructions for students appearing for CET & other Entrance Exams. Follow them and you can be successful.

Before CET

1. Follow your study plan strictly. You have already studied every chapter in detail; now do a rapid revision of those chapters.
2. Attempt carefully all the questions you failed at in practice tests and avoid making the same mistakes again.
3. Outstation students should arrive one day earlier. Students should make arrangements to stay close to the Exam Centre, so after they finish the morning exam of Physics or Chemistry or Biology, they can use the free time to conveniently study for the Maths paper.
4. Those who have not received their Admit Cards and have found errors in the same, should immediately report it to their respective schools.

Appearing for exam

1. Reach Exam Center at least 15 minutes early. Consider traffic jams, unavailability of public transportation, etc.
2. Remember to take all required things for exam along with you, such as 2 Nos Used Black Refill Pens, Sharpened Pencil, Eraser, Blade, Watch, Admit Card, etc.

In the exam hall

1. Listen to the instructions of Supervisor carefully and follow them strictly.
2. There are four versions of the question paper, that is 11, 22, 33 & 44. In case you get two versions of the question paper, bring it immediately to the Supervisor's notice.
3. Carefully fill information asked on first page of answer sheet. Don't be in hurry and avoid making blots etc. You will not get whitener in Exam Hall.

While answering the Paper

1. In the morning session, the Physics & Chemistry paper is combined. You are given approximately 54 seconds to answer each question. Answer the Chemistry paper first, which is easier than Physics. If you finish this in 35 to 40 minutes, then you will 5 – 10 minutes extra for Physics section.
2. Don't be in hurry, but also see you don't run out of time. If solving sums in Physics takes a lot of time, work out the approximate answers and mark them.
3. Properly fill answer fields (circles) in the Answer Sheet. Ensure that you are filling answers for relevant question only; else you will be in trouble.
4. If you are not able to solve any question, use the reverse answering method, i.e., remove three wrong answers and the one remaining is the right answer.
5. You have a lot of time for Biology, answer the questions thoughtfully. Though you may find a question easy, analyze the question carefully and then only mark the answer.
6. There is no negative marking system for CET. If you do not know any answer then mark the answer you think is most likely.
7. Don't mark multiple answers under any condition. These answers will be considered as wrong.
8. Always remember one important thing, CET Answer Sheets are checked in computer systems. Thus, any ink spot or blot will make, the computer show multiple answering and you will lose a mark.
9. Before starting your Exam, keep calm. Be brave and strong. Don't be nervous and stressed. It's your turn to win and you will definitely succeed. You have everyone's wishes with you.

- ★ 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

BENEFICIARIES TESTIMONIALS

**Pratamesh H Chitodkar, Bhusawal (BE Electrical – 3rd year)**

My family was in a difficult financial situation and I was worried how I would continue my education after class 10. It was at this time that SD-SEED provided me with valuable support and timely financial assistance and I was able to continue my education.

I have been continuously receiving the SD-SEED scholarship for the last five years. This organization has undertaken a noble project, which is beneficial to society and students. I would like to request the Members of this organization to successfully continue this magnificent project, which will help the needy and intelligent students to complete their education. I would like to again extend my gratitude to SD-SEED and its Associates.

**Renuka D Gurav, Bhusawal (BE Civil – 2nd year)**

I am studying in 2nd year Engineering and have benefitted from this Scholarship for the last three years. My father is a labourer and he has works hard to make ends meet so that I can continue my education. This scholarship has given me additional support and helped me pay my fees and buy books. My parents are also happy and satisfied that I am continuing my education.

I am grateful to SD-SEED, because of their timely assistance; I am motivated to continue my education.

**Hrishikesh B Jagtap, Jalgaon (BE Mechanical – 3rd year)**

Due to our weak financial situation, I was in two minds whether to take admission in Engineering or not. My parents were able to pay my college fees, but were not able to buy the books and pay for other things required. It was at this time, when I read about the SD-SEED Scholarship in the newspaper and I have been a recipient of this scholarship for the two years. Today I think SD-SEED is bearing the financial burden of my parents.

This scholarship encourages me study further, motivates me to do something and become something in life. I am sure I will be successful in life and SD-SEED will be the biggest contributor of my success. I will be eternally gratefully to SD-SEED.

**Pooja S Khente Jalgaon (Scienc – 12th Std)**

The rod helps a drowning person; similarly SD-SEED has supported me. My father passed away a few years back and it was very difficult for my mother single-handedly to pay for the education of my brother and me. SD-SEED scholarship was a great support, which helped me pay for college fees and books. Respected Shri Dada, as my grandfather has filled the void created by the demise of my father. Dada continuously provides valuable support to needy students to like me, which has helped us to achieve our educational goals. I will always be grateful to this organization and I will fulfil Respected Dada's vision for SD-SEED.

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