

# Guruji Education Foundation

The quarterly newsletter – Q1,2021

## DISHA



MISSION: EDUCATION FOR ALL



MISSION: EDUCATION FOR ALL

# Highlights Inside

Page 2 & 3: Our excellent alumnus Rohit Adhav and his wife Sneha have given us a wonderful interview. They have candidly shared their journey from solitude to togetherness. Jump to pages 2 and 3 for finding out their brilliant message.

Page 4: Samiksha Malgude's essay on the importance of health wins accolades in the essay competition 2020, sponsored by Mr Sanjay Pralhad Pathak in honour of his mother Smt. Sushila Pralhad Pathak.

MISSION: EDUCATION FOR ALL

# Editorial Desk

After eight successful releases and an overwhelming response, we are glad to release the eighth issue of “DISHA”, the quarterly newsletter of our Guruji Education Foundation.

We hope you enjoy reading the newsletter. We welcome your comments and suggestions. Please let us know if you would like to contribute to DISHA in any way.

We thank Mr Abhay Joshi and Ms Shikha Hashilkar for reviewing the contents and Ms Richa Koparday for giving a new and refreshing outlook to the newsletter.

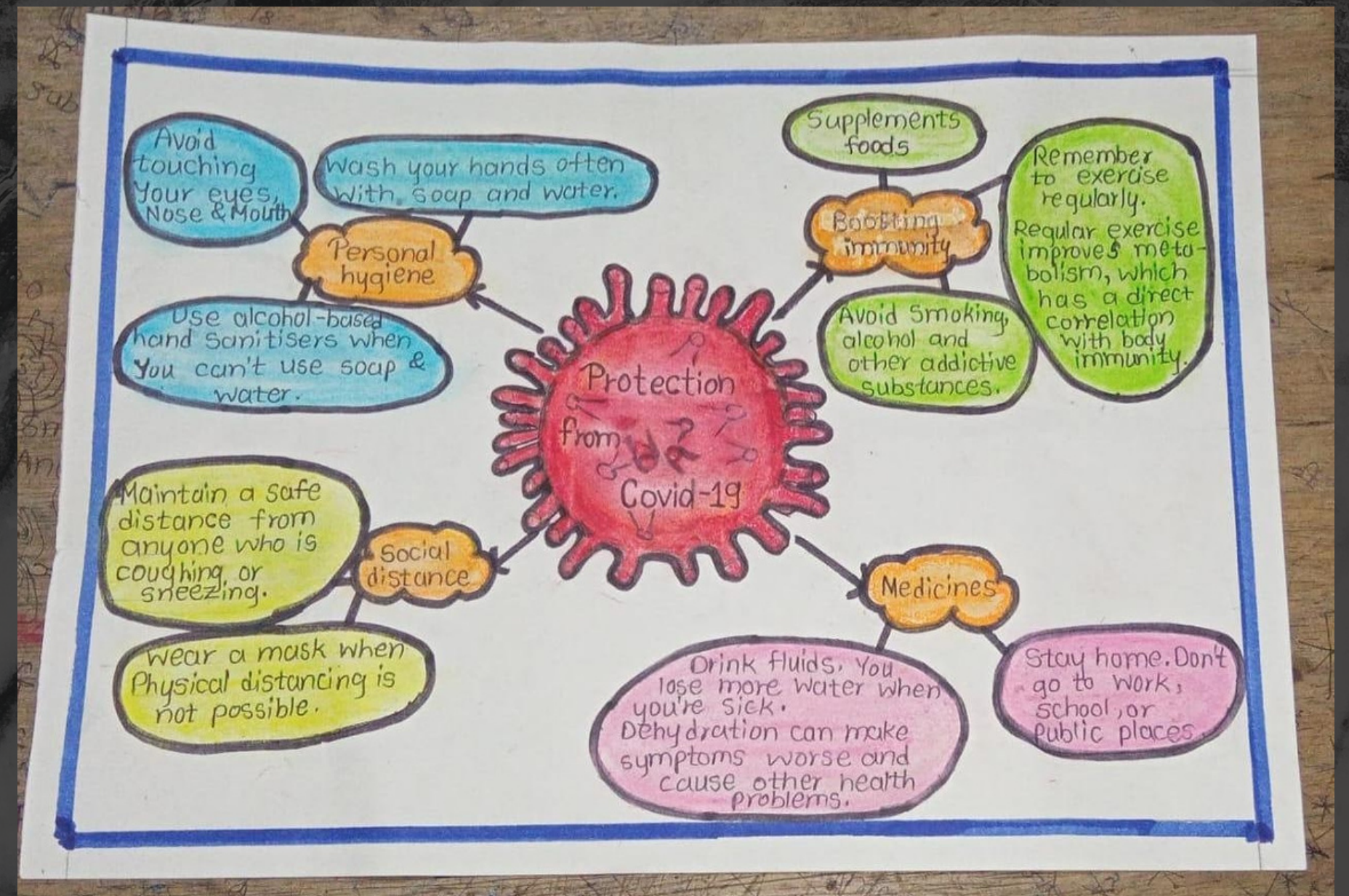
Editors: Kajal Sonawane & Amruta Raut

Contact: [gef3013@gmail.com](mailto:gef3013@gmail.com)



# One of the finest works of Ms Prachi Ulhas Tari

(Pragat school, 9th standard, Ramgad)



MISSION: EDUCATION FOR ALL



# Talent Acquisition Corner

Mrs. Sudha Padmakar Wadwalkar  
Online chess competiton.

Conducted by Guruji Education Foundation.  
Here's a round of applause to all the winners and participants!

## School Students

1. Yash Khambe
2. Shreyas Patil
3. Shankar Mestry

## College Students

1. Ajit Pawar
2. Prajwal Kasbale
3. Varsha Bansode

Special thanks to Mr Rahul Pawar, Mr Omkar Mane, and Mr Niraj Kumbhar  
for organizing the competition.

**MISSION: EDUCATION FOR ALL**



# In conversation with Rohit and Sneha

Our beloved alumnus and his wife





- Rohit and Sneha, how did you two become a part of GEF and come across each other?
- Rohit: I was the second student at GEF when it started. You can say that my association with GEF and my career have travelled hand-in-hand. I was introduced to GEF when I was in school, by my school teacher – Ms Padalkar Madam. The period between getting GEF's contact number and the actual interview played a very crucial role in my career. Pradeep sir was the one who interviewed me and it's fair enough to say that I grew with the GEF family.
- Sneha: Back then I was 25 years old and wasn't thinking about marriage. Rohit had begun looking for a suitable girl for marriage. One of my relatives knew him and informed my grandmother. She told me about Rohit and insisted on meeting him. I was reluctant because I had not given a thought to marriage till then. But then I thought, it's just an hour of coffee, so let's go for it! But the amazing thing is that the one-hour meeting over coffee extended till lunch! We talked so much on so many diverse topics and gossiped too! That was the start of our regular conversation... and the rest is history!



- Rohit, what is your biggest achievement, personal and professional?
- Rohit: Talking about my professional achievement, I got an entry into a multinational company like Dassault in a strategic and technical role. I was representing my product at the international level and I was awarded 'Collaborative Strategic Achiever' in September 2019 – bang in the middle of the lockdown period.
- My personal achievement – well, I think I am a versatile better half, assuming Sneha allows me to say so.



- How do you feel to be a part of GEF and how would your life be without GEF?
- Rohit: The one word that can describe how I feel to be part of GEF is 'COMPLETE'. It is difficult for me to explain, in words, my feelings towards GEF. Life without GEF is something I cannot even imagine. Today I can speak with confidence, have skills and education which is all because of GEF. The motto of GEF – "Education for All" – inspires me and Sneha. GEF has taught me that whatever we received, we must give back to society & make it a better world.



- Sneha, how did you take to this extended family of GEF? Personal and professional achievements?
- Sneha: Yes, GEF is an extended family but I never felt like it is was an extended family and there is a reason for saying so. First of all, I was involved in social work like volunteering for quite a long time. So, when Rohit told me about GEF, I was happy. And another reason is, I knew Pradeep sir for a long time. I was a student at the College of Engineering Pune (COEP), where he was a professor. So, when I met him, I didn't feel like I was having a meeting with the founder of GEF. It felt as if I was meeting an old acquaintance. Instead of calling this my extended family or how I adjusted to this family, I would say GEF has whole-heartedly let me into this family. A big family!



- Talking about the professional achievement, you cannot say that I am a bookworm. I like to engage in extracurricular activities along with study. From schooling level to college, I have excelled at my studies. I would like to mention my recent achievement. I have got admission to IIM Bangalore for MBA in which I was selected at UBC Sauther Business, Canada. This is a Canada-based course that has commenced virtually due to the pandemic. Otherwise, I would have had to fly to their campus in France. Why I say this is an achievement is because there were a lot of students like me, who appeared for the entrance exam. IIM is one of the best B-schools in India as well as the world, there was immense competition and I made it through the selection process and not only got an IIM B seat but even the UBC seat. I have studied in the state as well as national level educational institutions but getting an opportunity to study outside India, where I can connect with different people from different corners of the world, I'll get exposure to new things – opportunities, as well as challenges– that, is a big deal.
- My Personal achievement is sitting by my side i.e. Rohit. He is the perfect complement to me. He completes me in a real sense.



- Rohit, you left your stable job to prepare for GATE and pursuing M. Tech. Please tell us how difficult it was to take this decision and how you tackled all the hardships that followed you after?
- Rohit: Leaving a stable job not only affected my professional career but I faced difficulty at the personal level too. It was a life-changing decision for me. But I was sure and confident about what I wanted to do & how I wanted to achieve it. I had done my research, analysis, brainstorming, and all other facts along with guidance received from Pradip sir. I decided to appear for GATE and needed to take a break from my job. What I learned from my journey is that "You've to stand for your decision. Whatever it takes, you've to pay the price". So, I would say, if you know what you want then you would make a sacrifice for that and hardship will be a part of the process. I did my best, and the result is that today I am living the life that I imagined yesterday.

- Sneha, you have been a bright student (we got this certificate from your husband, too). Post marriage, you planned to do an MBA, how did you get into IIM Bangalore by preparing in just 5–6 months, juggling between your work, house, and studies, and GEF mentoring?
- Sneha: First of all, thank you for calling me "Bright". Yes, after marriage I enrolled for an MBA and it's been a long journey from CAT exam to appearing for an interview, then parallelly doing the housework and studies, additionally travelling (a big part). But throughout this, I was not alone, I had Rohit's full support. He was not only watching my back but also standing by me, facing any challenge which came along. We got married in April–2019 and I appeared for the MBA entrance exam in October–2019, so we hardly had time for each other. But we managed the situation.
- Talking about mentoring, we mentor Akshay and Komal. Both are bright students. I didn't need to make time for that. It's fun to learn while teaching others. I pretty much enjoy the mentoring time. I have just got admission to MBA and I have experience of GD and other things, so I share my knowledge & experience, thereby passing on the advantage to final year students of engineering to appear for GD and interview, to crack it.



- What are your future plans?
- Rohit: I switched from a Core company to an IT company. So, I am more focused on exploring ways to improve myself in this IT field. Right now, I am working on the skills required to make the future bright.
- Sneha: For my future plans, MBA is a foundation that I have already started with. So as a short-term goal or plan after MBA is to work in an organization and make the most out of it.

- Any advice for all our students?
- Rohit: I would like to tell all students to be open to everything. It can be anything. Do not restrict yourself, be a free bird. Listen as much as you can and don't just listen but try to implement it. The more you learn and implement, the more you will grow. Another thing I want to tell them is, "Never let your self-doubt or inferiority pull you down". Whatever is making you lag behind, fight it. For example- You've the fear of public speaking, then try to speak in front of a mirror. By doing this you'll increase your self-confidence. Then try to speak in front of your family members and later on speak to the crowd.
- Sneha: I learned this from Rohit and I would like to pass this advice to everyone that "If you are confident and well-informed about your decision, then take a stand for it and follow your passion".



# Importance of health

## Winning Essay by Samiksha Malgude

(7th Standard, Gurukul School, Chikhurde)



MISSION: EDUCATION FOR ALL



Health is the most important asset of our life. There is an old saying 'Healthy mind stays in a healthy body'. We must take care of both our physical and mental health. We can define health as a 'state of complete physical and mental well-being'. We can also say that health is the ability to adjust to physical, mental, and social challenges throughout your life better. Health is the centre of human happiness. It becomes difficult to sum up everything about the importance of health in one article but I will try to give an idea of the importance of health in our day-to-day life from a student's point of view.

'Early to bed and early to rise makes a person healthy, wealthy, and wise', which means our daily routine is important to our health. We have to decide all aspects of the routine. As per the saying of Buddha: Every human being is the author of his own health. So, our daily routine should include sleeping, breakfast, lunch, dinner, exercise, and work. We should also maintain cleanliness as it is the first law of our health and is the only medicine for all diseases. We must continue all this routine daily; if there is no continuity it affects our mind and health as well as our social life. So, here continuity is the most important for all good habits and daily routine.



Choice of food is also the most important aspect of a healthy life. We should always consume healthy food. Health is wealth and so to keep our wealth we should keep ourselves healthy, along with that we should also do yoga, it helps us to improve our body posture and concentration in addition to increasing body flexibility. Yoga also helps us to maintain blood pressure and keep us fresh. It is an ideal exercise that also helps the mind to think. We can choose other exercises like running, walking, cycling also. These factors help develop good health and also continuing all these habits is very important to increase our immunity. Only a healthy person has peace of mind and prosperity. Staying healthy physically can help you stay healthy emotionally from all that is worthless. Happy life comes from a healthy body. With physical and mental fitness, a person can spend his/her time enjoying life. An unhealthy person spends time in taking treatment and reduces their quality and also quantity of life.